

### **Section 3- What is Holistic Health?**

The dictionary meaning of the word Health is a state of being free from illness and injury. Unfortunately, that is an incomplete definition as it only talks about the physical body. World Health Organization (WHO) gave an accurate interpretation of Health as follows:

***"Health is a state of complete physical, Mental and Social wellbeing and the not mere absence of disease and infirmity."(Constitution of WHO, 1948)***

***In our Vedic literature, Health is called Swasthya. The word is a union of two words Swa and Sthiti, which is swayam Mein Sthiti. It means the state of being rooted in one's self (soul or spirit). Sage Charaka, the author of Ayurveda (Science of life), defined swasthya as "A system which uses inherent principles of nature to keep Body, Mind, and Spirit in equilibrium and harmony."***

Heterophile, physician to Alexander the Great in 300 BC, also presented the idea of Holistic Health sensibly, ***"When Health is absent, physical strength disappears, wisdom evaporates, power and titles become worthless."***

The ancient concept of Holistic Health is getting a renewed interest in the 21<sup>st</sup> century. Body, mind, and spirit are interconnected, and negative emotions such as fear, anxiety, and anger lead to many health issues such as Insomnia, acid reflux disease, constipation, diarrhea, indigestion, migraine/ headaches, high blood pressure, and heart attack.