



Role of Self –Regulation and Right Understanding to Ensure Health in Technocrats

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Abstract

Human body is a self organized mechanism naturally. It is made up of several organs and different parts of the body that keep working throughout human life in close coordination. The temperature is maintained, food is digested, blood pressure is controlled and heart keeps pumping blood throughout the body and many similar activities are going on without any human interference. As a result one is able to use one's body in multiple ways. We call that body a healthy body. The body is performing required functions every moment and cells are so well organised that we all have a definite shape and look. Each cell has a definite role to play in the overall working of, all the body organs.

But due to lack of self-control or 'Sanyam' and right understanding towards our body we lose health. Due to overload of study, unhealthy life style, faulty food habits, sleep deprivation and lack of physical activities, many people, including our youth, are losing their health globally. Lack of Right knowledge about human body and its value, causes many serious health issues among the youth. This paper suggests some of the solutions to make youth self-regulated through Human Values so that they can play their role in nation building and ensure their required participation in the family and in the society at large.

Key Words: Human Values, Self-regulation, Health, Disease, Yoga, Proper Medication.

All human beings aspire for ensuring happiness in life. All our endeavourer and enterprises are focused to fetch us this goal in all our back-breaking hard work we put in. We are also worried about the continuity of this serene feeling and chase endlessly this mesmerizing mirage in our life. A fraction of break in the continuity of happiness creates upheaval in our mental composure and we are worried, stressed and uncertain for the next moment. In present era of cut throat competition, these sudden or accumulating tensions result in various health issues. Though surrounded by better physical facilities, today people are facing chronic health issues at a very early age. The recent Covid 19 pandemic has taught us a very valuable lesson to put our health at the first priority. Health is arguably one of society's most important values and has been prioritized as one of the key objectives of the sustainable development goals. Many people have regarded health as one of the most precious values in life. Health, therefore, should be protected and enhanced as much as possible.

Achieving health is important because when people are healthy, their families, communities and countries benefit. Society should make the health of especially young people a priority because they are the future workers and leaders. There is need for an understanding of the various factors that influence health when addressing health concerns of society. However, health is a complex and elusive concept, and there has not been an absolute consensus on the definitions of health.

Health in a human being is ensured when all the body part are performing their functions properly and timely. It is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The enjoyment of the highest attainable standard of health, is one of the fundamental rights of every human being, without the distinction of race, religion, political belief, economic or social condition. Healthy youth and human beings are better learners and performers. However, youth risk behaviors, such as physical inactivity, unhealthy dietary behaviors, tobacco chewing, use of alcohol and drugs are consistently linked to poor performance, lower educational attainment and ill health. There is a statistically significant relationship between health and academic/professional achievements. Research evidence shows that professionals who are healthy and fit outperform those with poor health.

Due to busy and unnatural lifestyle, lack of responsibility is commonly seen towards the body in today's youth. Eating junk food at odd hours and not thinking what is edible and what is not, make their body unhealthy. While eating spicy food and tasty food people ignore that what they are eating is not nutritious for their body. Now-a-days, a tendency for medication to suppress the ailment is seen commonly in the society. Biased advertisements on TV tempt our youth to eat anything and digest it by 'Hajmola'. In fact, we are mostly focusing a lot more on what to do if we fall ill rather than learning to live healthy. Our system should also focus on inculcating healthy habits and life style among the masses, teaching how to keep the body fit rather than opening more and more hospitals so that people realize the value of maintaining health by self-regulation and not by medication. Other factors like; air pollution, water pollution, malnutrition, should be taken care of well. Due to heavy use of fertilizers to enhance the produce in the fields, our food has all kinds of toxic contents in it. In fact we do not need so much food produce if we can curb food wastage and unnecessarily be a part of most food producing country in the world. If this produce is spoiling the health of the citizens, we should think many times before being a part of the race.

To maintain and safeguard our health, first we have to understand our body , which is material, as well as the observer and user of the body i.e. the SELF, the conscience unit of human being. We have to understand the coexistence of self and body, and then only we can enjoy our life with a fulfilling feeling. Human being is more than just a body. The shape and structure of a human being is useless until we have alive-ness. This alive-ness is seen through various activities of the human being as seeing, walking, eating etc. The subtler activities of the human being as feelings of a person, thinking, creating new things etc. are also an integral part of a human existence that makes us sense the presence of aliveness of a human being. Mere human body is incapable of doing anything without this alive-ness that we can call JIVANA.

In fact human body is a coexistence of the body and Jivan or Self. This I or Self is also called consciousness. On a closer examination, everyone can feel the coexistence of both- body and the self. We observe that our body performs all the actions that are instructed by the conscience unit of human being i.e. the SELF. Observe when we relish tasty food, mesmerized by musical notes, dance to the tunes- is the body enjoying or the self? On close examination you will find that body is only sending some signals to the self and it is self that enjoys or rejects the sensation sent by the body. So the function of the body is only to send sensations to the self and follow the instructions of the self. If the body is unhealthy or weak or incapable of carrying out the instructions of the self- body is sick or needs some remedial actions to put it back into a proper working condition as a car needs repairing and regular maintenance. It is the responsibility of the owner of the car/ self to see to the well being of the car/ body. To keep the body in an active working condition, is the responsibility of the SELF or conscience unit of our existence. SELF has to take the responsibility of the proper nurturing, protection and right utilization of the body. If self does not perform its duty properly- the body falls sick and is incapable of carrying out the instructions of the self properly.

'Sanyam' or Self-regulation implies that I myself take the responsibility for proper nurturing, protection and right utilization of my body. This can be done easily by selecting proper food for the body which is not toxic but nutritious for the body. Moreover, it can be done by understanding the activities of Ingestion, Digestion and Excretion of the body. For that we have to take proper sleep and avoid unhealthy life style, faulty food habits and to start some physical activities, Asan-Pranayam and treatment of the body by medicine whenever required. All the above things will ensure right utilization of the body. One of the most important aspect is that we have to realize our physical needs according to our body with right understanding. All human beings have to have a feeling of Prosperity in the self. The feeling of Prosperity makes us clear that whatever we need in terms of food, clothing, shelter, instruments and equipments are needed in a limited quantity and number.

All human beings feel hungry and need food and water for the nourishment of the body. But who chooses food to eat- body or the self? Whatever is put in the mouth it will go inside the body- whether it nourishes it or spoils the body. Good choice of food energizes the body and nurtures it and a bad choice puts it in danger. If self- who is the chooser of the food, must be responsible enough to be selective in choosing the right food for the body, then body will also function well and whatever instructions it receives from the self to function, all tasks are performed without fail. But if because of the bad choice, wrong food is thrown in the body, it will suffer and the desired work also suffers. So it is the prime duty of the self, to realize its responsibility and act to nurture, protect and rightly utilize the body in other words we can say self has to observe Sanyam. Human beings have to observe Swasthya(health) in the body and Sanyam/self regulation in the self to lead a happy life.

In fact human body is a self organized unit, all the organs of the body work in close coordination with each other. Each and every cell has a definite role to play and it performs its function amazingly and participates in the self organization of the body as a whole and keeps it fit for the use of the self. What task is left for us –to understand this harmony between the self and the body and not interfere in their working – each playing its role in synergy with the other one.

To ensure the health of the body we have to take care of the following- Ahara-Vihar, Sharma-Vyayama, Asana- Pranayam and Ausudhi-Chikitsa. For proper nurturing of the body self have to be intelligent enough to select proper AHAR, water, air etc. for the body. Food should provide all the required nutrients and energy to the body. We have to take care of the Ingestion i. e. chew the food properly so as to make easy the tasks of the organs down in the digestive system easier. For proper digestion of the food, proper rest and exercises of the body should be given to the body otherwise the food taken will not bring the desired results. When the food is taken and the digestion is done, nutrients are absorbed by the body, undigested part need to be excreted from the body, it can only happen if fibers are present in the food eaten. So, it's the responsibility of the self to choose the correct food for the body to keep it function well.

Mental and physical work drains our energy and tires us. Rest is needed for the body to refresh it again. We have to ensure proper time, posture and ways for the proper upkeep of the body. If you are sleep deprived or taking excessive rest, both will spoil the health. One has to work according to the body clock and develop a proper life style – giving reasonable time for work, rest, and right food habits to enjoy the bliss of health.

Physical labour(Sharma) and exercise(Vyayama) are also an important part of our health routine. If proper exercise is not given to the organs of the body, malfunctions will rise up to disturb us. Excessive use of luxurious appliances/ equipments, spoil our health only. Self should keep a strict watch on this and ensure physical exercises and labour, to keep the body healthy.

Yoganas are well designed exercises to keep body fit and healthy and pranayam provides due exercises to the lungs. Proper breathing exercises provide life savoring oxygen to different parts of the body, energizing all the internal and external organs of the body and help them perform their function properly. Ausudhi and Chikitsaya are needed when body gets hurt or some serious disorder is created due to adverse conditions. Body has a natural tendency to heal; medicines are required to felicitate this process only. Excess of medication should be avoided as it hampers the natural process.

For the protection of the body, we need clothes according to the weather conditions and shelter, a home to protect the body. Self should be made intelligent enough to determine the need and fulfill it. Right utilization of the body keeps it fit and happy. Self again should decide about the facilities / equipments needed for the better functioning of the body. Excess of facilities would only make the body less efficient and dull only.

With the above discussion it is clear that inculcating Human Values among youth is a must to keep them healthy and fit. A good health and a fit body can be achieved by understanding a human being co-existence of two entities of Self(I) and Body. The person who considers himself as a body only may destroy his body by focusing on the needs of the body only. If 'Sanyam' an important part which is responsible to keep the body healthy, is missing than Health cannot be ensured. Youth may loose their health if proper understanding of the body is not there.

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