

Indian Systems of Health and Wellness (SEC-301)

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Some Facts



Top 10 Global Countries By Health Care Index

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Rank	Country	Health Care Index
1)	Taiwan	87.1
2)	South Korea	82.9
3)	Netherlands	81.5
4)	Japan	80.1
5)	Austria	78.9
6)	Ecuador	77.7
7)	Finland	77.6
8)	Thailand	77.5
9)	Denmark	77.2
45)	India	65.5

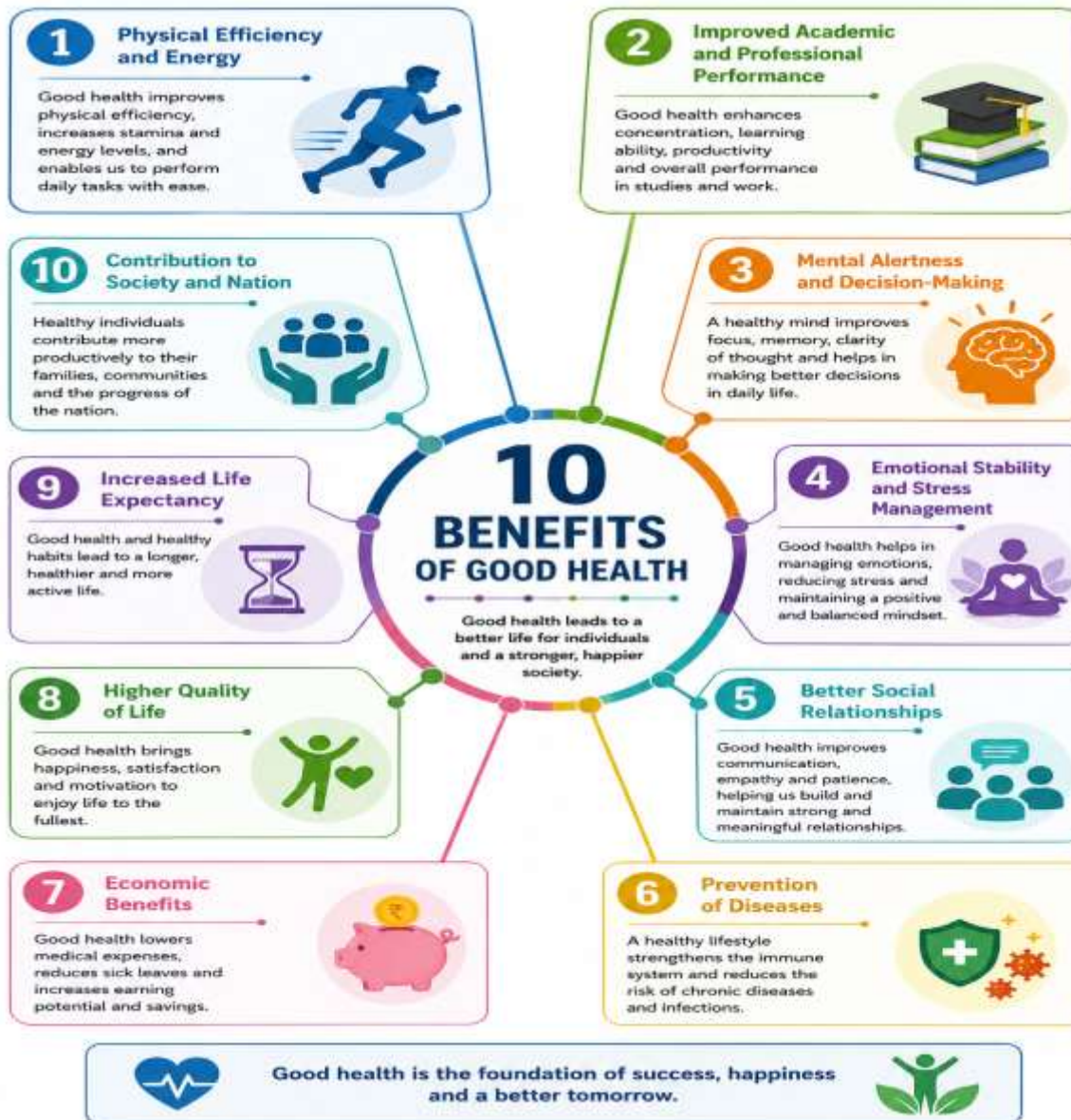
Source: Numbeo Health Care Index by Country 2016

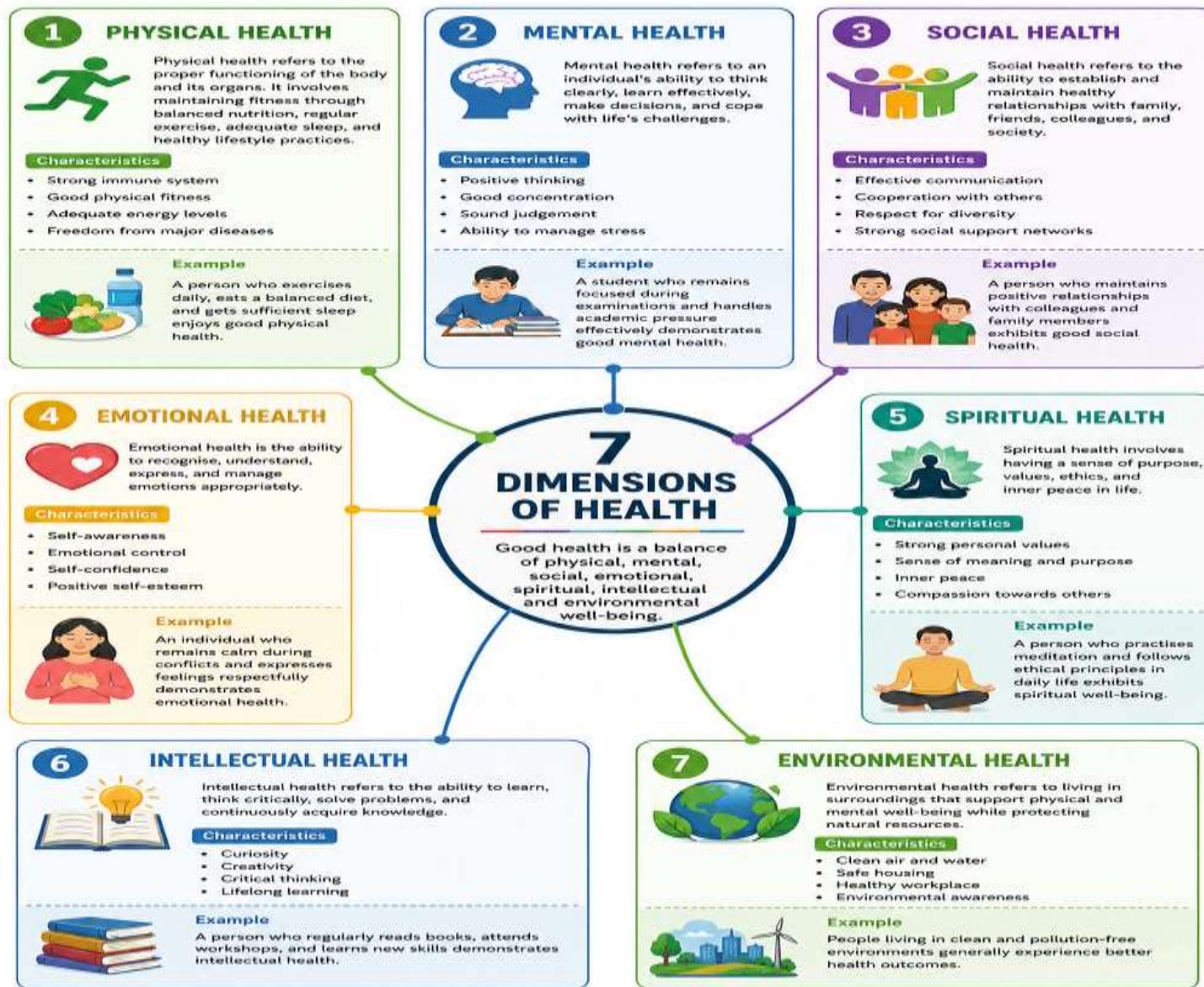
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Meaning and Definition of Health

- *According to the World Health Organization (WHO), health is defined as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. This definition highlights that health involves the harmonious functioning of the body, mind, and social life.*





Concept of Wellness

- Wellness refers to a conscious and continuous process of making choices that support a healthy, balanced, and fulfilling life. It goes beyond being free from illness and focuses on achieving optimal physical, mental, emotional, social, and spiritual well-being. Wellness is not a one-time achievement but a lifelong journey that requires personal responsibility, self-awareness, and healthy lifestyle practices.

SIGNIFICANCE OF WELLNESS

Wellness is a balanced state of physical, mental, and emotional well-being that helps us lead a healthy, happy and meaningful life.



Mental Health and Wellness



Mental Health

- Mental health refers to a person's emotional, psychological, and social well-being. It affects how people think, feel, and act in different situations.
- **Example:**
- A student who remains calm during examinations, manages study pressure effectively, and maintains positive relationships with friends demonstrates good mental health.

Meaning of Mental Wellness

- Mental wellness is the active process of maintaining and improving mental health through healthy habits and positive lifestyle choices. It focuses on achieving balance, resilience, emotional stability, and personal growth.
- **Example:**
An individual who regularly practises meditation, exercises, and maintains healthy social relationships is actively promoting mental wellness.

Importance of Mental Health and Wellness

- 1. Promotes Positive Thinking**
- 2. Improves Emotional Stability**
- 3. Enhances Stress Management**
- 4. Supports Healthy Relationships**
- 5. Improves Academic Performance**
- 6. Increases Workplace Productivity**
- 7. Builds Self-Confidence and Self-Esteem**
- 8. Encourages Personal Growth**
- 9. Supports Physical Health**
- 10. Improves Quality of Life**



IMPORTANCE OF MENTAL HEALTH AND WELLNESS

A Healthy Mind. A Happy Life.

1

PROMOTES POSITIVE THINKING

Helps you focus on the good in every situation.



2

IMPROVES EMOTIONAL STABILITY

Helps you manage emotions and stay calm under pressure.



3

ENHANCES STRESS MANAGEMENT

Reduces stress and helps you handle challenges more effectively.



4

SUPPORTS HEALTHY RELATIONSHIPS

Positive thinking fosters kindness, empathy, and better communication.



5

IMPROVES ACADEMIC PERFORMANCE

Enhances concentration, motivation, and problem-solving skills.



INCREASES WORKPLACE PRODUCTIVITY

Boosts focus, creativity and efficiency at work.



BUILDS SELF-CONFIDENCE AND SELF-ESTEEM

Helps you believe in yourself and your abilities.



ENCOURAGES PERSONAL GROWTH

Opens your mind to learning, new opportunities and self-improvement.

8



SUPPORTS PHYSICAL HEALTH

Lowers blood pressure, boosts immunity and promotes overall well-being.

9



IMPROVES QUALITY OF LIFE

Leads to greater happiness, fulfillment and a more meaningful life.

10

*Take care of your mind,
and your **life** will
take care of you.*

**YOU MATTER. YOUR MENTAL
HEALTH MATTERS.**



THINK POSITIVE



STAY POSITIVE



LIVE POSITIVE



BE POSITIVE

Factors Influencing Mental Health and Wellness

- 1. Family Environment**
- 2. Education**
- 3. Employment and Financial Security**
- 4. Social Support**
- 5. Physical Health**
- 6. Life Experiences**

FACTORS INFLUENCING MENTAL HEALTH AND WELLNESS

Family Environment



Positive relationships, supportive home, and shared values.

Employment & Financial Security



Stable income, financial well-being, and professional growth.

Social Support



Trusted connections, a sense of belonging, and helpful networks.

Life Experiences



Personal stories, learning from events, and unique moments.

Education



Knowledge, skill development, and lifelong learning.

Physical Health



Well-being, vitality, and balanced lifestyle.

Strategies for Maintaining Mental Health and Emotional Well-Being



1. Regular Physical Activity.



2. Adequate Sleep.



3. Healthy Nutrition.



4. Stress Management Techniques.



5. Social Interaction.



6. Mindfulness and Meditation.



7. Seeking Professional Help.

Determinants Influencing Health Behaviour

1. Biological Factors

Example: A person with a family history of diabetes may be more careful about diet and exercise to reduce the risk of developing the disease.

2. Lifestyle Factors

Example: An individual who exercises regularly, consumes nutritious meals, and gets sufficient sleep is more likely to enjoy better health than someone with unhealthy habits.

3. Social and Cultural Factors

Example: A family that regularly engages in physical activities together is likely to encourage healthy lifestyle habits among its members.

Determinants Influencing Health Behaviour

4. Economic Factors

Example: A person with a stable income can afford regular medical check-ups, nutritious food, and health insurance, which contribute to better health outcomes.

5. Environmental Factors

Example: People living in areas with clean drinking water and proper sanitation facilities generally experience fewer health problems than those living in polluted environments.

6. Educational Factors

Example: A person who understands the importance of vaccination is more likely to participate in immunisation programmes and encourage others to do the same.

Determinants Influencing Health Behaviour

7. Psychological Factors

Example: A person who believes that regular exercise improves health is more likely to maintain a consistent fitness routine.

8. Technological Factors

Example: Using a fitness tracking application to monitor daily steps and physical activity encourages healthier behaviour.

9. Government and Healthcare Policies

Example: Anti-smoking campaigns and regulations restricting tobacco use encourage people to adopt healthier habits.

10. Media and Information Sources

Example: A public awareness campaign promoting regular handwashing can encourage better hygiene practices within communities.

Unit 2: Mind Body and Well-Being

- **Mind-body connection in health – concept and relation**
- **Implications of mind-body connection**
- **Wellbeing – why it matters?**
- **Digital wellbeing**

Mind-body connection in health

– concept and relation

- The mind-body connection refers to the two way relationship between a person's feelings, thoughts, behaviours, and their physical health.
- Exercise releases endorphins, commonly referred to as 'feel good' hormones. When endorphins are released, our moods are improved which helps to reduce symptoms of depression and anxiety.
- Our thoughts, feelings, and behaviours can cause physical reactions in the body. For instance, stress can trigger the release of hormones such as cortisol and adrenaline. Over time an abundance of these hormones can contribute to conditions such as high blood pressure, heart disease, and digestive issues.

Indian Perspective on the Mind Body Connection

- Vipassana is a way of self-transformation through self-observation. It focuses on the deep interconnection between mind and body, which can be experienced directly by disciplined attention to the physical sensations that form the life of the body, and that continuously interconnect and condition the life of the mind. It is this observation-based, self-exploratory journey to the common root of mind and body that dissolves mental impurity, resulting in a balanced mind full of love and compassion.
- **Implications of mind-body connection**
 - Healthcare
 - Workplace productivity
 - Education
 - Personal life and self care
 - Preventive Health



Example

- Team building at Google is highly influenced by **Project Aristotle**, an internal study that discovered the highest-performing teams prioritize psychological safety—creating an environment where members feel safe taking risks and being vulnerable.
- Quick, 15-minute icebreakers like Virtual Scavenger Hunts, Water Cooler chats in breakout rooms, and custom Trivia quizzes help remote or hybrid teams unwind and bond without derailing the workday.



Wellbeing – why it matters?

- Improves overall health
- Enhance Productivity and Performance
- Strengthens Relationship
- Increases Resilience
- Reduce risk of Mental Health Problem
- Benefit Organisation and Society
- Improve Decision Making
- Contribution to National Development

Negative effect of poor digital habits

- These findings come from the Health Behaviour in School-aged Children (HBSC) study, which surveyed almost 280 000 young people aged 11, 13 and 15 across 44 countries and regions in Europe, central Asia and Canada in 2022.
- Key findings include:
- More than 1 in 10 adolescents (11%) showed signs of problematic social media behaviour, struggling to control their use and experiencing negative consequences. Girls reported higher levels of problematic social media use than boys (13% vs 9%).
- Over a third (36%) of young people reported constant contact with friends online, with the highest rates among 15-year-old girls (44%).
- A third (34%) of adolescents played digital games daily, with more than 1 in 5 (22%) playing for at least 4 hours on days when they engage in gaming.
- 12% of adolescents are at risk of problematic gaming, with boys more likely than girls to show signs of problematic gaming (16% vs 7%).

Negative effect of poor digital habits

- Physical Health Effect
- Mental Health Effect
- Reduced Attention and Concentration
- Effect on social relationship
- Digital Addiction

Positive Role of Digital Technology

- Convenience
- Time saving
- Reach

Strategies to maintain Digital well being

- Setting Screen time limits
- Creating Device free time and space
- Turning off Unnecessary Notification
- Practising Digital Detox
- Being Mindful of Social Media Use
- Engaging Offline Activities

Unit 3: Deficiency & Diseases

- Malnutrition under and over nutrition
- Body system and common diseases
- Sedentary lifestyle and risk of disease
- Modern lifestyle and associated health risks

Malnutrition under and over nutrition

- Malnutrition refers to deficiencies or excesses in nutrient intake, imbalance of essential nutrients or impaired nutrient utilization.
- **Types of malnutrition**
- **Undernutrition**
- Undernutrition is what most people think of when they think of malnutrition. Undernutrition is a deficiency of nutrients.
- **Overnutrition**
- The World Health Organization has recently added overnutrition to its definition of malnutrition to recognize the detrimental health effects that can be caused by excessive consumption of nutrients.

Malnutrition

- Some of the signs and symptoms include:
- Loss of appetite
- Weight loss – clothes, rings, jewellery, dentures may become loose
- Tiredness, loss of energy
- Reduced ability to perform normal tasks
- Reduced physical performance – for example, not being able to walk as far or as fast as usual
- Altered mood – malnutrition is associated with lethargy and depression
- Poor concentration
- Poor growth in children

Undernutrition

- limited financial resources
- limited access to nutritious food
- Medical condition that makes eating difficult
- Medical condition that deplete calories like cancer
- An extra need for calories like pregnancy
- Mental health conditions that discourage eating
- Malabsorption disorders
- Restricted Diet
- Eating disorder like anorexia and bulimia

As with anorexia, food and staying thin become an obsession, but the bulimic does not starve herself. Instead, the bulimic gets an uncontrollable urge to binge (eat a large amount of food in a short period of time) and then purge this food from her body.

Effect of Undernutritions

- Low body weight
- Weakness and fatigue
- Loss of muscle mass
- Frequent illness
- poor concentration
- dry skin and hair fall
- Delayed wound healing
- Anemia
- Irritability and mood Changes

Prevention

- People can be educated on
- The nutritional quality of common foods
- Importance and nutritional quality of various locally available and culturally accepted low cost foods
- Importance of exclusive breastfeeding for six months and continuing to breast feed up to two years or beyond.
- Damage caused by irrational beliefs and cultural practices of feeding
- Recipes for preparing proper weaning foods and good supplementary food from locally available low cost foods.
- Importance of including milk, eggs, meat or pulses in sufficient quantities in the diet to enhance the net dietary protein value.
- Importance of feeding children and adults during illness
- Importance and advantages of growing a kitchen garden
- Importance of immunizing their children and following proper sanitation in their day to day life.

Overnutrition

- Overnutrition is a form of malnutrition (imbalanced nutrition) arising from excessive intake of nutrients, leading to accumulation of body fat that impairs health (i.e., overweight/obesity)
- Causes
 - Modern dietary
 - Sedentary lifestyle
 - Environmental Influences
 - Socio-economic factor
 - Genetic predisposition

Overnutrition

- **Common Signs**

- Excess body weight
- Increased Waist circumference
- Breathlessness on exertion
- Tiredness and laziness
- high blood pressure
- High blood sugar
- High cholesterol
- Joint Pain
- Fatty liver
- Sleep disturbance

- **Effect**

- poisoning
- hardening of the arteries
- increased susceptibility to infectious diseases
- gallstones
- cardiac arrest
- heart problems
- metabolic disturbances
- stomach problems
- numbness
- allergic reactions

Preventing Overnutrition

- Eat smaller portions
- Choose high-fiber foods:
- Avoid sugary drinks and processed food
- Practice mindful eating
- Move daily
- Stay hydrated
- Plan your meals
- Choose food items carefully
- Avoid supplements without prescription
- Do not skip meals
- Slow down while you are eating

Table 8.1: Types of Malnutrition

Under nutrition	Over nutrition
1. Under nutrition is deficiency of one or more nutrients. 2. It is that state of nutrition in which the quality and quantity of food is not sufficient for the body and is deficient in one or more nutrients. 3. When almost all nutrients are below the requirement, the condition is known as under nourishment. 4. An undernourished person manifests symptoms of deficiencies and feels unwell. Poor body weight, poor resistance to infection, weakness and general ill-health are the symptoms of under nourishment.	1. Over nutrition is excess of one or more nutrients. 2. It is that state of nutrition in which the intake of nutrients is in excess of body needs quantitatively as well as qualitatively causing adverse effect on the body. 3. When almost all nutrients are high requirement, the condition is known as over nourishment. 4. The pathological state resulting from a disproportion of essential nutrients with or without the absolute deficiency of any nutrient as determined by the requirement of a balanced diet.

Body System and Common Diseases

- **Body System**

- The human body is a biological machine made of body systems; groups of [organs](#) that work together to produce and sustain life.

- **Diseases**

- **Disease**, any harmful [deviation](#) from the healthy structural or functional state of an organism, generally associated with certain signs and symptoms and differing in nature from physical [injury](#).

Types of Disease

Communicable Diseases

- These diseases are spread from one person to another through air, water, food, insect or physical contact
- Common Cold
- influenza
- Malaria
- Covid-19
- Dengue
- Cholera
- Typhoid

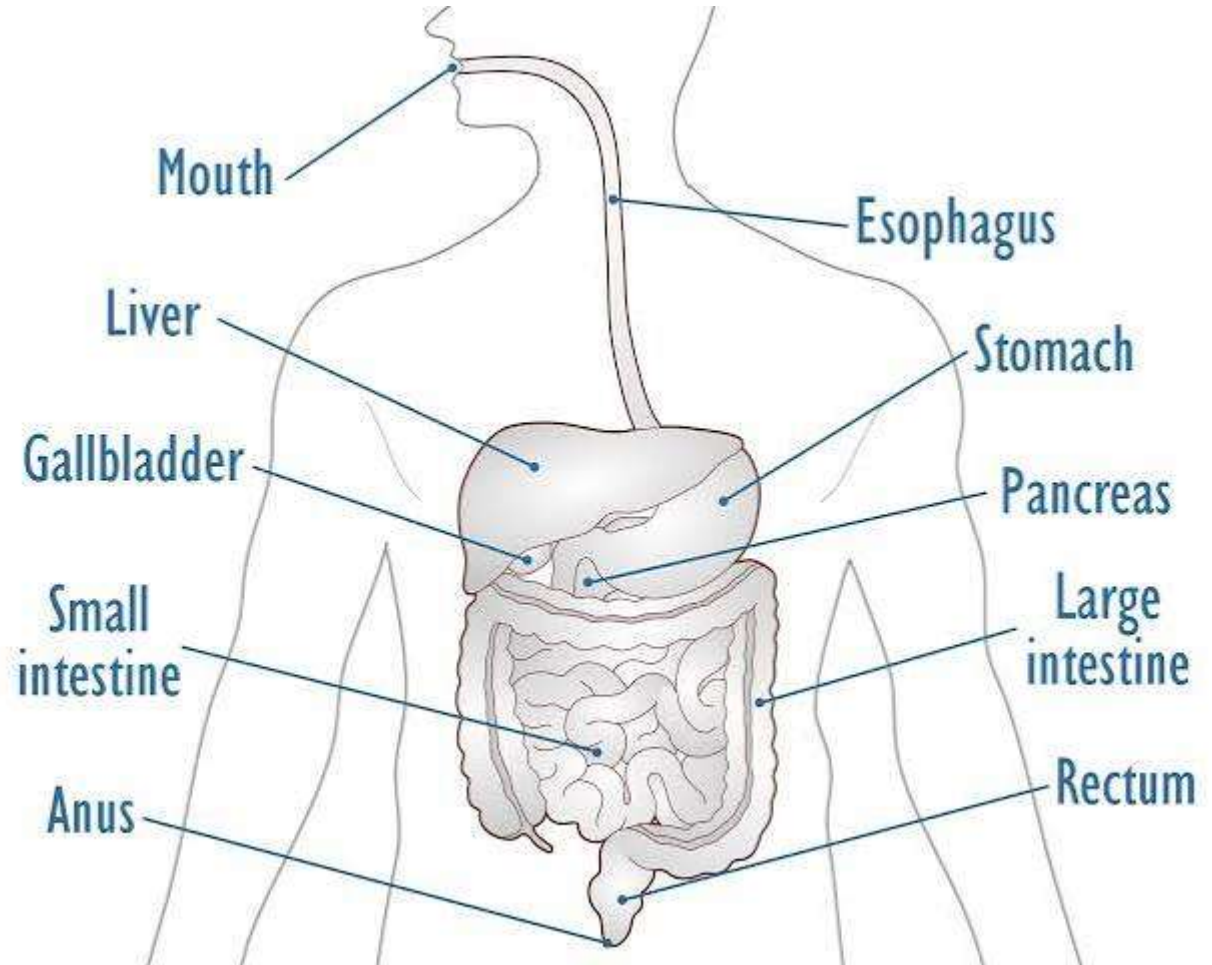
Non Communicable Diseases

- These diseases are not spread from one person to another through air, water, food, insect or physical contact
- Diabetes
- Hypertension
- Heart Disease
- Cancer
- Asthma
- Obesity
- Stroke

Major Body System

- Digestive System

Digestive System - is a complex group of organs that work together to process the food a dog eats. This process, called digestion, breaks down food into smaller, usable parts (nutrients) that the body can absorb for energy, growth, and repair. The system also eliminates the parts of the food that cannot be used.



Common Disease of the Digestive System

acidity

- acidity occurs when your stomach overproduces acid to digest food. it may slip up into the esophagus, which then results in the burning phenomenon of heartburn.

- Causes of Acidity

Unusual mealtimes

Eating too much or too fast

Foods that are full of fats, fried, or spicy

Carbonated and caffeinated beverages

Stress and inactivity

Common Symptoms of Acidity

- Heartburn
- Bloating and Burping:
- Nausea and Vomiting
- Persistent Cough and Hiccups
- Sour Taste in the Mouth
- Prevention
 - Eat smaller, more frequent meals.
 - Avoid lying down right after eating.
 - Maintain a healthy weight.
 - Manage stress with yoga, meditation, or exercise.
 - Elevate the head of your bed to prevent nighttime reflux.

Constipation

- Constipation occurs when your bowel movements become less frequent and stools become difficult to pass.
- causes
 - [Not eating enough fiber](#).
 - Not drinking enough water ([dehydration](#)).
 - Not getting enough exercise.
 - Changes in your regular routine, such as traveling or eating, or going to bed at different times.
 - Consuming large amounts of milk or cheese.
 - [Stress](#).
 - Resisting the urge to have a bowel movement
- Symptoms
 - [stools are dry, hard and/or lumpy](#).
 - [stomachache](#) or cramps.
 - feel bloated and [nauseated](#).
 - feel that you haven't completely emptied your bowels after a movement.
 - Loss of appetite
- Prevention

Diarrhoea

- Diarrhea means having a loose, watery stool during a bowel movement.

- **Causes**

- Infections.
- Food poisoning.
- Medications.
- Foods that upset your digestive system.
- Procedures on your bowels.

- **Symptoms**

- Frequent loose motion
- Weakness
- Dehydration
- Cramps
- Fever

- **Prevention**

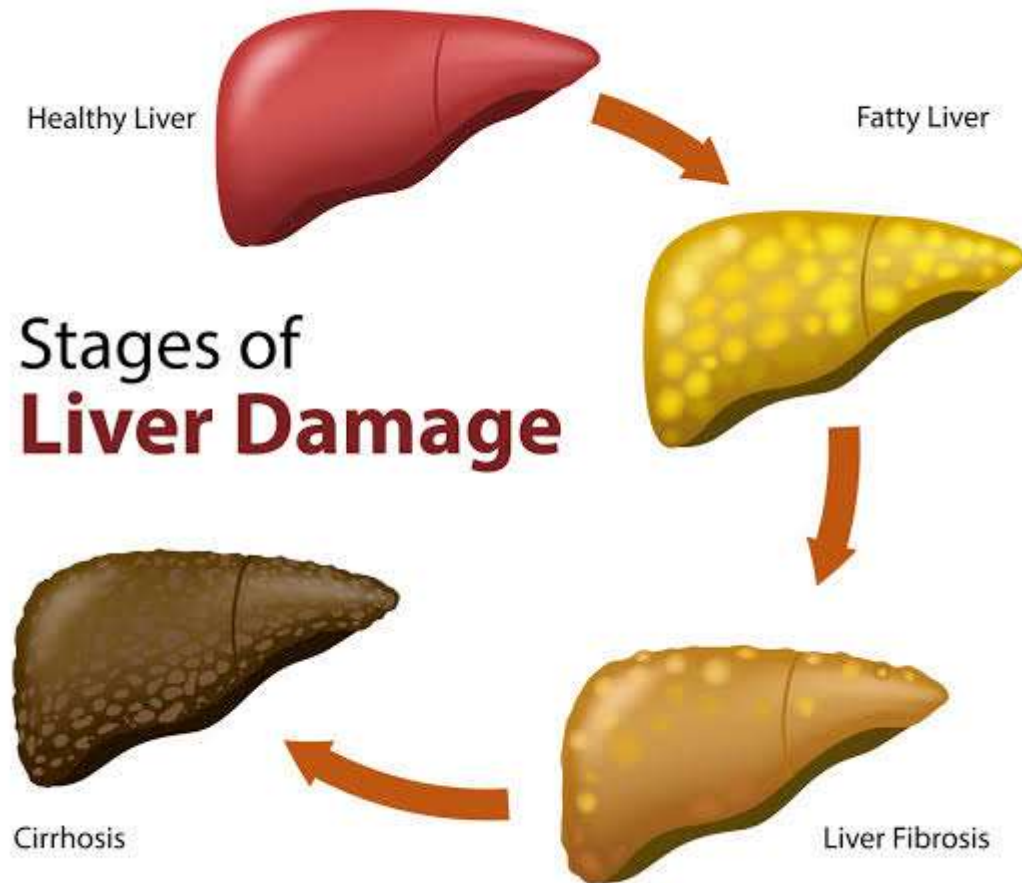
Drink clean water

Wash hand before eating

Eat good food

Maintain sanitation

Fatty Liver



- Fatty liver disease happens when extra fat builds up in your liver. It is often linked to being overweight, type 2 diabetes, high cholesterol, or drinking too much alcohol.

Fatty Liver

- **Symptoms**

- Feeling very tired, also called fatigue.
- Not feeling well
- Pain or discomfort in the upper right belly area.
- Weight Gain

- **Causes**

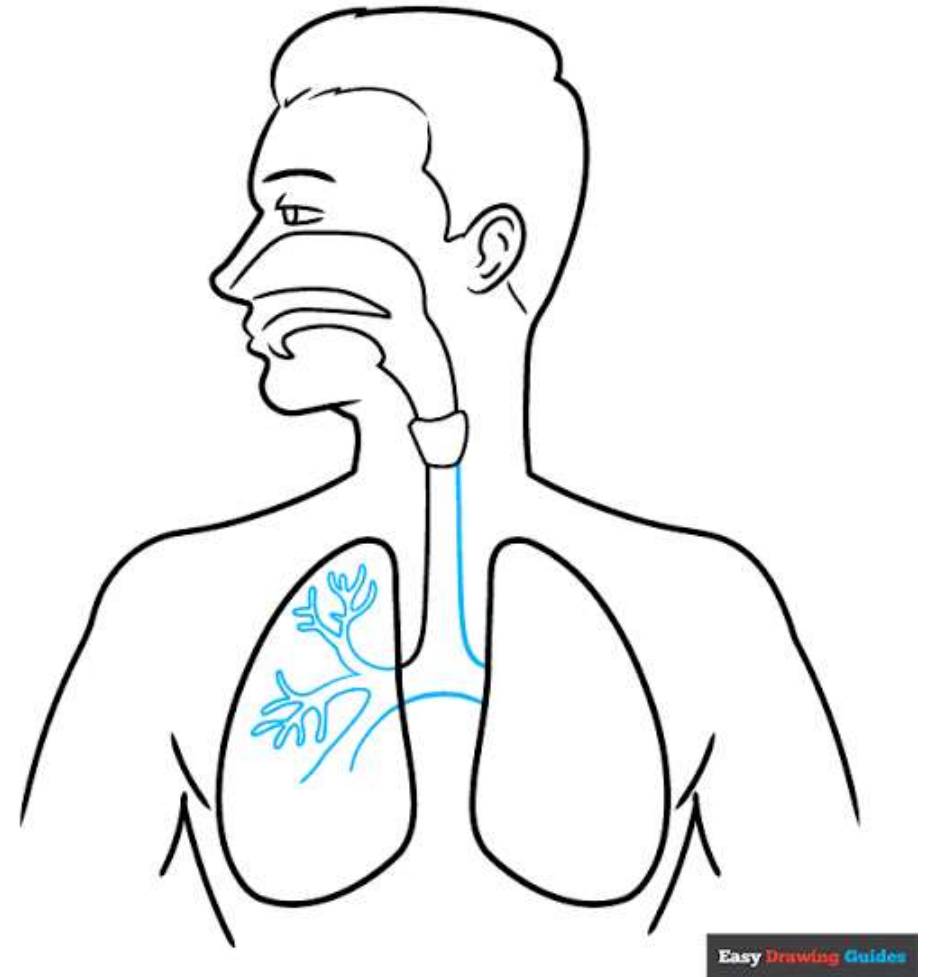
- Obesity
- High Fat Diet
- Excess Sugar intake
- Alcohol
- Diabetes
- Lack of exercise

- **Prevention**

- Maintain Healthy body weight
- Exercise regularly
- Avoid Alcohol
- Good Diet

The respiratory system

- The respiratory system is the network of organs and tissues that lets you breathe. It moves fresh air into your body and removes waste gas like carbon dioxide.
- Main Organs
 - Nose
 - Throat
 - Windpipe
 - Bronchi
 - Lungs
 - Diaphragm



The respiratory system

1. Supply the body with oxygen and disposes of carbon dioxide
2. Filters inspired air
3. Produces sound
4. Contains receptors for smell
5. Rids the body of some excess water and heat
6. Helps regulate blood pH

Common Diseases

- **Common Cold**

- The common cold is a mild viral infection of the nose and throat.

- **Symptoms**

- Runny or stuffy nose
- Scratchy or sore throat
- Cough
- Sneezing
- Mild headache or body aches
- Low-grade fever

- **Causes**

- Viral infection
- Weak immunity
- Poor hygiene

- **Prevention**

- Wash hands
- **Stay away** from people who are coughing or sneezing.
- **Cover your cough** or sneeze with a tissue or your inner elbow.
- Maintain immunity

Asthma

- Asthma is a long-term lung disease that inflames and narrows the airways. It causes recurring periods of wheezing, chest tightness, shortness of breath, and coughing.

- **Cases/Triggers**

- Dust
- Smoke
- Pollution
- Cold air
- Allergens
- Exercise
- Stress

- **Symptoms**

- Wheezing or a whistling sound when breathing
- Frequent coughing, often worse at night
- Shortness of breath or trouble catching your breath
- Tightness or pain in the chest
- Difficulty in breathing

- **Prevention**

- Avoid Dust and smoke
- Keep the environment clean
- Use medicines
- Avoid known triggers
- Maintain good indoor air quality

Bronchitis

- Bronchitis is an inflammation of the main air passages (bronchial tubes) that carry air to your lungs.

- **Causes**

- viral infection
- Smoking
- breathing in dirty air
- Dust
- Poor immunity

- **Symptoms**

- Persistent cough
- Mucus production
- Chest Discomfort
- Fatigue
- Mild fever

- **Prevention**

- Avoid Smoking
- Avoid Polluted Areas
- Use mask
- Maintain respiratory hygiene

Tuberculosis

- Tuberculosis, also called TB, is a serious illness that mainly affects the lungs. The germs that cause tuberculosis are a type of bacteria.

- **Causes**

- Tuberculosis can spread when a person with the illness coughs, sneezes or sings. This can put tiny droplets with the germs into the air. Another person can then breathe in the droplets, and the germs enter the lungs.

- **Symptoms**

- Coughing up blood or mucus
- Chest pain when breathing or coughing
- Fever, chills, and night sweats
- Extreme tiredness and sudden weight loss

- **Prevention**

- Early diagnosis
- Complete treatment
- Good Ventilation
- Covering mouth while coughing
- Avoiding close contact with TB patients

Circulatory system

- Circulatory system, or cardiovascular system, supplies oxygen and nutrients to your whole body and removes waste through your blood.
- रुधिराभिसरण तंत्र (Rudhirabhisaran Tantra) or परिवहन तंत्र (Parivahan Tantra)
 - Heart
 - Arteries
 - Veins
 - Capillaries
 - Blood

- **Functions**

- Pumps blood throughout the body
- Supplies oxygen and nutrients to cells
- Remove waste from the body
- Helps regulate body temperature
- Support immunity through white blood cells

Common Diseases

- Hypertension
- Hypertension, or high blood pressure, occurs when blood pushes too hard against your artery wall. Often called a "silent killer," it usually has no clear signs, but if left untreated, it can cause heart attacks, strokes, and kidney damage.
- **Causes**
 - Stress
 - High salt intake
 - Lack of physical activity
 - Smoking
 - Alcohol consumption
 - Family history

- **Symptoms**

- Chest pain
- Dizziness
- Severe headache
- Dizziness
- Tiredness

- **Prevention**

- Eat less salt
- Exercise often
- Manage your weight
- Stop smoking
- Limit alcohol
- Control stress
- Get good sleep

Heart Disease

- Heart disease describes a range of conditions that affect the heart. Heart disease includes:

- Blood vessel disease,
- Irregular heartbeats,
- Disease of the heart muscle.
- Heart valve disease.

- **Risk Factors**

- High blood pressure and high cholesterol
- Smoking or tobacco use
- Lack of physical exercise
- Unhealthy diet high in salt, sugar, and fat
- Diabetes and excess body weight
- Stress

- **Symptoms**

- Chest pain, tightness, or discomfort
- Shortness of breath during rest or light activity
- Extreme tiredness or low energy
- Swelling in the feet, ankles, or legs
- Fast or irregular fluttering in the chest

- **Prevention**

- Exercise often
- Manage your weight
- Stop smoking
- Limit alcohol
- Control stress
- Get good sleep
- Good food

Stroke

- A stroke is a medical emergency that occurs when blood supply to the brain is blocked or when a blood vessel bleeds in the brain.
 - High blood pressure and high cholesterol
 - Smoking or tobacco use
 - Lack of physical exercise
 - Unhealthy diet high in salt, sugar, and fat
 - Diabetes and excess body weight
 - Stress