

The Science of Good Health

Viewing things in *Synthesis*

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Synopsis

- # Synthesis Vs. Analysis
 - # Modern approach
 - # The reasons for disease
 - # Proper food for human consumption
 - # An ideal way of life
 - # Relationship between internal qualities and external things
 - # Molding our lives
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Synthesis

- Looking the system
As a whole
- There exist complex relationships between the parts
- For solving a problem, root needs to be addressed

Vs.

Analysis

- **As a part**
- By understanding the parts, whole can be understood
- Aims at removal of manifestation of symptoms

Modern approach

- ❖ Every scientist is supposed to specialize in his own (narrow) field
 - ❖ Since the acceptable system of knowledge is an ascending one, it necessitates understanding complex system in parts
 - **Environment**
 - **Medical care**
 - ❖ Global view and underlying goals are often neglected
 - **Science and Philosophy**
 - **Engineering departments**
 - ❖ Solution of problems is like pressing a carpet to remove a bubble
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Reasons for Disease

- # Everyone must get old, experience diseases and ultimately die
 - # One can, however, accelerate them
 - # Ayurveda considers body as a system
 - The manifestations are revealed through pulse reading
 - Psychological state of the patient, habitat, and environmental factors affecting the patient are considered
 - # Unnatural way of living leads to bad health
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Reasons for disease

#Overeating

- Not eating much
- Not eating things which are unnecessary

#Lack of cleanliness

- In restaurants, and canteens
- In our environment: drinking water, sewage etc.
- Personal hygiene: attached toilets, bathing ...

#Stress

- Pressure of academics, promotions.
 - Breathing polluted air and commuting
 - Escalating prices
 - Crimes and social problems
 - Noise, shortage of food stuffs ...
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Increased Number
of Hospitals



WILLS

CIGARETTES

Made for each other



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Proper food for human consumption

- # Food should increase the duration of life, purify one's existence and give strength, health, happiness and satisfaction
 - # Such foods are juicy, fatty, wholesome, and pleasing to the heart
 - # The choice of food should be made on above criteria not just on the basis on calorific contents etc.
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Proper food for human consumption

- # Vegetables and fruits are more suited to human body
 - HCl produced in humans is 5% the strength of that found in carnivores
 - The intestine length in human is about 12 times the body length
 - # The presence of excessive animal fats in the diet has been shown to have direct correlation with diseases like strokes, blood pressure, heart attacks, colon cancer and constricting blood pressure
 - # Liquor, cigarettes etc. are also harmful for the body
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An ideal way of life

- # High standards of cleaning
 - # Simple living, high thinking
 - # High discrimination in food
 - # Every individual is recommended to fast twice a month according to *Ayurvedic* system
 - # Good exercise to the body and the mind
 - # Aid from the setup of the *Vedic* community
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How external things affect our consciousness?

- # A healthy life aids one to think higher
 - # You become what you eat!
 - # A man is known by his association (and environment)
 - # Personality ethics Vs. character ethics
 - # Such a view avoids a mechanistic approach in life
 - Aesthetics sense of life is now getting lost!
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How internal qualities determine the external things?

The qualities are manifested in one's behaviour

- One who is compassionate will naturally not like to harm others
- Qualities like love and gratitude increase our social harmony
- All our problems stem from bad qualities
- Bribery, pollution, nepotism, divorces, crimes etc.

Cultivation of internal qualities should be primary focus

Molding our lives

- # Whole life should be seen in the synthesis
 - Purpose of life
 - Marriage, occupational duties...
 - # Discrimination between artificial and basic needs
 - # Following the descending system of knowledge
 - # Focus on internal satisfaction rather than ephemeral happiness
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