



IMPORTANCE OF LEADING A HEALTHY LIFE

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Introduction:

We all want our life to be happy. But to enjoy life's joys, our body needs to be healthy. Our health depends on diet and some daily habits but we are not as serious about it as we should be. By eating right and changing some habits, we can lead a healthy life. Life without good health is like an army without soldiers and chocolate without cocoa. Health is important to live life to the fullest. When a person leads a healthy lifestyle, the body remains healthy and the mind is active and fresh. Living a healthy life would extend longevity and also regenerate the body and mind. Having good health is of core importance to human happiness. Good health is central to human happiness and well-being that contributes significantly to prosperity and wealth and even economic progress, as healthy populations are more productive, save more and live longer. For a healthy life cycle, you need a healthy and balanced diet, good hygiene habits, staying in a proper shelter and getting enough sleep. In addition, you will have to participate in physical activities, weight management, and stress management activities.

Keyword: Health, Importance, Life

Research Methodology:

The information for this paper has been primarily collected from secondary sources i.e., Books, Journal, Government reports and Internet

Research Assumptions:

- a) Explain The Concept of Good Health.
- b) State the importance of Good Health in human life.
- c) State The major problems before Good Health

What is Health?

The state of complete physical, mental and spiritual well-being is called health. Health consists of maintaining the body and taking preventive measures to reduce the possibility of developing various diseases. Health is the body's natural functional and metabolic efficiency to adapt to physical and mental changes the body is exposed to. Having good health helps a person to perform their daily routine in a smooth manner. Physical health of a person means the body is not affected by any disease whereas mental or social health is characterized by the ability of a person to accomplish various social tasks given to him. Health can be defined as a state of complete physical, mental, social and spiritual well being, which consists in

maintaining the body as much as possible by following daily advice and preventive measures to reduce the possibility of diseases. Health has an important role in feeling happy, as there are many people who suffer from diseases, but the health enables them to fight diseases, as a result, they achieve physical fitness and feel comfortable or enjoy life like any normal person.

What is the Importance of Health?

Having good health is important because

a. Improve longevity:

If a person doesn't have a healthy lifestyle, it would affect the daily routine of a person. When the body gets proper nutrition, it becomes more fit and healthy, improving longevity.

b. Prevent diseases:

The most important concept of leading a healthy life is to provide immunity strength against various diseases. The immune system is the body's natural defense mechanism to fight against foreign agents that cause harm to the body. Having a healthy body and mind is very important for overall well-being.

c. Improve mental health:

Having a bad lifestyle would result in poor mental health. Adapting a healthy lifestyle would relax the mind and improve the mood. Only when a person is happy mentally, they would perform productively. Mental health is equally important as physical health.

d. Lead a productive life:

A healthy person would serve his/her community and nation. Only when a person is not affected by any disease, he/she is considered healthy. This intern would help them to serve better.

e. Financial benefits:

The cost of medical expenses is rising. Only if a person invests in health right from a

young age they would prevent or reduce the extent to which they develop a disease. By having good health, they can reduce the possibilities of themselves getting hospitalized and minimize the cost incurred for medical treatment.

Ways to live a Healthy Life...

- It is beneficial to reduce stress and depression due to various reasons. For that, yoga, pranayama, meditation, morning or evening walk or similar light exercise should be done.
- If you successfully try to live a positive life and get rid of addiction, you can stay away from this disease.
- This disease will not get worse if you decide the meal times and take regular meals at that time, taking care that the metabolism will not be disturbed by eating light food and avoiding tea, coffee and soft drinks.
- Regular exercise makes the body light and healthy; But exercise before sleeping should be avoided. Doing yoga and pranayama in the morning is more beneficial.
- Time to sleep and time to get up early in the morning should be fixed.
- Relax the body while sleeping and practice deep breathing.
- Bathing in warm water in the evening or normal water in summer is beneficial.
- Do not raise the alarm if possible. It can be applied if needed in rare cases.
- Drink half a glass of warm milk while sleeping. However, an obese person should not try milk.
- A light body massage is very beneficial.

If you maintain your routine and diet in this way, you can stay away from insomnia and live a healthy life.

How can Achieve Good Health:

By adapting a few healthy lifestyles changes we can significantly improve our health. Consuming healthy meals Diet plays an important role in overall health. What we consume is directly related to health. Consuming a healthy diet will boost the immune system and improve overall health. Consuming more fruits and vegetables will improve health. Consuming fewer animal products and hydrating oneself is important. Regular exercise and keeping the body active will improve bone density and muscle strength. Doing moderate to intense physical activities regularly has a lot of benefits. Shedding a few pounds around the waist will keep us away from type two diabetes and other cardiovascular diseases. Getting enough sleep is an important factor in improving health. Having proper sleep at the right time would improve physical and mental health and prevent various heart diseases. Cutting down on refined sugar has a lot of health benefits. Refined sugar has empty calories which would increase body weight and also spike blood glucose levels. All these activities and adapting healthy practices would serve beneficial for people.

Cells are the fundamental units of all living organisms. They are made up of a variety of chemical substances. Cells move from place to place. Even if the cell is not moving, a lot of repairing still goes on within it. Besides this, there are various specialized activities in our body, like the heart pumps blood, the kidney filters the urine, the brain is constantly thinking, the lungs help in breathing. This way, there is a lot of

interconnectedness between the various organs in our body. For all these activities, our body needs energy and raw material. Food is necessary for cell and tissue functioning. Therefore, if you are not well, all your bodily activities start getting hampered.

Conclusion:

While living a happy life, we consciously or unconsciously protect, bind and balance this energy i.e. the remaining 95 percent of energy through very subtle waves. It can be more effective than any exercise. Self study should be done through everything, work, business. For that, one does not need to take Sannyas, one does not have to leave the world, one does not have to leave one's religion, one does not need to follow any Buddha, Maharaja or any deity, and one does not need tavaiklyas. At the end of the day, only if you have a healthy mind, you will get health and know the essence of life. Only if you go to self, you will get ownership. If you change, you will get health with less effort. Seek the blessings of elders and family elders and take care of them, true happiness lies there. God has given us an unfathomable power called Ichcha-Shakti along with the body we have received from our birth parents, learn to use it properly. It's the little things, paying a little attention to them that will definitely help you enjoy a healthy lifestyle.

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