



# **AICTE Student Induction Program**

## **HOLISTIC HUMAN HEALTH**

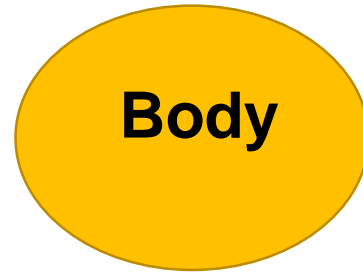
**Day 2**

# Brief Recap

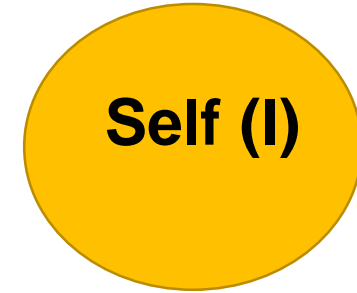
1. Health
2. Human Being – Self + Body in co-existence
3. Natural Acceptance
4. Basic Health Principles – Universal  
Rational  
Verifiable  
→ Harmony

Body & Self

- Human Being



Coexistence



- Nature

**Material Unit  
Gross Unit**

**Unit of Consciousness  
Subtle unit  
(Unaware/Aware)**

**Is a tool (instrument) of the Self  
Follows instructions of Self**

**Central to human Existence  
Gives instructions**

**Self – organised  
(harmony)**

**Self - organised  
(harmony – RU and RF)**

- Response in Interactions

**Definite ( No Choice)  
(e.g. spinach vs dhatura)**

**Capacity to choose response  
(Based on RU or Lack of RU)**

# HOMEWORK

Taste when hungry vs taste when full vs when forced to eat

Happiness while eating when hungry vs when full vs when forced

- How is the taste when you are really hungry? Do you also get pleasure or feel 'happy' while eating?
- How is the taste once you are full? Is it the same, less or more tasty than before? How about the pleasure you get?
- How is the taste when you are forced to eat even after you are full "up to the neck"? Here is where your friend can help to force you to eat

We will discuss your observations in the next class

# HOMework

Your observations

When you were very hungry – Taste / Pleasure

When you were full –

When you were forced –

Taste / pleasure - Need of body/Self?

Deriving taste /pleasure from??

Solution? Other source of happiness for Self

# Recommendations for Health

Principles – Universal, for all

Recommendations – Vary

- Age
- Body type
- Time of day
- Season etc.



# Food

- How much?
- How to take food?
- When to Take?
- What to take?
- What not to take?
- Types of food???
- Incompatible foods?
- Wrong way of cooking?

A close-up photograph of water being poured from a clear glass bottle into a clear glass. The water is captured in motion, creating a dynamic splash and numerous bubbles within the glass. The background is a soft, light blue gradient.

# **Water**

- How much?
- When to take?
- When not to take?
- What type of water?





# AIR

**How Much?**

**How to take?**



# **Sleep**

- What is good sleep?
- How much?
- When to sleep?
- How to sleep?

# Appropriate Food Intake

Principle – Body is a material unit. Temporary – undergoes change

Recommendation of Appropriate Intake of food

- As per stage of growth of body –

childhood, teenage/growth – nurturing foods – grains – whole vs processed

- cleansing foods – fruit, vegetables – raw vs cooked

protein – veg vs non-veg, nuts and seeds

adult and old age – no further growth - minimal protein requirement

lower metabolism - cleansing foods – fruit (fibre rich)

- nurturing – less, whole grains

- As per the constitutional type of the body

# Aiding Natural Body processes

**Principle – Body is a self-organised unit. Has natural processes of cleansing and repair**

Recommendation of aiding natural body processes, repair and regeneration etc.

→harmony

e.g. water intake – early morning (4-6am) – even up to 1 litre (aids cleansing)

- no water for an hour before or after eating (hinders digestion)

- only few sips while eating (aids digestion) /water in food e.g. soups

cleansing processes – Morning; Breakfast – light or heavy?

natural urges –sneezing, urge for urination, bowel movement etc. – allow/suppress?

attempts at returning to harmony – Fever, Cough, Vomiting, loose motions

allow/suppress?

repair processes – in deep sleep at night – Bedtime – early/late?

melatonin secretion at night – allow/hinder secretion?

# In Sync with Nature

**Principle – Body interacts with and responds to other entities in a definite manner**

Recommendation of daily routine and lifestyle in sync with cycles of nature -

Daily circadian rhythm – early rising (4-6am) and early to bed (10pm)

- toilet time –early am vs later; biggest meal?

Monthly/lunar rhythm - fasting/eating light once in 15 days

Seasonal rhythm – appropriate food

caution during change of

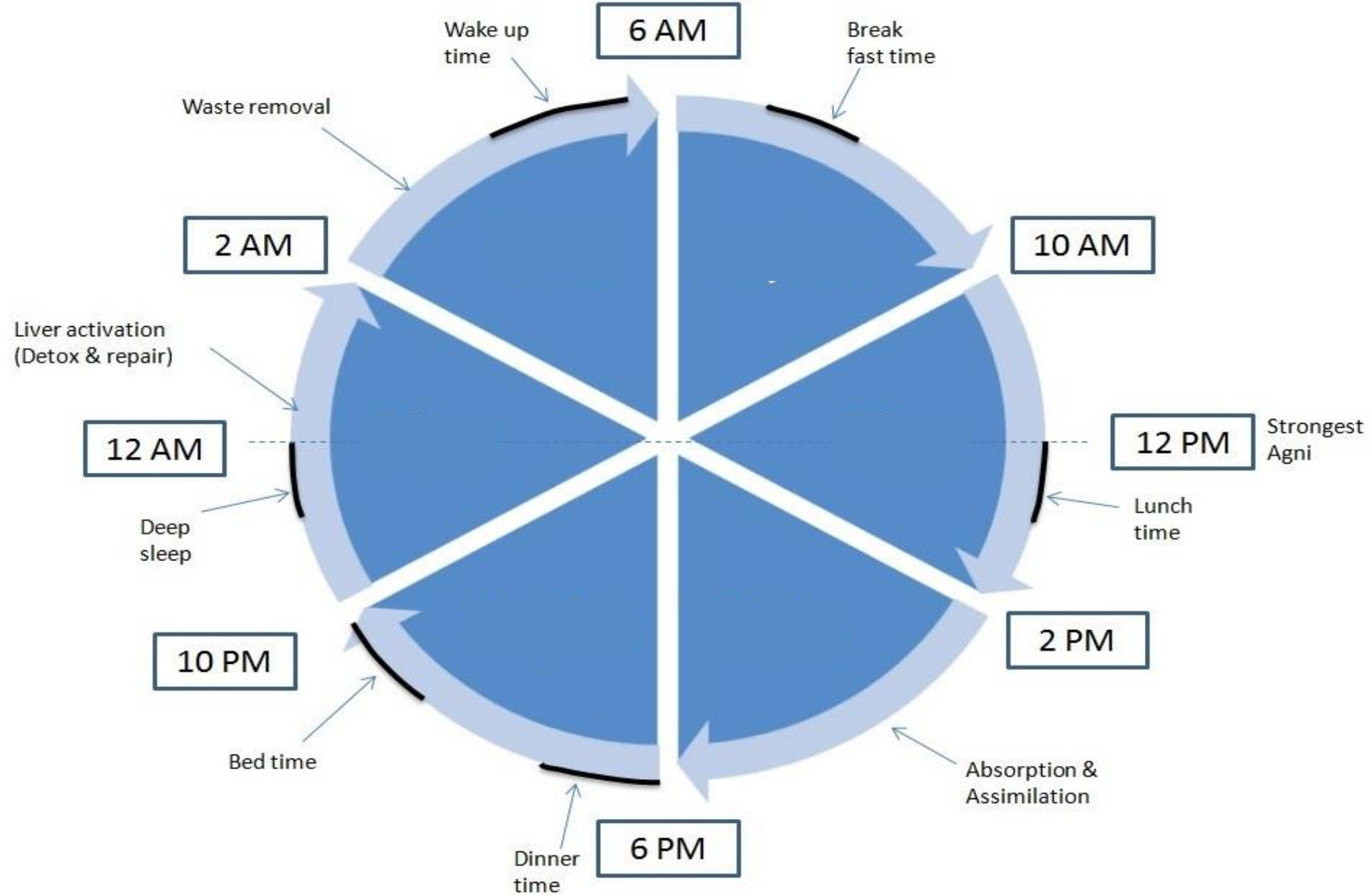
Light clothes and activities in summer, heavier in winter

season

In accordance with similarity/dissimilarity to body

e.g. foods fleshy in nature/constitution (figs, papaya) beneficial for a constitutionally dry body type (foods that are dry worsen the dryness); honey vs

# In Harmony with the Circadian Rhythm



# Self giving right instructions to body

**Principle – Body and Self are in co-existence. The Self is in charge - makes decisions, gives instructions to body and body follows. Self is central; body is its tool.**

Guideline of giving right instructions to body

E.g. What to eat (nurturing vs junk foods)

When to eat (hunger vs no hunger)

How much to eat (age, hunger, time of day)

When to stop (fullness vs for taste)

Explore – Self is deciding and body following or sensation in body influencing Self?

Body – tool or bondage for me?

# Taking responsibility - Nurturing & Protecting body (vs happiness through food)

Principle – Self is self-organised. it is happy/fulfilled when it has RU & RF within. Then it is in harmony with the body.

RF in Self → responsibility towards body for nurturing, protecting and rightly utilising body.

RF in Self → Nurturing and protecting of body

Lack of RF → Self does not take responsibility for body.

Lacks happiness so seeks happiness through body (via sensation)

Need for happiness – Continuous; Source of seeking – temporary. Possible? (thus overeating, binge eating, addictions to alcohol, tobacco etc.)



# Implementation

1

(A) For Staying Healthy

1 Intake and Daily Routine (Lifestyle)

1a

2 Labour and Exercise

1b

3 Postures for regulating internal & external body organs  
and Regulated Breathing

2

(B) For bringing  
body back to  
harmony from  
temporary  
disharmony

3

(C) Dependence on  
drug / machine to  
perform a body  
function

Medicine

and

Treatment



Health (in the Body)

1. *The Body acts according to the Self*
2. *Parts of the body are in harmony (in order)*

# Excitement and Escape – Not Happiness

## Excitement (Temporary Happiness) From Outside

**Consumption of physical facility, enjoyment of favourable sensations** (sound, touch, form, taste, smell)

*Tasty-Necessary → Tasty-Unnecessary → Tasteless-Unnecessary → Intolerable*

**Receiving favourable feeling from others**

Attention, appreciation...

## Escape (Running away from unhappiness)

**Over eating**

**Over sleeping**

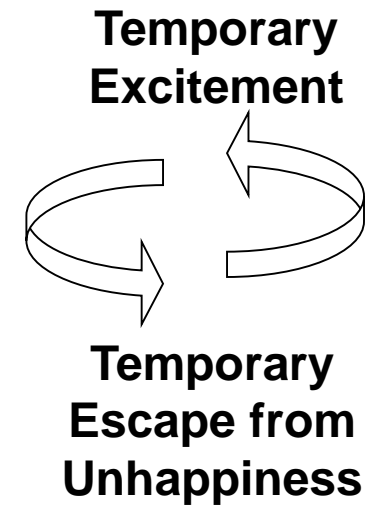
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**Gutka / Tobacco**

**Alcohol**

**Drugs**

...



## Happiness (Harmony) Within

### Having the right understanding within

i.e. Understanding of the harmony at all levels of being  
(human being, family, society, nature/existence)

### Having the right feeling within

i.e. right feeling like trust, respect... love

**Continuous  
Happiness**

Human  
Consciousness

-----  
↑  
-----  
**Transformation / Development**  
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**Receiving favourable feeling from others**

Attention, appreciation...

**Temporary  
Excitement**

## Escape (Running away from unhappiness)

**Over eating**

**Over sleeping**

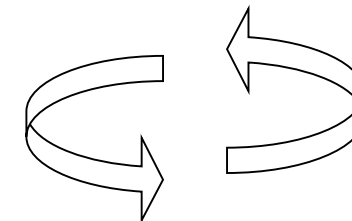
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**Gutka / Tobacco**

**Alcohol**

**Drugs**

...



**Temporary  
Escape from  
Unhappiness**

# Self in harmony with other human beings & rest of nature

**Principle – HB is inter-connected and has relationship with other human beings and rest of nature**

Guideline of right feeling in the Self and the rest of nature

RF vis-à-vis other human beings

→ fulfilment and harmony in the Self, → no disturbance of body harmony but feelings of opposition → conflict and disharmony in the Self → disturbance and disharmony in body (e.g. anger in Self → disturbance in body's digestion → ill-health).

RF vis-à-vis rest of nature

→ fulfilment in Self + fulfilment in nature → maintenance of pure air, water and soil → health of HB but lack of RU and RF in Self → pollution of air, water and soil → ill-health of body

# Making choices with RU & awareness

Principle – Self – freedom of choice in response. Choice based on RU → definite behavior; choice based on assumption → indefinite behavior.

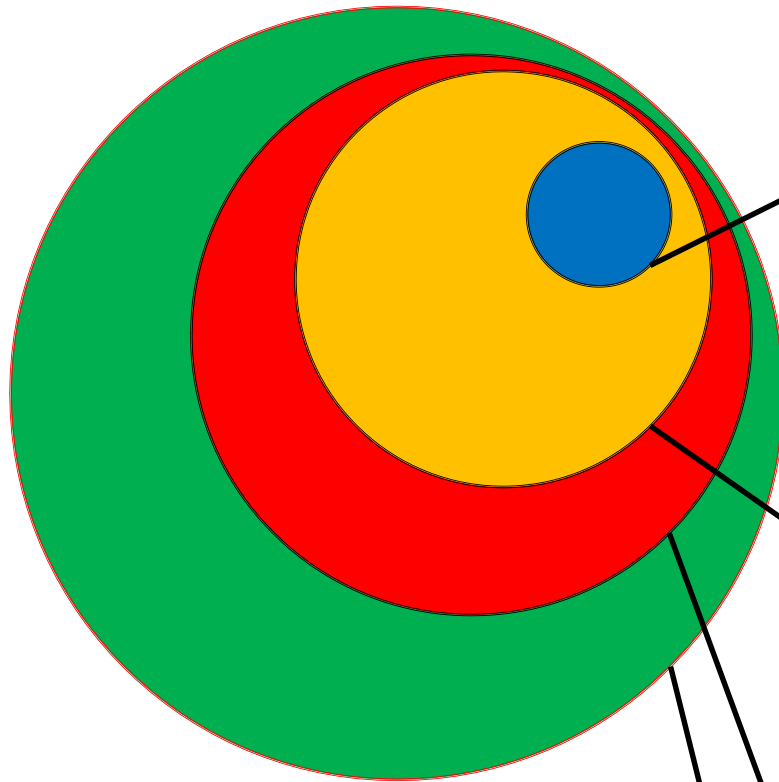
Body – no freedom of choice - response is fixed (definite). Merely follows instructions..

Guideline of making choices based on RU in Self; not based on assumptions in Self.

e.g. eating food – RU & RF in Self → nurturing of body → eating only as much as needed

Assumption – I am Body. I seek happiness through food. I may choose to eat more than required but body cannot digest this extra food

e.g. interaction with nature – RU → I take from nature, also enrich nature (cyclic processes) Assumption – I am an isolated unit → I take; I exploit nature (use pesticides in soil for higher yield; exploit animals)



### **Individual**

I have a role within myself  
(eg. ensuring happiness in the self and health in the body)

### **Family**

I have a role in my family  
(eg. ensuring feeling of relationship and prosperity)

### **Society**

I have a role in the society  
(eg. to participate in social systems for ensuring justice, peace and harmony)

### **Nature/Existence**

I have a role in nature/existence  
(eg. mutual fulfilment with rest of nature)

**Harmony in Health  
in all four levels**

# Home Work

1. Who should take responsibility for your health?
  - Doctors?
  - Hospitals?
  - Parents?
  - Yourself?
2. Take responsibility for any one aspect (or more than one aspect) of your health from today
  - e.g. nurturing body
  - e.g. being in sync with natureand share your experiences

**Thank You!**





# Guidelines for Health (based on the Principles)

1. Guideline of Appropriate Intake (based on the changing and material nature of the body)
  - As per stage of growth of body (childhood, youth, old age)
  - As per the constitutional type of the body
2. Guideline of aiding natural body processes (based on the body's self-organisation)
  - e.g. aiding in maintaining homeostasis, repair and regeneration processes in the body
3. Guideline of nurturing the body vs seeking happiness through food/sensation through the body (principle – Self is self-organised; it is happy/fulfilled by RU and RF within).
  - E.g. Fulfilling the Self through RU and RF. In doing so, it does not seek happiness from outside through body (thus preventing overeating, binge eating, addictions to alcohol, tobacco etc.)
4. Guideline of right feeling in Self vis-à-vis the body – to nurture, protect and rightly utilise the body and thus give the right instructions to the body
  - E.g. To stop eating when stomach is full (instead of continuing if food is tasty).

5. Guideline of food and activity in accordance with similarity/dissimilarity to body (based on the fixed response of the body to other entities in nature)
  - e.g. foods that are fleshy in nature/constitution are beneficial for those whose body is constitutionally dry while foods that are dry worsen the dryness in a constitutionally dry body
6. Guideline of healthy routine and lifestyle in sync with cycles of nature (based on the body's response to day and night, the monthly lunar cycle and the seasons)
  - eg. Daily circadian rhythm – waking up early in the morning (4-6am) and going to bed early at night (10pm)
  - e.g. Monthly/lunar rhythm - fasting/eating light once in 15 days
  - e.g. Seasonal rhythm – light food, clothes and activities in summer, heavier in winter with caution during change of season

7. Guideline of right feeling in the Self vis-à-vis other human beings and the rest of nature (based on principle that HB exists with other human beings and rest of nature and is inter-connected and has a relationship with all of these)

e.g. feelings of relationship with other **human beings** makes the Self fulfilled and in harmony, allowing the body to continue in its normal state of harmony while feelings of opposition create conflict and disharmony in the Self causing disturbance and disharmony in the body (e.g. the feeling of anger in Self causing disruption of the body's digestive process) → ill-health.

e.g. RF in the Self vis-à-vis **rest of nature** is fulfilling for Self and fulfilling for nature leading to health in the HB (pure air, water and soil) while lack of RF in Self for rest of nature leads to pollution of air, water and soil causing ill health of the body.

8. Guidelines of making the right choices at the level of the Self based on RU and not on assumptions (with awareness that the Self is central to human existence and the body is only a tool – only the Self has the freedom to choose; the body's response is definite – it has no choice)

e.g. Making the choice of quantity of food to eat based on RU in the Self and not on assumptions (while the Self has freedom to choose to eat more food than required, the body neither has the choice nor the ability to digest this extra food)

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