Health; Return to Divine Nature

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Search for a new definition for health has been raised recently as an issue in related scientific community [1], [2-4]. The familiar definition of health by WHO “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” [5] has been criticized as being outdated and unrealistic [1,3]. What would be a standard life expectancy for human being if all living circumstances being at ideal level? What factors restrict the life period of mankind? Studies suggest that genetic and environmental factors control human life span [6,7] with modifiable environmental factors having higher share [7]. Looking at various causes of mortality and morbidity shows a deviation from natural processes in human life. Natural living requires a balanced diet accompanied by physical activity and avoidance of harmful habits.

Of all deaths occurred in 2015, more than 70% were due to non-communicable diseases [8] among which cardiovascular diseases, cancers and chronic respiratory diseases were at the top of the list. Risk factors for these diseases are rooted in the life-style of each individual and socio-economic context in which the individual live. Souvenirs from modern life style such as fast foods, sweet drinks, sedentary status, smoking and using alcohol are all examples of deviation from nature. These risk factors in specific combinations have been shown to contribute to the morbidity and mortality of populations [9-12]. On the other hand evidences emerge on the positive effects of natural environments like visiting green space [13,14] on individual health.

The human being is usually assumed to be constrained between birth and death. Defining health as a resource for human life without a clear understanding of his/her origin, destination, and aim of life will not result in a comprehensive definition. Belief on what happened before entering human in this world and what will happen after his/her death has been shown to be associated with better health [15]. Therefore new definitions for health should include components beyond naturalistic processes.

Measuring the distance from divine nature as an index in any period of human life or in planning health promoting interventions will help us to better estimate the health status of individuals and populations.

Bibliography


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