

Health; Return to Divine Nature

Hadi Ghasemi*

Department of Community Oral Health, School of dentistry, Shahid Beheshti University of Medical Sciences, Tehran, Iran

***Corresponding Author:** Hadi Ghasemi, Department of Community Oral Health, School of dentistry, Shahid Beheshti University of Medical Sciences, Tehran, Iran.

Received: September 18, 2017; **Published:** October 10, 2017

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mental and social well-being and not merely the absence of disease or infirmity” [5] has been criticized as being outdated and unrealistic [1,3].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

1. Charlier P, *et al.* “A new definition of health? An open letter of autochthonous peoples and medical anthropologists to the WHO”. *European Journal of Internal Medicine* 37 (2016): 33-37.
2. Ereshefsky M. “Defining ‘health’ and ‘disease’”. *Studies in History and Philosophy of Biological and Biomedical Sciences* 40.3 (2009): 221-227.
3. Huber M, *et al.* “How should we define health?” *British Medical Journal* 343 (2011): d4163.
4. Bircher J. “Towards a dynamic definition of health and disease”. *Medicine, Health Care, and Philosophy* 8.3 (2005): 335-341.

5. Organization WH: Constitution (1989).
6. Rea IM., *et al.* "Living long and ageing well: is epigenomics the missing link between nature and nurture?" *Biogerontology* 17.1 (2016): 33-54.
7. Passarino G., *et al.* "Human longevity: Genetics or Lifestyle? It takes two to tango". *Immunity and Ageing* 13 (2016): 12.
8. Benziger CP, *et al.* "The Global Burden of Disease Study and the Preventable Burden of NCD". *Global Heart* 11.4 (2016): 393-397.
9. Nechuta SJ, *et al.* "Combined impact of lifestyle-related factors on total and cause-specific mortality among Chinese women: prospective cohort study". *PLoS Medicine* 7 (2010): e1000339.
10. Ding D., *et al.* "Traditional and Emerging Lifestyle Risk Behaviors and All-Cause Mortality in Middle-Aged and Older Adults: Evidence from a Large Population-Based Australian Cohort". *PLoS Medicine* 12.12 (2015): e1001917.
11. Fazel-Tabar Malekshah A., *et al.* "The Combined Effects of Healthy Lifestyle Behaviors on All-Cause Mortality: The Golestan Cohort Study". *Archives of Iranian Medicine* 19.11 (2016): 752-761.
12. Krokstad S., *et al.* "Multiple lifestyle behaviours and mortality, findings from a large population-based Norwegian cohort study - The HUNT Study". *BMC Public Health* 17 (2017): 58.
13. Shanahan DF, *et al.* "Health Benefits from Nature Experiences Depend on Dose". *Scientific Reports* 6 (2016): 28551.
14. van den Berg M., *et al.* "Visiting green space is associated with mental health and vitality: A cross-sectional study in four european cities". *Health and Place* 38 (2016): 8-15.
15. Koenig HG. "Religion, spirituality, and health: The research and clinical implications". *ISRN Psychiatry* (2012).

Volume 15 Issue 2 October 2017

© All rights reserved by Hadi Ghasemi.