



Lecture 12

Program for Self-regulation and Health

Basic Human Aspiration

Continuous Happiness and Prosperity

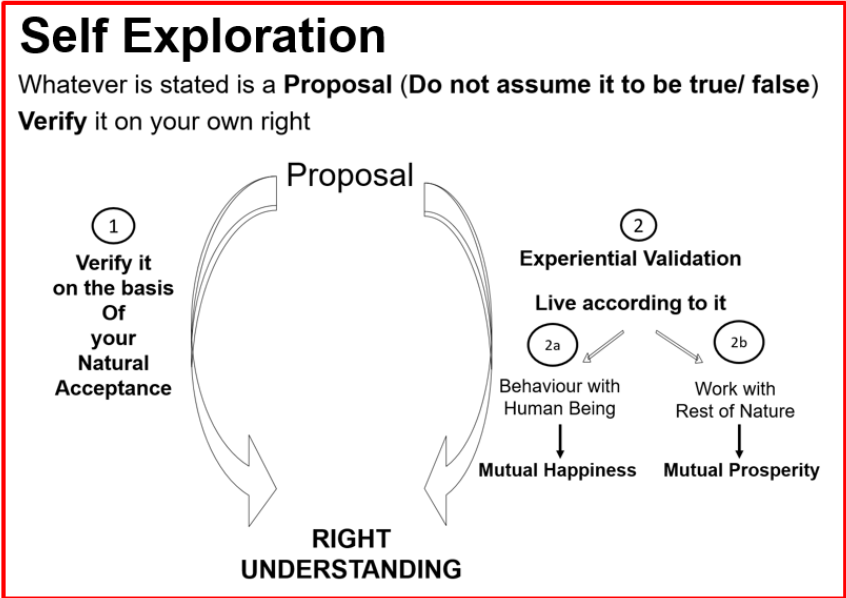
Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

Understanding Harmony and Living in Harmony at all Levels

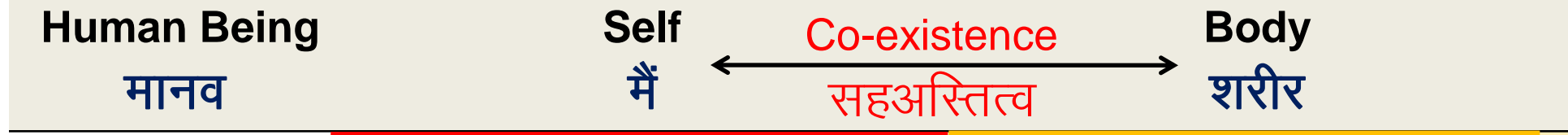
- 👉 **Harmony in the Human Being – Health and Prosperity**
 - Harmony in the Family
 - Harmony in the Society
 - Harmony in Nature/Existence

Process of Understanding



What is my role (value) with my Body?





Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)	Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
In Time काल में	Continuous निरन्तर	Temporary सामयिक
In Quantity मात्रा में	Qualitative (is Feeling) गुणात्मक (भाव है)	Quantitative (Required in Limited Quantity) मात्रात्मक (सीमित मात्रा में)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव	Physio-chemical Things भौतिक-रासायनिक वस्तु
Activity क्रिया	Desire, Thought, Expectation... इच्छा, विचार, आशा...	Eating, Walking... खाना, चलना...
In Time काल में	Continuous निरन्तर	Temporary सामयिक
Response	Knowing, Assuming, Recognising, Fulfilling जानना, मानना, पहचानना, निर्वाह करना	Recognising, Fulfilling पहचानना, निर्वाह करना

↓
Consciousness चैतन्य

↓
Material जड़

Human Being मानव		Self (I) मैं	← Co-existence सहअस्तित्व →	Body शरीर
Need आवश्यकता	Happiness (e.g. Respect) सुख (जैसे सम्मान)			Physical Facility (e.g. Food) सुविधा (जैसे भोजन)
Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव			Physio-chemical Things भौतिक-रासायनिक वस्तु
	Feeling of Self-regulation (संयम) Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body		⇒	Health (स्वास्थ्य) 1. The Body acts according to the Self 2. Parts of the body are in harmony (in order)

The Body is an orderly system (a harmony). It has definite conduct

The cells in the body work together, in harmony with each other, participate in the larger order to form tissues, organs and organ systems...

With a feeling of responsibility towards the body, I (Self) naturally ensure the continuity of harmony in the Body (at least I do not disturb it)

Health in the Body is a natural outcome of the feeling of self-regulation in the Self

(A) For Staying Healthy

1 Intake and Routine (Lifestyle)

2 Labour and Exercise

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

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

4 Medicine

and

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

Treatment

Note: This is a program for health, not the only program for health

Intake includes all that we take ingest – food, water, air, sunlight...

To maintain health:

- Intake of food that is nutritious, digestible, tasty and the waste is excretable
- Intake of water in the right amount and at the right time
- Daily exposure to fresh air and sunlight...

The Circadian Rhythm

- Body response to the solar cycle

(Understanding this helps in setting up a harmonious daily routine)

The Rhythm of Seasons

- Body response to the seasons
- Availability of complementary plants in various seasons

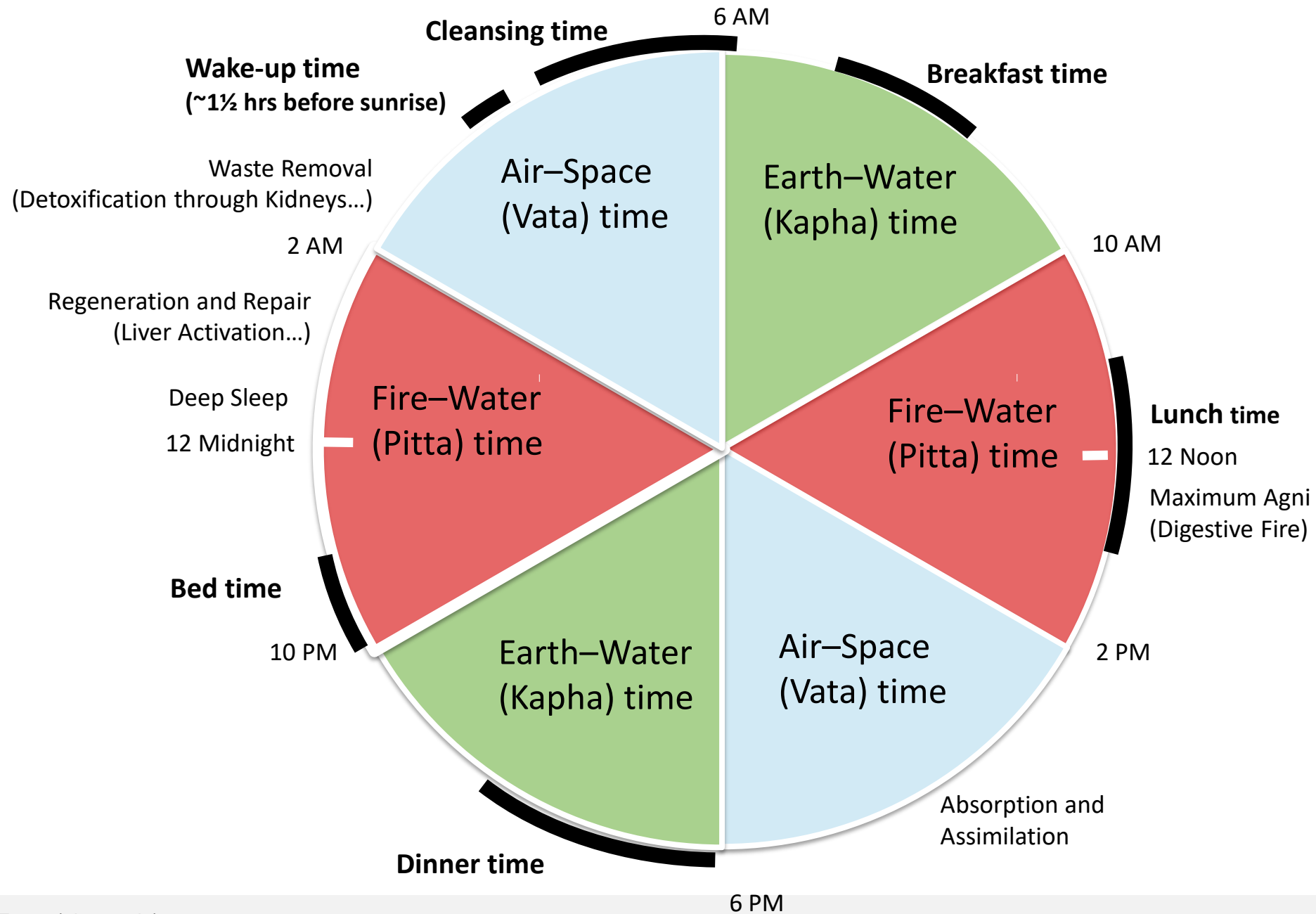
(Understanding this helps in deciding appropriate seasonal intake, necessary protection of the Body and setting up a harmonious seasonal routine)

The Body lifecycle Rhythm

- Childhood – growth (cuf)
- Youth (pitta)
- Old age (vata)

(Understanding this helps in deciding a harmonious lifestyle for each stage of life)

Understanding the Circadian Rhythm can help us setup a Harmonious Daily Routine



Ensure adequate movement of the Body + production of physical facility

Examples:

- Sweeping and swabbing your room / house / hostel
- Kitchen gardening
- Cycling to your college and back...

Ensure adequate movement of the Body

Examples:

- Jogging outdoors
- Weight training in a gym
- Exercise cycling in a gym
- Recreational cycling outdoors

Postures

Postures for regulating internal and external body organs

Example: Yoga

Breathing

Regulated Breathing

Example: Pranayam

Medicine

For bringing body back to harmony from temporary disharmony

Examples:

- Home remedies
- Integrated systems of medicine

Treatment

Using a drug / machine to perform a body function that the body is no longer able to perform (dependence)

Examples:

- Insulin
- Dialysis
- Ventilator

(A) For Staying Healthy

1 1 Intake and 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

4 Medicine

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

and Treatment

Sum Up

The Self and the Body are in Harmony when there is a feeling of Self-regulation in the Self and Health in the Body

- Self-regulation = Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body
- Health = The body acts according to Self and parts of the body are in harmony (in order)

Program

(A) For Staying Healthy

1

1 Intake and 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

4 Medicine

and

Treatment



Self Reflection

Practice Session

In the last 3 years, recall the times that your body has been ill (in disharmony). What steps were taken to restore the harmony of the Body?

Date(s)	Illness or disharmony	Type (Accident, viral infection, bacterial infection, lifestyle related disorder, any other)	Steps taken	Root Cause

What kind of daily schedule would you have with a strong feeling of self-regulation?

Approximately how much time would you allocate for keeping your body in good health through:

- Healthy intake (food, air, water, sunlight, etc.)
- Timings for upkeep of the Body (sleeping and waking up time, excretion, bathing, etc.)
- Labour (production of physical facility)
- Exercise
- Balancing internal and external organs of body
- Regulating breathing of body

(Of course, you need to keep adequate time for studying, understanding, learning, behaviour, work etc.)

Do you think this schedule will make you more productive or less productive? What conclusions do you draw from this exercise?



Key Points

Programme to ensure self-regulation and Health

Basic Human Aspiration

Continuous Happiness and Prosperity

Happiness is to be in Harmony

Program for Fulfilment of Human Aspiration

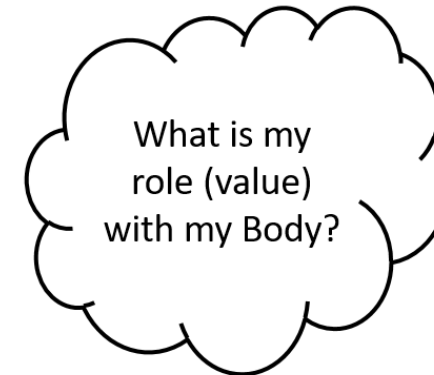
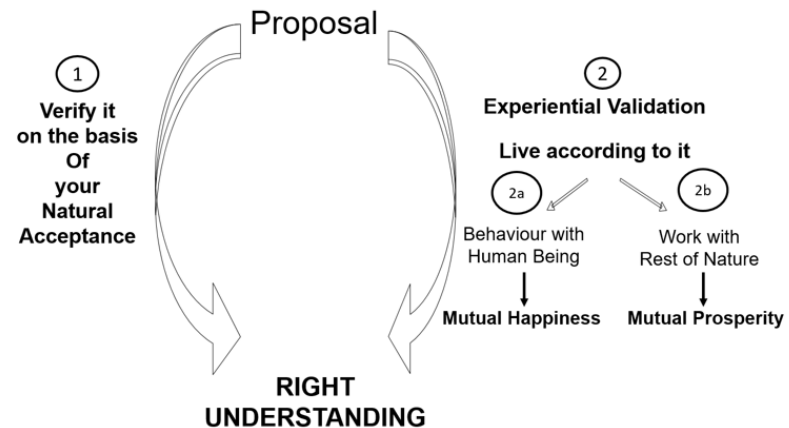
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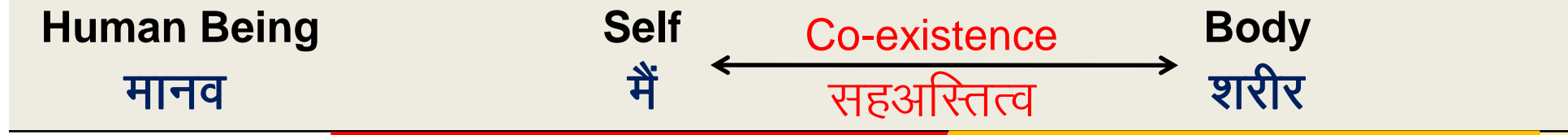
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Process of Understanding

Self Exploration

Whatever is stated is a **Proposal** (Do not assume it to be true/ false)
Verify it on your own right



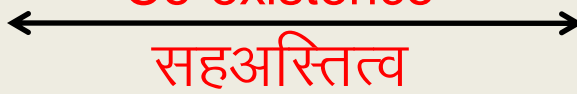


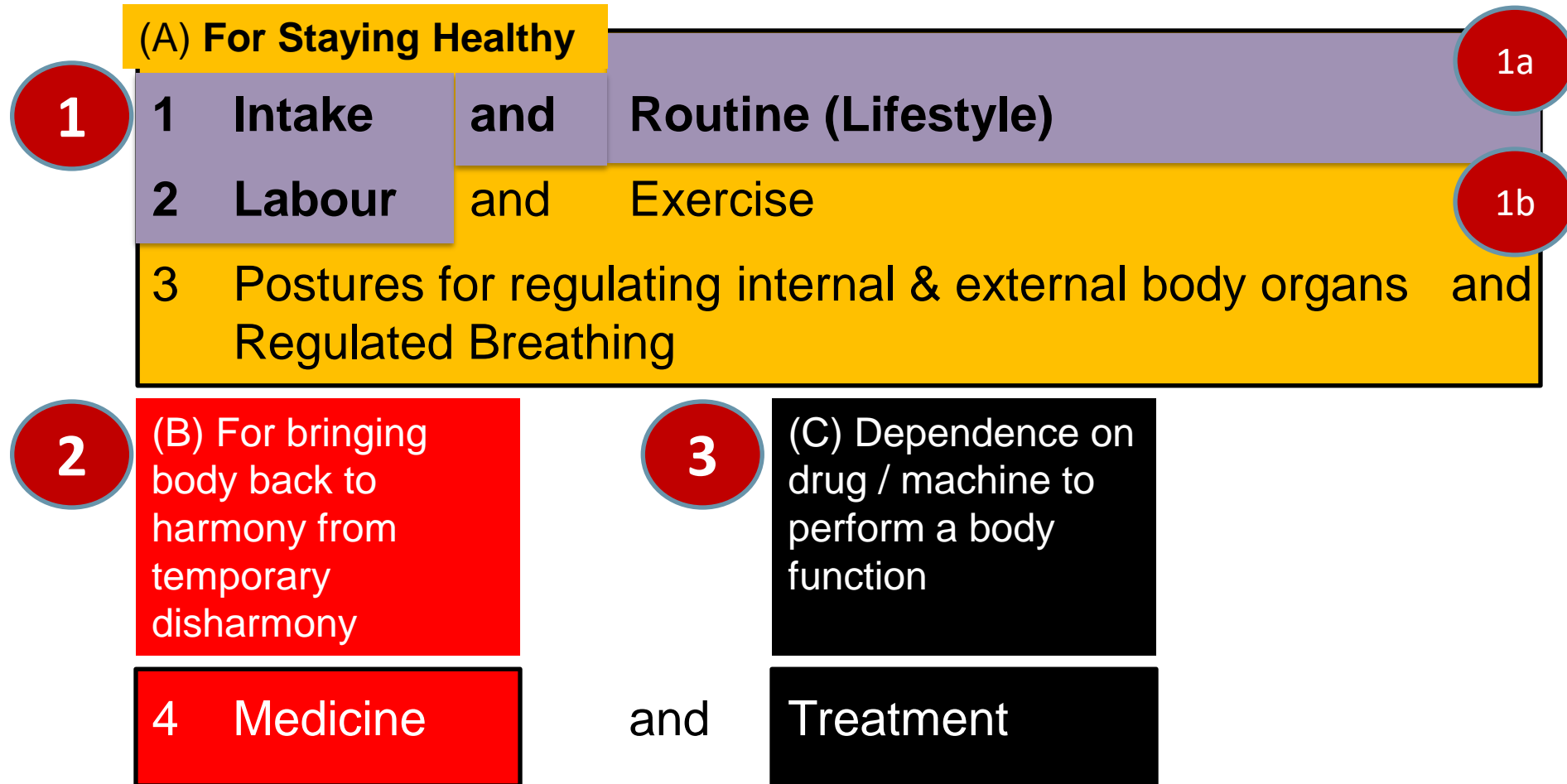
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Fulfilled By पूर्ति के लिए	Right Understanding & Right Feeling सही समझ, सही भाव Feeling of Self-regulation (संयम) Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body	Physio-chemical Things भौतिक-रासायनिक वस्तु Health 1. The Body acts according to the Self 2. Parts of the body are in harmony (in order)





1a. Intake includes air, water, sunlight, food (food is nutritious, digestible & tasty and waste is excretable), all intake through our senses (sound, sight, smell etc)

1b. Rising time, sleeping time, eating time...

2a. Outcome of labour is production of physical facility

2b. No physical facility is produced by exercise



FAQs for Lecture 12

Programme to ensure self-regulation and Health

Question(s):

Is self-regulation same as self control or self restraint?

Response

- Self-regulation is defined as- Feeling of responsibility toward the body – for Nurturing, Protection and Right Utilization of the Body. With this feeling of responsibility, the self takes care of the body. When we talk about self control or self restraint, the sense we get is that the self is controlling things related to body with a feeling of fear or of opposition. For example, with feeling of responsibility, I eat food which is nutritious and tasty, but, I don't eat food which is tasty but, not nutritious. This happens in a natural manner. On the other hand, if I don't have this feeling of responsibility, and I want to eat food which is tasty but not nutritious, however, due to fear of falling sick, I am not eating that food, then, this is self restraining. This doesn't happens in a natural manner and somewhere I have a feeling of unhappiness.

Question(s):

The body has an ageing process and with age diseases start appearing. Also there are viruses etc. Will a person with right understanding and feeling of self-regulation not have such diseases?

Is health of body also a human value?

Response

- In general, a person with right understanding and feeling of self-regulation will be able to maintain the health of his body and not fall sick. However, the aging of the body will certainly have its effect, but, he will be able to see this and plan his lifestyle accordingly. Similarly, the effect of environment such as extreme weather or even viruses can effect the health of his body. But,, he will handle this by taking preventive measures or by doing the necessary detoxification or taking the suitable medicine, so that the body can recover its health.
- Feeling of Self-regulation is value in the self, which expresses itself as health in the body. This can be seen as the feeling of care towards the body.

Question(s):

What would be right utilisation of a healthy Body?

Response

The Self is central to human existence

The purpose Self is to develop completeness of

1. Right understanding, i.e. understanding of harmony at all levels of being – Truth
2. Right feeling, i.e. feeling of harmony – Love
3. Right thought, i.e. thought of how to live in harmony – Compassion

The Body is used as an instrument by the Self for interacting with the world outside:

- Behaviour with human being
- Work with rest of nature

Physical facility is required for the Body – to nurture it, protect it and in the process of right utilisation of the Body

Question(s):

If body is unhealthy, will the Self be still happy?

How do you distinguish between mental health and physical health?

Response

- As we have discussed, happiness in the self can be unsured through right understanding and right feelings which has to do with the state of the self and not state of the body. However, if the body is unhealthy, it will be a matter of concern, and the person with right understanding will do whatever is necessary for recovering the health of the body, without getting unhappy over it.
- Mental health has to with disharmony at the level of self, but, Physical health has to with disharmony at the level of Physical body.

Question(s):

Why is medicine and treatment kept separate – aren't they similar?

Response

- As discussed in the session, medicine is used-
For bringing body back to harmony from temporary disharmony
this can be done through Home remedies or through Integrated systems of medicine
However, Treatment has to do with
Using a drug / machine to perform a body function (dependence)
For examples, by using Insulin in case of diabetes or doing Dialysis for blood purification.

Question(s):

What will be the role of a doctor if everyone has the feeling of self-regulation?

Response

The major role of the doctors then would be

1. Health education- education that will enable people to have this feeling of self-regulation and develop the competence to take care of the health of their body
2. To help them to take preventive measures for the effect of the environment
3. Provide them necessary help to recover if their body falls sick due to the effect of the environment through
 - detoxification or
 - medicine
4. Provide treatment, only in extreme cases when there is no option to take any other recourse

Question(s):

Like this doctors will become unemployed...
What about their income? Today health-care is a thriving multi billion dollar industry employing millions of people! What will happen to all that?

Response

Check what is naturally acceptable:

- A system that ensures health
- A system based on illness

So, we have to make effort for that kind of system. Ultimately, a system for the wellbeing of all (what NEP2020 calls and equitable and just society). People with a holistic world-view, competence and commitment may be able to work towards such a society. We will discuss this when we cover harmony in society

1) Peer Pr. - Self

Harmony in Human Being

2) Alzimers - Self + Body

3) Anxiety - Self

4) Harmony in Music ← Phy - Body

5) combined acty of Self + Body ← Words - meaning - Self

6) values + skills - Theory + Practical / Living understanding concept / Model

7) altruistic beh pattern - encourag? Rt. feeling

8) Responsibility + rights - Self
 RU + RF Body PF other HB Fulfillment & Reln

9) Motivation - Self

10) Self Expl. - Self Talk - Affirmation?

Rights --->
 Responsibilities --->

Purpose of food: To nurture the body

Check re. my choice of food

1. Is the food nutritious?
2. Is it digestible?
3. Is it tasty?
4. Is the waste excretable?
5. Am I trying to fetch happiness from the taste?
6. Am I choosing food to get acceptance, respect?

Protection of the Body – e.g., Clothes

Purpose of clothes: To protect the body

Check re. my choice of clothes

1. Are my clothes appropriate for the season?
2. Am I trying to get respect from others on the basis of clothes?

Check re. how the other may be influenced by the way I dress

1. Are my clothes socially appropriate, acceptable?
2. Do my clothes help others to see me as similar to them?
3. Are my clothes creating jealousy, envy in other?
4. Do my clothes arouse feeling of lust in other?
5. Does my choice of clothes promote or compromise social justice?
6. Does my choice of clothes promote or harm harmony in Nature?

Right Utilisation of the Body

Purpose of body: To facilitate me in fulfilling my basic aspiration

Check how I use the body

1. Do I use the body to receive proposals for my self-development?
2. Do I use the body to share proposals for the self-development of others?
3. Do I use the body to produce required physical facility?
4. Do I use the body to enrich, protect the rest of nature?
5. Do I use the body for getting favourable sensation (which I have assumed to be happiness)?