

# Integrating Health and Nutrition

Simple Living and High Thinking  
(Indian Philosophical Perspective)

“शरीरमाद्यं खलु धर्म साधनम्”

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According to Indian Philosophy if we want to keep healthy ourself than only we have to adopt only one method, that is our Body will always remain healthy. Without Healthy body, we are not able to fulfill our responsibilities and obligations. Healthiness of our body depends on three philosophical entities that is

- (1) Sense organs of body (इन्द्रियाँ)
- (2) Mind (मन)
- (3) Intellect (बुद्धि)

The substratum of all three entities is called our consciousness or soul. For good health our body, mind and Intellect should be work in harmony otherwise if the balance of these two entities will be ruined than an individual is not able to keep ourself healthy. That's why the greatest dilemma is that only through only one instrument or medium we can keep ourself spiritually and mentally happy when

- (1) When Eat Healthy food [Eat for survival, survival not for eating].
- (2) When we do regular exercise.
- (3) When we do some kind of Sadhana like meditation to raise our conscious level that body mind and intellect are the mediums of this conscious being to get ultimate

- (1) Bliss
- (2) Harmony
- (3) Fearless life

to live a Balanced life. It will not only create a strong immune system but always obtain and strong positive psychological system within the body to discriminate what is right and what is wrong in our life. That why in Indian philosophy our health is based on five Kosha's –

- (1) अन्नमय कोष "Food" Sheath (Anna).
- (2) प्राणमय कोष "Energy" sheath (prana)

- (3) मनोमय कोष "Mind Sheath (Manas).
- (4) विज्ञानमय कोष "Discernment" Sheath (Vijana).
- (5) आनन्दमय कोष "Bliss" Sheath (Ananda).

Only balance life is become a strong system of simple living and high thinking and through (1) श्रवण (2) मनन and निदिहयासन we to listen to contemplate to mediate are able to get liberation or salvation from three kinds of sorrows –

- (1) दैहिक (Physical) – Related to Body
- (2) दैविक (Divine) – Generated by Prakriti
- (3) भौतिक (Spiritual) – Related to the Mental Plane – anger greed, infatuation,

recurring doubts etc. It creates so many illness

vgadj vfr nq[kn Me:vk Ego is a illness of glands and joints, naHk diV en eku usg:vk, Hypocrisy is a illness of nervous system. r".kk mnjo`f] jksx] Thirst is the illness of stomach, ri] Kku] ;K] ti] nku] Hks"kt eqfu dksfVd ofga jksx rkfd eqfjtrA Austerity knowledge, sacrifice positive thinking and charity always destroy ten million disease

Ramcharitmans (Uttar Kand 121 (क) (ख) Chopai

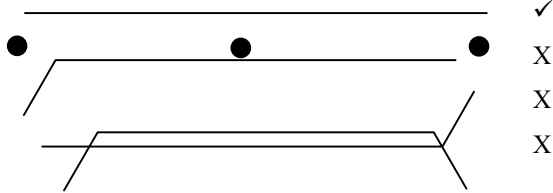
Dialogues between Shveta Katu and Uddalaka Aruni is also devoted to a healthy life that food, water and other elements which we consume is converted into flesh, blood and wastage of body, so with positive and negative thinking it is converted not healthy and weak body and the after that the nut shell result is that it is converted into simple living (Balanced life) and high thinking for the well being of society as well for individual also and ultimately.

- (1) Materialism is converted into spiritualism.
- (2) Death is converted into life and salvation.
- (3) Boundation in converted into liberation through यथार्थ ज्ञान (Ultimate knowledge)

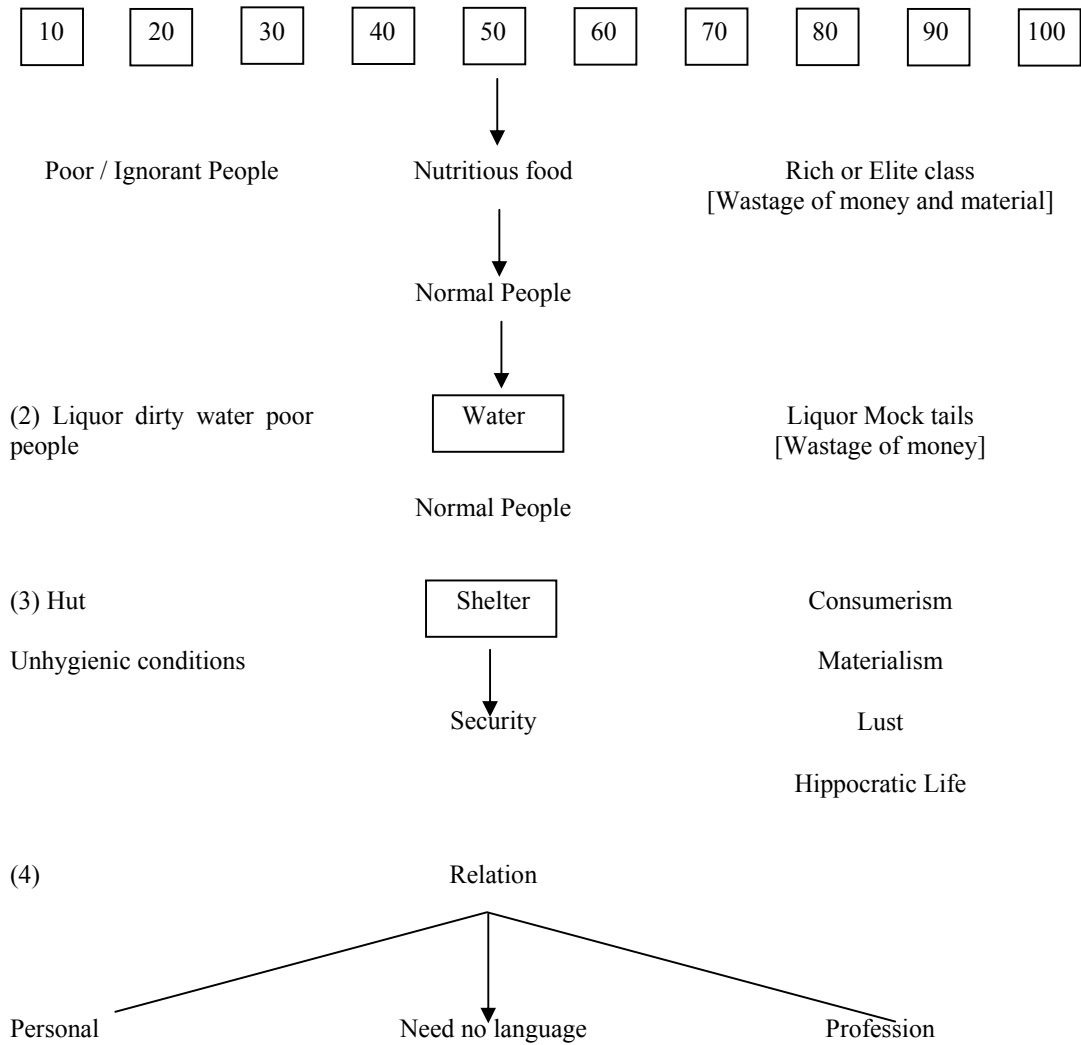
It always leads to optimistic knowledge not into pessimistic knowledge only due to ignorance we convert it into असत्ख्याति wrong knowledge like the existence of the ultimate things that (1)Mountain (2)Gold but the imaginations of the existence of two things is wrong that is golden mountain.

So we need

Balanced life (Simple living)



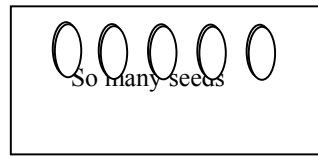
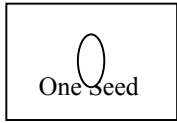
**Balanced Food**



Hungriness, love, hate, drinking, sleeping etc. all these are internal urges of body only through language we convey our message to others otherwise like one or so many seeds our individual or collective social conscious being remain same.

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Same



One and many consciousness always lead simple living and high thinking

### **Bibliography**

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