

International Meeting on

TRADITIONAL & ALTERNATIVE MEDICINE

July 23-24, 2018 | Osaka, Japan

Health through holistic approach

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The main purpose of holistic health is to eradicate the problems of disease of health and disease of wealth. Holistic is means to complete health is the state of well-being of our physical, mental, emotional, social and spiritual aspects of our life. We have arrived at the present stage through the effective and efficient efforts to realize it. Life rests with nature and nature flourishes with life. Power lies within nature and wellness within the power, while protection or security within the health. The Mission of Holistic movement is solving the disease, poverty and unemployment problems can support ones through Holistic Approach. A holistic approach should be adopted while conceptualizing health and wellbeing. Health is boarder spectrum may be taken as homeostatic mechanism of maintaining equilibrium eternal and internal factors of individual; a person can be considered healthy

as long as one can live a productive life within the person's social context In spite of all adverse circumstances. It is also important to have a balance between body mind and spirit to maintain the quality life. Holistic approach to health is an overall approach to health and wellbeing of the whole person rather than focusing on illness or specific parts of the body. It takes in to account of how an individual interact with his environment and emphasize the connection between mind body and spirit to achieve an at most level of well being. Holistic approach is the further encourage people to accept responsibility to their own health and well being. It is the responsibility of the society and overall structure of government to facilitate the achievement of the goal of complete wellbeing. For the same reason many country around the globe have created their health policies to achieve a desired level of health.

Biography

Dambar Bahadur Sunuwar has completed his PhD at the age of 35 years from AYUS University India. He has more than 15 years experience on Food Supplements, Alternative and Traditional Medicine Production and Distribution. He has published more than 5 papers in reputed journals and has been serving as an editorial board member of repute.

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