

Health Care, Health Awareness and Health Education : A Historic Review

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Abstract

Health care is a matter of apprehension for human beings. It is defined as a multitude of services rendered to individuals, families or communities by the agents of the health services or professions, to promote good health. India is one of the oldest surviving civilisations of the world. India has exceptionally rich heritage in ancient systems of medicine that make up an absolute treasure house of knowledge. The aspect of health was under constant challenge for receiving proper care and attention. To meet the regular demands, choices must be made based on periodic assessments of prevailing health needs and available solutions. The process followed must be in such a way that it reflects a society's values and vision for the health care system. New opportunities must be created considering the Population's health and its determinants that keep changing over the period of time. These opportunities are crucial for a healthier life and more effective health care system in the community. A periodic reassessment of health needs and solutions should also be done periodically in order to access the sporadically changing trends of health needs and solutions.

Keywords : Health , Health Care ,Awareness ,Education ,Medicine ,History

Introduction

Health education, awareness, and care are the concepts to follow for individual and social benefits. Health Education is the fundamental and global concepts of the state and should be addressed appropriately. (Nesbitt & Palomarez, 2016).Currently, concerns are advocated differently in different zones (developing and developed nations)of the world. An adequate health education awareness and care services is provided to achieve the different levels, related to health evaluation. (Moodley V. Rambiritch, 2017). Health by definition is a multi-domain task to be achieved, maintained, and sustained with different factors must be considered to provide good organizational structure administrations and manpower to provide good health education, health awareness, and health care methodology. (Suri et al, 2016)

Health care is a matter of apprehension for human beings. It is defined as a multitude of services rendered to individuals, families or communities by the agents of the health services or professions, to promote good health. Such services may be staffed, organized, administered, and financed in every imaginable way, but they all have one thing in common: people are being "Served", i.e., diagnosed, helped, cured, educated, and rehabilitated by health personnel. (Park, 2010).

The society's health is influenced by the accessibility, affordability, quality availability and utilisation of health services. The best health services are those that are easily **accessible**, both time-wise and distance-wise to all classes of society. These services are provided by the government to those who can afford it in the society. The services are of a minimum **acceptable standard keeping** in mind the need of users at each level of the society so that it can be made **available** to all classes of society in need during covering their entire lifespan. These health services are **utilized** by people living in the society **from womb-to-tomb**.(Sakharkar, 2009).

India is one of the oldest surviving civilisations of the world. The birth of Ayurveda in India dates back to the period of the Indus valley civilisation. India heritage of health sciences is not only rich but ancient. (Singh & Kaur. 2014). The philosophy of Ayurveda and the surgical skills enunciated by Charaka, Jivaka, Vagbhatta, Dhanvantri and Sushrita bear testimony to the fact that our ancient health system was of a holistic nature, which took into account all aspects of human health Medicine based on the Indian system was taught in the universities of Takshashila and Nalanda, which probably contributed to the advances in Arabic medicine. The *UpakalpaniyamAdhyayam* of CharakaSuthrasthanam gives specifications for hospital buildings, labour rooms and children wards. The qualifications for hospital personnel as well as specifications for hospital equipment, utensils, instruments and diets have also been given. (Pandey and



Malook Singh
Research Scholar,
Department of Sports
Science,
Punjabi University
Patiala, India



Paramvir Singh
Professor,
Department of sports
science,
Punjabi University
Patiala, India

Tiwari, 2020). During the rule of Emperor Ashoka Maurya (third century BCE), schools of learning in the healing arts were created. Many valuable herbs and medicinal combinations were created. Even today many of these continue to be used. During his reign there is evidence that Emperor Ashoka was the first leader in world history to attempt to give health care to all of his citizens, thus it was the India of antiquity which was the first state to give its citizens national health care. During the Muslim period (1000-1500 A.D.) the Unani system was established. During the regime of Akbar Unani hospitals were established and Unani schools were opened in Lahore, Delhi, Agra, Lucknow, Hyderabad and later on in some other parts of the country. (Bhalerao, 2018). India has exceptionally rich heritage in ancient systems of medicine that make up an absolute treasure house of knowledge. This stands true for both preventive and curative health care system in India. These systems, through their safe, effective and inexpensive treatments, have the potential to make a significant contribution to the health care of the common people. But their true potential is still largely unrealised, despite a large and well-dispersed infrastructure. There are, presently, more than 10 systems of medicine which are very briefly described as under:

- Ayurveda** Ayurveda means the “science of life” in Sanskrit. It is the oldest and the best documented among the ancient systems of medicine. The documentation of Ayurveda is referred to in the Vedas (1500 BC-500 BC), as the oldest recorded wisdom in the world. It derives its basic principles from the Charaka Samhita (600 BC) and the Susruta Samhita (500 B.C.). The system is based on the laws of nature and the individual human being is regarded as a miniature replica of the universe. The five physical attributes of Pancamahabhuta (Space, Air, Fire, Water and Earth mass) constitute three major biological components of the living body called tridosha, i.e., vata, pitta and kapha. All ailments arise out of the imbalance of the three doshas or humours and the role of medicine is to assist the natural healing powers of the body. It is a complete and well-developed primitive, preventive and curative system of medicine with eight major clinical specialities. (Majumdar et al, 2014)
- Homoeopathy** The father of homeopathy is the German physician and chemist Samuel Hahnemann. The term homeopathy comes from the Greek word ‘homios’ meaning like and ‘pathos’ meaning disease/suffering. The system works by treating the person as a whole/holistically. So the system, while looking at the symptoms, will take into account the individual’s mental, physical, emotional and spiritual, health before deciding the treatment. Homeopathy is based on the principles that ‘like cures like, meaning there by ‘treatment given is similar in substance to the illness’. Homeopathic remedies are aimed at stimulating and supporting the body’s healing mechanism. (Steyer, 2001).
- Naturopathy** Naturopathy relies solely on the dietary practices. The basic tenet of it is to live according to the laws of nature: disease occurs due to the accumulation of toxins in the body and to cure the ailment, the body is purified with the use of natural method, dietary regulation and exercise. A Naturopath uses mud, heat and air as the instruments for therapy, but never any drugs. (Barnes & Grace, 2018)
- Unani** The system is originated in the fourth and fifth century BC in Greece under the patronage of Hippocrates and Galen. It is based on the humoral theory that good health depends on the balance of the four humours - blood, phlegm, yellow bile, and black bile. Regimental therapy, diet therapy, pharmacotherapy and surgery are some of the modalities of this system. (Rahman et al. 2008)
- Allopathy** Allopathy is the conventional form of medicine using pharmaceuticals and invasive techniques for diagnosis and treatment. Allopathy has evolved over the years with various discoveries and inventions made in the field of science. A patient is physically examined, then diagnostic tests are conducted and after conformation of disease, the therapy is instituted. There are several disciplines in Allopathy viz., General Medicine, General Surgery, Obstetrics & Gynaecology, Pediatrics, Orthopaedics, Neurology and Cardiology etc. (Onopa, 1999) foreign invasions and other factors, healthcare system being no expectation. In eighteenth century, the East India Company of the British started development of

Western medicine known as allopathic system on systematic and scientific lines. By the end of this century, there were four medical colleges in India in addition to a number of medical schools with lower levels of instruction. Thus, from nineteenth century onwards, unlike indigenous medicine modern western medicine was increasingly applied for preventing the occurrence of illness. (Yuan, 2016).

The important aspect of health did not receive proper care and attention during the pre-independence period as the British rulers were concerned more with the expansion, consolidation and concentration of their rule, rather than to attend to the alarming, awful and pressing unsanitary, unhygienic conditions rampant in the country as a whole. Negligence of these areas, absence of medical and health services and large-scale prevalence of poverty and ignorance, created conditions conducive for breeding and spreading of all types of diseases among the Indian masses. (Mustaq, 2009). In the light of these circumstances, certain measures were taken by the British rulers for the systematisation of health services in India. Commissioners of public health were appointed in the major provinces. The Birth and Death Registration Act in 1873, the Vaccination Act in 1880, Epidemic Act in 1887 were introduced. The Government of India Act was introduced for granting larger autonomy to the provinces in 1935. The Drugs Act was enacted as a Central legislation in 1940. In spite of taking these steps by the British rules, the health conditions and administration could not be recovered on account of outbreak of Second World War and subsequent partition of the country. (Lahariya, 2014). Health Survey and Development Committee known as Bhole Committee was appointed in 1943 to survey the then existing health conditions and health organisation in the country and to make recommendations for further development. The committee submitted its report in 1947 which had a powerful impact on evolution of health policy in independent India. (Duggal, 1991) Integration of prevention and treatment services at all levels of management.

1. Integration of prevention and treatment services at all levels of administration.

2. Development of Primary Health Centres in 2 stages:

a. **1st stage - Short-term measures** – one primary health centre was suggested for a population of 40,000. Each Primary health centre was to be operated by 2 doctors, one nurse, four public health nurses, four midwives, four trained dais, two sanitary inspectors, two health assistants, one pharmacist and fifteen other class IV employees. Secondary health care centre was also pictured to provide support to Primary health centre, and to coordinate and supervise their functioning.

b. **2nd Stage -A long-term programme, also called as ‘the 3 million plan’ of setting up primary health units with hospitals having 75bed** for each 10,000 to 20,000 population and secondary units with hospitals having 650 bed, again regionalised around district hospitals with 2500 beds.

3. Main changes in medical education include 3 - month training in preventive and social medicine to prepare “social physicians”. (Zodpey et al. 2016)

The history of disease prevention and health in India during 19th and 20th century provides a valuable insight as the development of Health and Medicine in India. Public health and Health medicine during British India followed novel trends in medical systems and transition to microscopic studies. History back then harbours earliest researches in laboratory and ground breaking achievements in the area of microbiology and immunology. The developments that occurred back than towards infectious disease still prevails depicting the establishment of health systems used to improve public health. (Mushtaq, 2009). Public Health in Independent India includes social determinants of health, environmental changes, demographical transition and epidemiological transition. Government plays an important role to influencing population health which is not limited within the health sector but also by various sectors outside the health systems. In public health sector the development of human recourses are very important Associate with social determinants living conditions, safe drinking water, nutrition, educational back ground, sanitation, early child development. Other important areas for action induces stabilization of population, mainstreaming gender and empowerment, reducing the impact of diverse climate and related disasters on

public health along with improvement in community participation. Hence it can be said that public health needs crucial collective action and political strategy which can be challenging. The practice of public health has been dynamic in India across past many eras witnessing multiple hurdles on the way of making a successful attempt towards public health interests since Independence. Health is priority area since Independence and also world class organizations have put health as major concern to promote. In the developmental and economical concerns, health itself is a composite of different commitments bodily, socially and behavioural a speech.(Lakshminarayanan, 2011).

It is important to select most important health needs among different options for a given period due to unavailability of resources. Choices must be made based on periodic assessments of prevailing health needs and available solutions in such a way that it reflects a society's values and vision for the health system. Population's health and its determinants keeps changing over the period of time. The ever-changing Public Health status depends on multiple Factors. (Mitton et al., 2009).The factors include demographic profile, increased public mobility, new communicable disease threats, new habits and attitude triggering the macroeconomic changes and leading to modifications in lifestyle, technological solutions, mortality and morbidity prevalence and incidences. New opportunities for a healthier life and more effective health care can be created. A periodic reassessment of health needs and solutions should be done in order to access the periodically changing trends of health needs and solutions. This process became even more inevitable when the availability of government resources in insufficient. (Terwindt, 2016). The health care processes are mandated by World Health Organisation (WHO) by monitoring public risks, coordinates the responses required to health emergencies in order to promote human health and wellbeing. It also advocates the universal healthcare across the world. World Health Organization (WHO) in 1948 described health as state of complete wellbeing. But segment this in four segments Physical, Mental, Emotional and Social means. (Nordbakke, 2013).

"Health for all" adopted by WHO in 20th century and 21st century too but never be achieved because of the poor implementation strategies opted by different states. Health revealed concepts of Health, Health Education, Health awareness and Health care programs. It further has different initiatives in different areas like rural & urban areas, deprived areas and personal & group concerns. Starting from primary Health care system to complete multispecialty hospitalization the priority will be given to prevention is better than cure and care. (Kickbusch, 2011).

"Health is wealth", Good health is essential for human welfare and sustained economic and social welfare. Traditionally good health is viewed merely as the absence of disease. Generally, one who has strong built and muscular body is considered to be healthy. The world today is progressively interconnected and complex and human health is increasingly perceived as the integrated outcome of its ecological, social-cultural, economic and institutional determinants. Therefore, it can be seen as an important high-level integrating index that reflects the state –and, in the long term, the sustainability- of our natural and socio-economic environment. Good health for all populations has become an accepted international goal, but good health means different things to different people, and its meaning varies according to individual and community expectations and context. This subjectivity makes it very difficult to define (good) health. (Folke et al., 2005)

The rationale for adopting a broad definition of health lies not only in its value to the population served by the health system and its usefulness in identifying measures of the origins of health. A broad definition of health also is appropriate for the changing nature of the "health care system," reflects the interconnectedness of health and social systems, and is consistent with current scientific evidence about how health is produced in communities (Stoto, 1997).

Objective of the Study

1. To provide health related awareness to society.
2. To provide awareness about health care practices to society .
3. To highlight the importance of health education.
4. To provide scholarly information regarding health care, health awareness ,and health education.

Conclusion

The conclusion of the study is to highlight the process followed must be in such a way that it reflects a society's values and vision for the health care system. New opportunities must be created considering the Population's health and its determinants that keep changing over the period of time. These opportunities are crucial for a healthier life and more effective health care system in the community. A periodic reassessment of health needs and solutions should also be done periodically in order to access the sporadically changing trends of health needs and solutions. This paper will help budding scholars for further research in the field of health education, health care and health awareness and this study enable common people to understand health, health care and health pract

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