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### A review on Holistic concept of health along with the correlation of Salutogenesis and Ayurvedic system of medicine.

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#### Abstract:

As per Prof. Michael Porter - Value is the only goal that can unite the interests of all system participants. This review article describes background about the concept of holistic health, the interrelation of the concept of Salutogenesis and Ayurvedic system of medicine to improve the health by measures not restricted only for the diseased, but also for the healthy and normal individuals. The implementation of proper methods and its practices for maintenance of normal health and prevention of disease by the salutogenic approach will lead in preventing pathogenesis at large. This comprehensive approach will have a direct impact on the overall health status, covering the short term as well as long term implications on the health of the human body and its effect on the ultimate result of being healthy.

**Keyword:** *Ayurveda, Healthcare Management, Health Promotion, Salutogenesis, Holistic Health.*

#### Introduction:

The word ‘Holistic’ is a Greek word ‘holos’, or whole was introduced by Smut in the literature in 1925. Applied to Medicine, it implies to consider both the psychological and physical aspects in the study of diseases and treatment.

Galen (Galēnos, 129–c. 200 CE) greatest physician of ancient Rome, also a medical author. His work on causation in the natural world, and philosophy of mind from his medical-scientific writings had enormous influence throughout the medieval period and even later, both in Europe and (through Arabo-Islamic transmission) beyond. Also, as per Galen's influence on the European medicine down to the 19th century, physicians had devoted a great deal of attention to the psychological causation of disease, and especially to the role of

emotions as etiologic factors in a wide range of diseases.

Plato was too keen upon this thought that, "the part can never be well unless the whole is well."

Over the time, with the growing colonization, industrialization and urbanization lead to the evolution of thinking of health for the mass population called the field of public health marked by three distinct phases.

The first phase- Sanitary phase (1840s-1870s)

The second phase - Preventive phase (1870s- 1930s)

The third phase - Modern diseases ( by the end of 1900s)

The first phase- Sanitary phase (1840s-1870s) during which the polluted environment was considered as the responsible factor for health hazards and major concerns were subjected to the control of diseases by environmental remediation and measures for reducing poverty, standards of living, proper sewage, drainage and garbage disposal etc. Embarking the importance of hygiene, public work and sanitary engineering.

Around the late 19th century the concept of environmental and public health evolved, wherein, the societal factors for disease causation were superseded by the emergence of this Germ theory of disease (1870s- 1930s- preventive phase) and was characterized by the remarkable work of pioneers like Robert Koch in May 1882 who demonstrated that, a 'mycobacterium' called ( tuberculosis

bacilli) was responsible for Tuberculosis. Johns Snow on cholera and many more.

Thus, developed the preventive phase, leading to the formation of antimicrobials, vaccines, quarantine measures, infection control protocols etc. The extent of these infectious diseases was reduced with the passage of time and with the evolution and advancement in the laboratory science and control measures. Preventive medicine developed as a branch of medicine distinct from the public health, by definition it is applied to ' Healthy' people, actions affecting the masses and its primary objective is prevention of diseases and promotion of Health.

By the end of 1900, the pattern of disease began to change from acute infectious diseases to so called modern diseases which were the leading cause of death in industrialized countries like, accidents, trauma, Heart disease, cancer, which seemed fairly evident as the byproduct of this so-called industrialization etc. There led this beginning in the shift of Burden of disease from Communicable to Non-communicable diseases.

After 1900 medicine moved faster towards specialization with a rational and scientific approach in perception of the diseases, which led to the formation of a newer concept of disease called : Multifactorial causation. Historically it was Pettenkofer of Munich (1819-1901), who was first to work in this concept of multifactorial causation, but it got superseded by the Germ Theory of Disease and later came into limelight after the increasing prevalence of non-communicable diseases.

These diseases in this period of history were unable to be explained on the basis of the germ theory of disease. This realization began the dawn, that there are other factors or causes in the etiology of diseases, namely, social, economic, genetic, environmental, psychosocial factors.

In the early 20th century, further advancement in the diagnostic and laboratory science, there developed this concept of screening for diagnosis in the pre symptomatic phase of the disease. Over the time screenings lead to the identification of the common risk factors responsible for a particular disease and thus formed the basis for defining the high-risk groups.

Throughout the entire years passed in identifying the causes, developing measures and improving the services, the biggest hurdle faced by the authorities was the increasing population growth and even now this is still a major issue to be tackled.

### **Aim and Objective:**

The Aim and Objective of this review article is to develop a deeper understanding about the concept of holistic health, the interrelation of the concept of salutogenesis and ayurvedic system of medicine.

### **Review of Literature:**

#### *Holistic concept of Health*

It recognizes the strength of social, economic, political and environmental influences on health. It is described as a multidimensional process involving the wellbeing of the whole person in the

context of his environment. This view corresponds to the ancient views that health implies a sound mind in a sound body, in a sound family, in a sound environment. The emphasis is on the promotion, prevention and protection of health. Holistic concept plays more at the Primordial and Primary intervention level.

The ancient healing traditions in Indian i.e. Ayurveda and Chinese medicine had deeply emphasized the importance of living a healthy way of life, measures for maintenance of health, disease prevention and health promotion activities and considered treating the whole and not just the part of the body.

Also, late Dr. Samuel Hahnemann (1755-1843) a German physician, and founder of the homeopathic system of medicine emphasized upon considering the holistic concept in the treatment of a Sick person.

#### *Salutogenesis*

The word 'Salutogenesis' is composed of the Latin word 'Salus' (Happiness) and the Greek word 'genesis' (origin). This word was coined in the 70s by the Medical Sociologist Aaron Antonovsky. Salutogenesis deals with the origin of health. The study of health rather than the study of disease. It is defined as the process of healing and health creation.

The term salutogenesis as introduced in his book in the year 1979 – 'Health, Stress and Coping', in its precise understanding, means that, the life experiences help in shaping one's sense of coherence (a global orientation) and life is understood as more or less

comprehensible, meaningful and manageable.

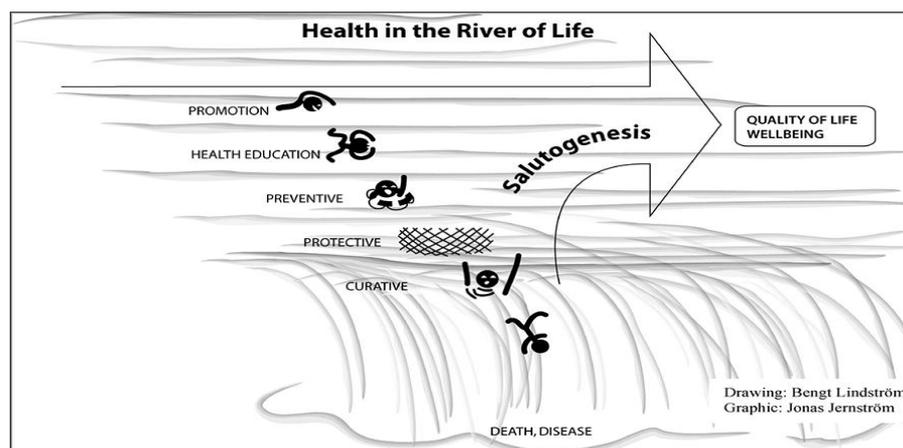
A strong level of the sense of coherence helps oneself to mobilize resources to cope with stressors and manage tension successfully. Applying this mechanism, the sense of coherence helps determine one's movement on the health Ease / Dis-ease continuum. A strong sense of coherence (SOC) promotes good health. The mindset behind salutogenesis comprises of the following components :

**Comprehensibility:** a belief that things happen in an orderly and predictable fashion and a sense that you can understand events in your life and reasonably predict what will happen in the future.

**Manageability:** a belief that you have the skills or ability, the support, the help, or the resources necessary to take care of things, and that things are manageable and within your control.

**Meaningfulness:** a belief that things in life are interesting and a source of satisfaction, that things are really worthwhile and that there is good reason or purpose to care about what happens.

This concept is the opposite of the concept of pathogenesis or the development of disease. Salutogenesis is a scientific approach in medicine that looks for resources which says, how to maintain or restore health in a human being, as opposed to the dominant physical-pathological approach.



**Source:** Aaron Antonovsky, Lecture at the Congress for Clinical Psychology and Psychotherapy, Berlin, 1990.

It has been described in a very practical and judicious illustration in the above image by the artist Dominic Pote –

"Visualize a river with a bend. Downstream, where the river has become

very turbulent, we find people desperately struggling to keep their heads above water. The able ( healthy) humans are able to swim well in the river of life, there are others who could also swim across are those who have been provided with the knowledge, by health promotion, health education for prevention of the disease or risk. Thus,

the one who is skilled with these abilities or skills of being healthy wins the race in the river of life, and those who are not, fall prey to the diseases. Using a great variety of weapons, the disease care professionals, with great devotion, skill and arduous effort, seek to save those in danger of drowning.

### *Ayurvedic concept of health*

The term Ayurveda is made up of two Sanskrit words: 'Ayu' which means the system of life and 'Veda' which means the knowledge. So, the word meaning of Ayurveda is the knowledge about system of life. It is the most ancient and dominant system amongst the other Indian systems of medicine and finds its prevalence globally.

The simplest and most common definition of Ayurveda :

“ हिताहितं सुखं दुःखमायुस्तस्य हिताहितम् ।

मानं च तच्च यत्रोक्तमायुर्वेदः स उच्यते ॥४१॥ ”

*Charaka sutra sthana, Chapter 1, verse 41*

“The science which describes the good and the bad causes for healthy life, happiness and sadness in life, explains what is appropriate and inappropriate for health, as well as deals with life expectancy and quality of life is called Ayurveda”. It is the science of life which explains about:

Hit Ayu – advantageous life;

Ahita Ayu – disadvantageous life;

Sukh Ayu – happy state of health and mind;

Dukh Ayu – unhappy state of health and mind.

It also explains what is good and bad for life and measurement/statistics of life.

Ayurveda describes health as 'Swastha', a Sanskrit term meaning “stability in the true self” i.e. a state of complete, balanced, physical, mental and spiritual well-being. Ayurveda can be understood not only as a traditional system of medicine, but also as a health system that aims at helping people to have a healthy lifestyle without getting sick.

As precisely described about health in the shloka below.

“ समदोषः समाग्निश्च समधातुमलक्रियः ।

प्रसन्नात्मेन्द्रियमनाः स्वस्थ इत्यभिधीयते ॥४१॥ ”

*Sushrut sutra sthana, Chapter 15, verse 41*

One is in perfect health when the Three Doshas (Vata, Pitta and Kapha), The Digestive fire (digestion, assimilation and metabolism), all the body tissues & components (Dhatus) (the entire physical body), all the excretory functions (the physiological functions of urination and defecation) are in perfect order with a pleasantly disposed and contented mind, senses and spirit.

This reminds us to United Nations' World Health Organization's definition of health (1948) as “A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.”

Ayurveda discusses both, about the pathogenetic and the salutogenic aspects

of human body. Identifying and avoiding exposure to stressful factors is the prime strategy in Ayurveda system of medicine for the prevention of diseases. The approach of Ayurveda towards the progression of life and measures to achieve the positive health status, shares its features with striking resemblance and correlation with the salutogenic concept as described by Prof. Antonovsky.

Health is an ongoing process in the context of Salutogenesis and also of Ayurveda, which is influenced by dynamic interactions. The following list depicts the prevention strategies that were derived after most realistic and sensible practical experiences by the Ayurveda and Salutogenesis concept are:

- Promotion of health
- Individual awareness
- Integration of spirituality and ethics in health care system.

This strategic approach might be suitable to be applied to the public health management to achieve the following benefits:

- Improve perceived and objective life quality.
- Promote healthy aging.
- Limit drugs use (avoiding expensive side-effects).
- Reduce chronic diseases social costs.

In Ayurvedic concept the salutogenic concept of 'sense of coherence' goes beyond its limit, as a strategy to bypass the exposure to the identified stressful factors. It also prepares the human body to by tuning it finely to cope up and

withstand the effects of stress thus, ultimately making the Mana, Indriya and Atma i.e. (Mind, Body, Senses and Consciousness) to work in blissful harmony.

### **Discussion:**

Prof. Michael Porter's view for creating a Value-Based Healthcare Delivery Organization teaches that the strategic agenda should be based on the following aspects :-

1. 1. Re-organize care around patients' conditions, into Integrated Practice Units (IPUs) – IPUs that serve distinct patient segments.
2. Measure outcomes and costs for every patient.
3. Move to bundled payments for care cycles
4. Integrate multi-site care delivery systems
5. Expand excellent provider reach across geography
6. Build an enabling information technology (IT) platform.

But obtaining better value in this field of health care requires focusing on the outcomes. It is well evident and researched as per the Harvard business review article which says that, few are able to transform and adapt to this model given by Prof. Michael Porter for creating value, because they have focused on the outcomes (primarily the patient), and focused to improve their ability to measure and report the outcomes. It was possible for them to achieve that because of the following reasons:

- By aligning the goals of the entire team in achieving the best outcome and investing in measures and resources to measure and report them.
- Improvisation and collaboration of the clinical team based on the outcomes reported through an integrated, central Information technology platform.
- Measured outcomes data helped compare the performances, thus giving a basis and ground for the team to learn and improve.
- Measured outcome data gives immense information regarding planning and managing the entire cost of clinical care thus reducing the cost.

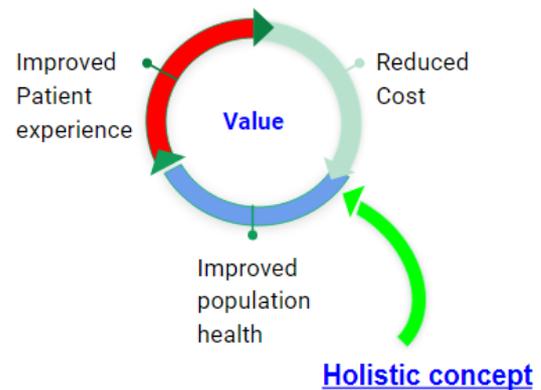
The perspective needs to be changed from the older business centered view to the newer and much needed patient centered view of "What matters to the patient."

#### *Valuable approach*

According to Prof. Michael Porter :

Value = Health outcomes that matter to patients / Costs of delivering these outcomes.

As per the WHO statistics lifestyle, behaviors and risk factors contribute to 50 to 60% on the Health status. Hence apart from the primary health care facilities, here lies the biggest pool of factors which is required to be targeted, for implementing the preventive measures.



Applying the holistic concept in this model will reduce the burden of the almost 60% of contributory factors. Such preventive and health promotive measures will definitely improve the population health, thus limiting the load and balancing the health care supply-demand dilemma, which will save enough resources, thus increasing the patient experience further and ultimately reducing the cost of the entire process.

#### **Conclusion:**

Implementation of Salutogenic model along with Ayurvedic concept of health (Holistic approach) in health promotion, disease prevention and health education, to improve the overall population health (not restricted only to the diseased but also the healthy people). Also, provision of healthcare services by applying the Holistic concept of health in the treatment of diseases will make a huge difference in the healing and healthy living. Focusing on the measurement and reporting of the outcomes to get the best value, all this will beneficially impact upon the :

- Outcomes (Patient Satisfaction).
- United interest of all stakeholders i.e. win-win situation for all.

- The cost of delivery of services and elimination of probable expenses.

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