

## THE ROLE OF SPIRITUAL POWER IN HUMAN HEALTH

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### Abstract

Medicine, and healthcare have been related in one way or another in all population groups since the beginning of recorded history. Only in recent times have these systems of healing been separated. One of the challenges physicians face is to help people find meaning and acceptance in the midst of suffering and chronic illness. Spirituality is the person's inner truth or blissful experience. For many, spirituality takes the form of religious observance, prayer, meditation or a belief in a higher power. For others, it can be found in nature, music, art or a secular community. Spirituality is different for everyone. Through spiritual pursuit, a person tries to connect with a supreme divine or what most people call almighty God. Such people resort to techniques like silence, prayer, meditation and yoga mostly as individual or collective practice, usually under the directions of a spiritual Guru. Others believe in the self-less service to the mankind as a major pathway for seeking god. They adore 'goodness' to see God.

**Key Words:** Spiritual Power, Human Health



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**Introduction:** Spirituality aims to focus on cultivation of universal values by practices such as yoga, prayer, silence, meditation often combined with self-less service to the mankind surrendering one's ego. More and more number of people are subjected to lifestyle diseases and mental stress, Western medicine can offer limited help either in treatment or prevention. For patients who are suffering from chronic illnesses such as end stage cancer, spiritual care works well in alleviating their suffering. It prepares them for a peaceful death. Modern medicine has made significant contribution by introducing new modalities of treatment and investigative procedures. Ironically, the high-end technologies like imaging and artificial ventilation have resulted in commercialization and often exploitation. Healing can be

experienced as acceptance of illness and peace with one's life. This healing, I believe, is at its core spiritual.

How spiritual power can be used to face the health care and illness will be explored in detail:

### **OBJECTIVE:**

#### **Spirituality and health: The link between them.**

Recent research has shown that religious practices can be helpful in curing and preventing physical and mental illnesses. Religious beliefs provide inner strength and social support in coping with the illness and providing recovery or relief. Spirituality can play important role in promoting healthy life style. When medical care becomes unaffordable, futile, and of no use, spiritual care is absolutely feasible, and logical solution. Recourse to spiritual powers leads to reductions in anxiety and concern among patients and their families, and allows people to more easily accept and cope with their health disorders. Spiritual care seems important not just for the patient, but also for both family members, who have to manage dramatic events in very stressful conditions and make immediate decisions, and medical staff as it seems to increase professional performance and well-being.

#### ➤ **Role of a physician in providing spiritual care.**

Most often physicians are not trained in providing spiritual care. At least, a physician should be aware of the spiritual, religious and cultural beliefs of patients and their families. He should be able to obtain a spiritual history, listen to patients' fears, hopes, and sources of strength. This can not only comfort the patient but also alleviate his suffering to a great extent. The physician should assist and support incorporating spiritual practices as appropriate and acceptable for the patient. He should involve members from religious and other support groups in the treatment plan and health promotion activities in the community.

#### ➤ **Approach to the spiritual care.**

Spiritual care should ideally encompass the whole lifestyle of a person. Lifestyle means the way in which we live and work. It includes the way we eat, dress, talk, think and behave in public and private lives.

- Ahaar (Eating) - What we eat, how much we eat and how we eat.
- Vihaar (Relaxation) - The way in which we engage ourselves in relaxation, entertainment and leisure time activities.
- Vichaar (Thought) - Our mental make-up, emotional control, attitude and outlook to life.

- Vyavhaar (Action) - What we actually behave or practice in public and private life.

**Ahaar:** Food is God

Do you eat well? What do you eat? How much do you eat and how do you eat?

Traditional Indian food is found to have high nutritional value. Realizing the havoc created by many of the diseases like high blood pressure, diabetes, mental health problems. The world is switching over to foods with balanced diet in terms of much needed nutrients. People have shifted to food rich in fibre, antioxidants and immune suppressants which are available in plenty in common food items.

**Vihaar:** Work up, Rest and Relaxation

Sedentary lifestyle is the culprit behind several problems.

While regular walking, gym, acrobatics and a host of exercises are of great benefit in building the body, the practice of Yoga and meditation are especially helpful in keeping the body fit as well as in combating stress. Cultivation of hobbies such as music, painting, photography, gardening, keeping pets are some good hobbies to keep you engaged, active and happy. Taking breaks from routine work, trekking, tours and travel are other methods to rejuvenate you from 'burn out' phenomenon which is most common in modern living.

**Vichaar** (Thought): Sound mind in a sound body

Spirituality can help you to cultivate 'a sound mind in a sound body'.

Use the following tips to achieve a good mental health:

1. In case you come across any comment or criticism from your opponent or even friend, do not react. Just take a deep breath.
2. Appreciate their point of view. If you do not agree, agree to disagree.
3. High Expectation is the root cause of disappointment. Be realistic in setting the goals – one at a time. At the same time, put your 100% in achieving the goal.
4. Once you achieve, celebrate your success. Thank God. Even if you do not succeed, you will not mind or feel guilty.
5. Do not compare yourself with others – identify your unique qualities. Do not be a 'football' to what others 'play'.

**Vyavhaar** – Practice makes perfect!

Spiritual practice in the modern context is incomplete without one's engagement in a social service in a selfless manner. The essence of Bhagavad Gita is "Do your duty sincerely without bothering about the fruits or consequences." All those leaders who have created

history are known for their selfless service to the cause of humanity. Discover the true joy of loving, caring and sharing.

### **CONCLUSION:**

Strategy for promoting good health should follow a holistic approach. It is here that spirituality can really offer help. It holds that highest quality of health is a feasible approach. You should consider fitness of body, mind and spirit as one integrated concept. This report has provided some of the ways through which the spirituality can play a role in promoting and maintaining good health. Taking care of your health is extremely important because unless you address this you can't attain higher values of life.

“Shareeram-adhyam khalu Dharma Sadhanam”

(Physical body is the medium for the righteous action) writes Mahakavi Kalidasa in his work Kumarasambhavam

Addressing spiritual power development, in a manner that is continuously appropriate and acceptable to a wide variety of people will require much wisdom. Staying connected to your inner spirit and the lives of those around you can enhance your quality of life, both mentally and physically. Your personal concept of spirituality may change with your age and life experiences, but it always forms the basis of your well-being, helps you cope with stressors large and small, and affirms your purpose in life. However, people who found comfort from spiritual beliefs are more satisfied and lead a healthy and happy life.

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