

# A Shift from Disease Free body to wellness of People: A Paradigm in Health Law

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## ABSTRACT

*It was the time, when it was the common perception of experts of Medical Field that if there will be disease in human body, it can be cured with medicine. But at present latest mind set of the experts of health department is that with nutritious food and food value contained food stuff will be the daily life style adopted by the people, so that they need not to depend on medicine which is an outdated mind set of the doctors. Therefore, it can be stated that if there will not be disease, Then there is no need of medicine to cure it, it's called modern Age of wellness is called the latest trend in health law at National and international Level. It is an objective of this piece of research is to critically analyze the problem. It will be sincere effort of the researcher make extensive study on specific issue on goal three of Agenda 2030 entitled as health and well-being. This issue is very vast in itself. But as a researcher it is objective of research is to make research critically analyzed which will highlight the impediments to achieve the goal 3. Besides this it will be the initiative of the researcher to propose some constructive suggestions which can be viable at global level. Its practical utility can be seen through universal application. Therefore, it can be stated the wellness awareness is need of the hour. How and why it is important for healthy life that will be the focus of the research.*

**Keywords:** Health law, Well Being, wellness, laws on Public Health, fitness techniques.

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## INTRODUCTION

People often think about wellness in terms of physical health-nutrition, exercise, weight management etc. but it is so much more wellness is a holistic integration of physical, mental and spiritual well-being, fueling the body, engaging the mind and nurturing the spirit. Although it always includes striving for health. Its more about living life fully and is a lifestyle and personalized approach to living life in a way that allows you to become the best kind of person that your potential circumstances and fate will allow.<sup>1</sup>

Health and wellness are terms that are often interchanged but their origins and meanings are different. As established by the WHO in the 1940's health is referred to as, "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". Although this definition has been criticized for being overly inclusive and unattainable especially as it relates to the word "complete", very importantly, it broadens the medical definition of health beyond the simple absence of disease. According to the WHO, the primary determinants of health include the social economic and physical characteristics and behaviors. The maintenance and improvement of health accordingly. Depends not only on external or environmental factors (including the systems of care), but also on the efforts and intelligent lifestyle choices of the person. In fact, it depends on wellness.<sup>2</sup>

Colorado State university recognizes the importance of our well-being. Wellness comprises of eight mutually co-dependence dimensions, emotional, physical, occupational, social, spiritual, intellectual, environmental and financial. If any one of these dimensions is neglected over time, it will adversely affect one's health, well-being and quality of life. A well rounded balance of these wellness dimensions provides holistic harmony to one's personal well-being.<sup>3</sup>

*Physical Dimension:* caring for your body to stay healthy now and in the future.it can be possible by adopting good and healthy habits adopting in daily routine.

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<sup>1</sup>Debbie L. Stoewen Dimensions of Wellness: Change Your Habits, change Your Life, <<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508938/visited> on 1.2.2024 at 10.17 a.m.

<sup>2</sup>Michael D. Oliver, Debora R. Baldwin Dr, Subimal Datta, Health to Wellness: A Review of wellness models and transitioning Back to Health, The International Journal of Health wellness and society 9 (1) :41.

<sup>3</sup>8 Dimensions of well being, <<http://www.csupvelo.edu>> visited on 1Feb 2024 at 10.48 a.m. Dimensions of wellness.

**Intellectual Dimension:** Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges. expanding knowledge and skills while discovering the potential for sharing your gifts with others.<sup>4</sup>

**Occupational Well-Being:**

Occupational Wellness is one of the eight dimensions that contribute to overall health and wellness. Occupational wellness encompasses all aspects of wellbeing pertaining to personal satisfaction in your job/ career.

**Social Well-Being**

Social wellness is one of the eight dimensions that contribute to overall health and wellness. Social wellness encompasses all aspects of wellbeing pertaining to social connections, relationships and personal expression. The resources listed in this section are opportunities designed to optimize your social wellness status, which can positively impact your overall health and wellness.<sup>5</sup>

**Spiritual Wellness:**

Spiritual wellness is defined as expanding a sense of purpose and meaning in life, including one`s morals and ethics. It may or may not involve religious activities. One of the goals of our spiritual wellness is to explore the issues related to morality and your own life and death.

**Vocational Wellness:**

Vocational wellness is defined as going personal satisfaction and enrichment from one`s work. Whether that be academic work while in college or a job after graduation.<sup>6</sup>

**Environmental Wellness:**

Environmental wellness refers to leading a lifestyle that values the relationship between ourselves, our community and the environment. The core principle of environmental wellness is respect to all nature and all species living in it.

**Financial Wellness**

Financial wellness involves process of learning. How to successfully manage financial expenses. Money plays a critical role in our lives, and it can impact your health as well as academic performance.

**Emotional Well Being:**

Emotional Wellness involves developing an awareness of your feelings and your response to everyday interactions. This awareness allows you to better understand why you are feeling that way and can actively respond to your feelings.<sup>7</sup>

**Good Health and Well-Being: Goal 3 of Agenda 2030**

Good Health means to strengthen the people at that extent to use their complete potential. It is one of the method to invest in health care system for public welfare which is required for development in society. Besides this, good health including to necessary health care, food, water, clean air, sanitation, hygiene and medicine is a natural and basic right. Health is a wider term which covers many aspects like cleanliness and hygienic. Environment purity and product of that environment all are subject of term health.

**Targets of Goal 3**

It is an objective of goal 3 that reduce death rate and increase life expectancy with good and healthy life habits. Death rate is reduce to less than 70 per in case of 100, 000 live births.<sup>8</sup>

It is one of the goal of this Agenda to prevent death rate of newborns and the child of the age up to 5 years in all world countries. I its aim to lower down the death rate at 12 in 1000 live births and under the age of 5, death out of 25death rate in 1000 live births.<sup>9</sup>

It is an objective of this agenda is to end country wide diseases like AIDS, tuberculosis malaria and neglect tropical diseases and combat hepatitis, water borne diseases and other communicable diseases. It will be obligatory for every country to control over above mentioned diseases at state Country Level. Endemic control is state obligation and

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<sup>4</sup>Ibid, Diebbie.

<sup>5</sup> Id, 8 Dimensions.

<sup>6</sup>Eight Dimensions of wellness: overview, <<https://www.northwestern.edu>> visited on 1feb 2024 at 11.15 a.m.

<sup>7</sup>Eight Dimensions of wellness,< [shcs.ucdavis.edu](https://shcs.ucdavis.edu)>visited on 1Febw 2024 at 11.30 a.m.

<sup>8</sup> Target 3.1: Reduce Global Morality Rate

<sup>9</sup> Target 3.3 : Prevention of Deaths of newborns.

complete end of the same is for global people welfare. Because latest pandemic time is glaring example of conversion of endemic into pandemic. So end of endemic will ensure health security at world level.<sup>10</sup>

It is an objective of goal 3 to reduce one third premature birth rate from non-communicable diseases, it will promote mental health and well-being. In mental illness one is inherited one which is due to chromosomal abnormality. It is not recognized as disease rather it is inherited one, which is by birth and cannot be cured with medicine. So prevention of premature birth rate can help in control of mental health related problems. That is why it is common saying that sound body has sound mind and it can happen with control of premature birth rate and its global initiative.<sup>11</sup>

it is an initiative of World Countries to lessen the accidental death rate upto 50% by providing stringent laws so that accident rate can be decreased. If we take example of laws of world countries India's present law on Motor Vehicle Act provisions are stringent and can help to reduce the no. of offences under this head.<sup>12</sup>

It is an initiative at world level for universal access of health care services including education, information on family planning and integration of reproduction health into national strategies and Programs. International efforts to be adopted in domestic laws.<sup>13</sup>

It is one of the goal of Agenda 2030 that providing universal health coverage; it will reduce financial risks and provide health care services. It will help in to afford medicines and vaccines for human usage which is safe effective and quality maintaining medicinal products. No doubt that we are talking about one step ahead that is wellness. It is an outcome of ambience which is created by the concerned Govt. so it is an initiative at National and International level. It is an observation of mine as a researcher or as a member of civil society that environment includes everything, either it is good or bad. Nothing can be done either negative or positive without governmental sanction.<sup>14</sup>

If we take example of olden times, everything was pure and crystalized. Even human heart and mind was pure. Why today we are blaming to one another. Wellness is not a new concept., it was only a back to basic concept. Wellness centers and experts do teach to aware people, and in lieu of the spend lot of money. But have we think about that health department is very important at present time. Because "vigan karta is the vigan harta". first they will create problem and then they will provide solution to the problem. In problem of solution journey, investment and profit earning process is going on it called man made environment or artificial environment. If it is man-made environment nothing is from natural environment. It is totally fake and artificial. Therefore, wellness can be defined as good and healthy habits less dependency on ready-made product it will ultimately leads to wellness. Wellness is one step in the direction of sustainable development.

The aim of goal is to lesson the number of deaths from hazardous chemicals and air, water and soil pollution due to contamination of the same.<sup>15</sup>

World Health Organization can do commendable job in control of tobacco. Because this drug is not only a natural drug. Its synthetic sub-standardized product is also there. Tobacco is major cause of disease like mouth cancer and allied disease.<sup>16</sup>

#### **Analysis of the concept of wellness on the basis of given dimensions:**

In Physical Dimension, Body and mind can be convert into fit or unfit body with the help of medicines. It is controlled condition, where humans are subject of medicinal field. But when private and public sector will work for betterment of home like earth and its species. It will be paradise like place to live. What my submission point is that personal gain or interest where public interest lost its utility in welfare state.it is common saying that common man will think about his private interest and public sector will work for public interest. But sorry state of circumstances depicts that this statement is true in reverse like common man can think about public interest but whosoever in power or authoritative position will think about his personal gain.

#### ***Intellectual Well-Being***

Health lies in sound physical and mental fitness. It can only possible when our environment either it is home environment and work environment or the environment in which we live should be pure and clean. It will automatically enhance the potential of individual either to think something innovative or to create something new.

#### ***Occupational Well-Being***

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<sup>10</sup> Target 3.4: An End of Endemic.

<sup>11</sup> Targe 3.5: Prevention of substance Abuse

<sup>12</sup> Targe 3.6:Control of accidents deaths

<sup>13</sup> Targe 3.7: Universal access of stretegies and programmes.

<sup>14</sup>Targe 3.8: Active Universal Health Coverage.

<sup>15</sup>Target 3.9: Reduce Number of Deaths from Hazardous Chemicals.

<sup>16</sup>Target 3.a: Strengthen the implementation of world health organization Framework convention.

In working environment, individual has to work in peer pressure and work to attaining aspirational goals. It will only happen, if it is healthy environment. In every entity or institution we have two kinds of groups, one is dominating group and the one is dominated group. Dominating group is called as the administration or the governance and the dominated group is called as the governed one group.

### ***Social wellness***

It is set pattern that we have to act according to social obligations and accordance with social needs. Human relations and humans are adjudged on the basis of how much social we are. social engagements and active involvement in it determines that one individual is introvert, extrovert and very social.

### ***Emotional Well-Being***

It is common perception those who have religious bend of mind are proved to be emotional strong as compare to those who are atheist. So for emotional well-being social relations, religious bend of mind and quality education is must.

### ***Environmental Well-Being***

From natural environment (our Surrounding) to artificial environment (created one) like home environment occupational environment all play very vital role for overall development of personality and for good mental and physical health. It is one of the conception that humans perform well in healthy environment if the surrounding either natural or artificial (created by entity) give peaceful environment, it will automatically enhance the work performance of every individual of that very entity. It is pertinent to mention here in cut throat competition, or in rat race it is legacy of the administration is the working environment is very pressurizing in which all are the sufferer's either the dominating group or the dominated group. Because if you make suffer other person, you have to bear the pain of effort to make sufferer.

### ***Some Suggestive Measures***

- Meditation is one therapy which clean the mind and channelizing the energy to think good and productive for self or for society. Meditation is not only part of yog dhian it is one therapy to reduce the level of stress in our daily routine.<sup>17</sup>

It is common statement that we should enjoy every moment of life by showing presence of mind there.it can happen only realization of sense of connectivity with the moment. For example, Education, work, entertainment and fitness. In each context individual will show connectivity, it will give 100 percent results as an outcome.

- Socialization and active involvement in social engagements helps in learning and good for physical and mental fitness.as a researcher it is the observation that all humans are social animals and we need company for exchange of ideas. As a result, it leads to happy and healthy life.<sup>18</sup>
- From fields to market slab from raw material to food stuff or article. All should be of standard quality as per regulation of government. Because we are not nation centric, we are moving in the globalized world., where we introduce new idea to the consumer according to the global standard. The price of product will be determined according to the sale value determined according to the global market.so here we are concerned with well-being of humans. Here also we are concerned with global trend in health sector. Wellness or well-being of people is the international new trend, where people are not interested in take medicine for illness. Rather our daily routine habits and good habits will be of that natured which leads to wellness of human race.<sup>19</sup>
- Like tech free zones (where smart phones and laptops are prohibited) guidelines wellness zones where community, apartment, city or area will be declared as wellness zone where adoption of healthy products and healthy habits is the routine task.<sup>20</sup>

## **CONCLUSION**

It can be concluded that wellness is language at present time, but is ignored concept for present governments at National level. Because as I have earlier mentioned that world revolves around cause effect theory. But when reason of cause effect theory. But when reason of problem will not be there, then preventive mechanism is not required at

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<sup>17</sup>Make space for meditation

<sup>18</sup>Communication is must stay healthy and happy.

<sup>19</sup>Wellness Conpaign For Disease Free society.

<sup>20</sup>Wellness Zone



government level. In our society humans are creator of problems and for the same we try to find out the appropriate solutions. But how interestingly, I would be that at the place of reason of problem, we should have something constructive and positive concept in the form of laws with its strong implementing mechanism. Suitable measure by concerned Govt. for 100% implementation of present effective laws. It will help not only in nation building rather nations building. Either it is govt. or the world revolves around money. So money should be collected by regulation of law like fee, fine, tax, price of article. What my point is that collection of money is ultimate object of every person, state or world. But not with negative sense rather by positive approach. Therefore, Health department is negative approach and wellness regulations is positive approach in both sense law is there and its subjects are there and its ultimate object how to be a rich nation is there, which will introduce that nation to the world as developed country instead developing country.