

Essay on Health Care for Students



A wise man has stated, "Health is Wealth." This means that even the most superior things of the world cannot compete with good health. Yoga scriptures have also mentioned that the (human) body is the first made to carry out religious practice (Dharma Sadhna). Among many types of joys, the first one has been described as "a healthy body." In the health books of our country, great importance has been given to good health.

Charaka, Sushrut etc., are the ancient Ayurvedic experts who have given many suggestions to maintain good health. India has seen many proverb operators, who have valued the importance of health protection. Ghagha has a key place in the list of such proverb orators. He has written that a person who cleans his teeth with the stick of the margosa tree, consumes harada and follows the principle of (moderate) celibacy, need not call a doctor at his home. A popular sentence is found in the English language—Prevention is better than cure. In the Ayurvedic scriptures, great emphasis has been laid on the daily routine and weather routine so that the health of people remains good. Here, the key rules of Ayurveda for the daily routine are being appended:



(1) The health remains good if one always rises from the bed before the sunrise; such a person always feels fresh throughout the day. After getting up in the morning and completing the daily routines, one should always carry out some exercises. If there is any obstruction in the exercise routine, then the health remains good if one goes for a walk for half a mile to one mile. Due to the walk, the health is not adversely affected by seasonal changes.

(2) Everyday, we should clean and washed clothes. If we wear clothes soiled by dirt, dust or sweat, then there are chances of the person having a disease. It is also important to take bath on a daily basis. Old persons and patients can scrub their bodies with a wet towel instead of taking a complete bath.

(3) Food should always be fresh, balanced and according to one's tastes. Too much of sweet-and-sour and spicy food can prove to be harmful for the health. In the Geeta, Lord Krishna has stated that consumption of pure, fresh and simple food leads-to-the development of virtuous tendencies in man. Food should always be consumed at the right time and then, when one feels hungry.

(4) It is also dangerous to move about in the Sun or rain without an umbrella. Wandering in extreme hot season without any food intake can lead to a sunstroke.



(5) Man should always keep on doing a piece of work at all times. Idle and lazy people catch diseases at a quick pace. By doing a piece of work, we mean that man must work hard according to his (physical) capacity. If he were to work very hard, his health could be adversely affected.

(6) If need be, one should take bath again after completing the daily chores in the evening. Cold water has been deemed good for taking bath. Those people, who do not find cold water to be suitable can use hot water.

(7) In the night, one should take his meal by 8 pm. In the night, easily digestible food should be consumed as far as is possible; if one does so, his digestive system does not have to work very hard. After the Dinner one must always walk for one thousand yards. Food is easily digested by walking over green grass and in an open area. Those, who have the-habit of reading, studying in the night, can do the tasks of reading and writing between 9pm and 10pm. However, reading by lying on the bed has been described as dangerous to the eyes. If one takes milk half an hour before going to bed, his physical strength is not educed.



Season routine must also be followed, just like the daily routine. Six seasons have been defined in our country. However, winter, summer and rainy season are the three chiefly accepted seasons. During the summer season, if light and easily digestible food, milk, yogurt and lemonade are consumed, then one does not get a sunstroke. Roast raw mangoes and mesh them; then add clean and cold water, cumin seeds, black salt, black pepper and mint and prepare a syrup.

It is digestive in nature and prevents one from getting a sun stroke. If one gets a sunstroke, then he gets relief by consuming this syrup. The consumption of sago is also deemed well during the summer season. In villages, people consume sago throughout the summer season and remain healthy. Sago should be mixed in water and consumed in the form of a thick syrup. Salt and cumin seeds should be added to the sago syrup according to one's taste.



The health remains good if one consumes energy-enhancing food during the winter season. During this season, cold does not affect a person if wears warm clothes. The clothes used for wearing and bed lines be dried in the Sun once a week. The rainy season has been considered to be a boon for farmers. One should not take heavy food during the rainy season. Consumption of lemon, chilies, kidney beans and breed (chapati) prevents the diseases of the stomach.

During the rainy season, consumption of green vegetables is not deemed correct, because such vegetables are found to be having dangerous insects. If one has to consume green vegetables, then he should examine them carefully and then cook them after washing them in clean and hot water. If one gets extra ordinarily vetted during the rainy season, then he faces the danger of catching air borne diseases. In this manner, if people follow the aforementioned daily and seasonal routines, then they can escape the wrath of many of disease. If one is unwell, he should get himself treated from an educated and experienced doctor. Quack physicians sometimes give fatal medicines too. Hence, it is better to remain away from them, as far as is possible. The closer we remain to nature, the better our health.

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