

# Ascertaining the Impact of Cleanliness and Healthy Life Style (The Art of Living) in Human Health (Physical & Mental) and Its Relevance in Nation Building

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## Abstract

Cleanliness means that there is no dirt, no dust, no stains, and no bad smells. The purpose of cleanliness is health, beauty, absence of offensive odor and to avoid the spreading of dirt and contaminants to oneself and others.

To be in good health is to be in a state of balance. Health is a biological equilibrium that exists within our body. In order to achieve this balance, we need to fine tune our body to all levels, which can be achieved by doing meaningful works, in a conscientious and responsible manner, exercise, eating correctly and having a positive attitude towards ourselves and others.

Much is said rhetorically about cleanliness in our society but practically its application is missing. A quick observation can reveal how insensitive a culture we have developed regarding cleanliness and hygiene.

There are many other examples which can be cited to indicate the pathetic condition of cleanliness and hygiene in our society. Hence, conscious efforts are needed to tackle this issue. There is a dire need to educate and sensitize people about the importance of cleanliness in light of our faith. In this regard social institutions such as educational institutions, the media and religious institutions can play a vital role.

According to the concept of health and disease in Unani System of Medicine, human body has two states i.e. healthy state and disease state. As described by great Unani sages that, "There are certain causes of health and disease." The causes for health are called as, The Six Life Style Factors viz. Air, Food and Beverages, Physical Activity and Repose, Mental Activity and Repose, Sleep and Wakefulness, Retention and Evacuation. These essential factors are those which influence the body throughout the life. As all living creatures have qualities associated with them, so too do each of the six life style factors. The food and drinks we consume, the weather, our environment and our emotions, all exert different qualities of heat, coldness, moistness and dryness that can either be of benefit or detriment to us.

"Cleanliness is a freedom movement for an aspiring Nation. Culture of cleanliness will influence the hygiene, health, aesthetics and natural setting of the nation, which is a new age currency of a country."

**Keywords:** Cleanliness, Lifestyle, Health, Asbab-e-Sitta Zarooriya

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## Introduction

Personality of a person is a whole sum up of a person's attitude towards everything: how one talks, walks, eats, dresses, etc., and no doubt the most overwhelming part of personality is the looks you generate. A good and neat dress always imparts a positive impact on your viewer. Cleanliness does not mean to wear a neat and clean dress. It includes clean body and cleanliness in thoughts also. Cleanliness is one of the good qualities. It is a part of our civilization. A man of dirty habits is far from civilization. So, with the progress of civilization, man cleans himself more and more. He cleans his body. He cleans his mind and heart. He cleans all his actions and manners. He cleans his soul. This will lead him to the highest form of civilization.

Cleanliness is a virtue shared by all people and societies. Physical cleanliness and moral purity are highly encouraged by religions, particularly before the commencement of religious ceremonies, suggesting the existence of a possible psychological relationship between physical cleanliness and moral purity.

Cleanliness is next to godliness is a most common and famous proverb which means cleanliness is everything for goodness. People should keep themselves clean and bright to maintain their healthy life style and healthy living. Cleanliness is a way to godliness and godliness is the way to balance mind, soul and body. Being clean is the mean to keep ourselves physically and mentally clean. Keeping our body clean, tidy and well dressed makes us smart enough to get confidence and positive thoughts. Clean habits with nice dress sense create good impression on others and good reputation in the society, because cleanliness reflects a clean character of the person.

It is considered that the people maintaining cleanliness develop the habit of dressing smartly, become clean in character and are generally pious and God-fearing. Such people have certain morals in their life and have clean heart by being godly. We can say that godliness starts with clean heart and clean heart can be of a person with good character. This is the reason why priests of any religion tell to be clean from body and mind before worship. Cleanliness is the first and foremost thing to be near to God.

The significance of cleanliness and hygiene cannot be overlooked by any society. Every faith and civilization stresses the importance of cleanliness. Historically, cleanliness has been considered one of the important factors by which to judge a civilization's or society's development.

## The Problem Statement

Much is said rhetorically about cleanliness in our society but practically its application is missing. A quick observation can reveal how insensitive a culture we have developed regarding cleanliness and hygiene.

Throwing garbage in the streets, roads or parks has become a common practice in our society. In public places, dustbins are seldom found. Even if dustbins are installed, people do not use them properly. Rather, they prefer to throw garbage outside them. It is also observed that people clean their homes and shops and throw the garbage on the street without considering its implications. It is evident that even students of elite schools throw garbage on the ground even in the presence of garbage bins. This shows our attitude towards cleanliness and hygiene.

Another habit that is commonly found in our society is spitting openly. People spit chewed beetle from running vehicles without considering the pedestrians walking on the road. This practice not only affects the environment but is also an eyesore.

Another area that needs consideration is the horrible condition of public toilets. The shortage of public toilets is a big challenge, hence people are compelled to use open spaces to answer the call of nature. The toilets that do exist are in such pathetic condition that one cannot use them, though the efforts made by the government of India in this regard are highly appreciable.

There are many other examples which can be cited to indicate the pathetic condition of cleanliness and hygiene in our society. Hence, conscious efforts are needed to tackle this issue. There is a dire need to educate and sensitize people about the importance of cleanliness in the light of our faith. In this regard, social institutions such as educational institutions, the media and religious institutions can play a vital role.

## Elucidation: The Community Approach

It is essential to provide civic education in order to train the younger generations of society. In our country, education system needs to transform its practices. Teaching and learning material regarding cleanliness and hygiene should be included in the curriculum and textbooks. Educational institutions should demonstrate cleanliness in their premises. To train young people, schools should involve students in cleaning their schools, homes and environment and highlight proper sanitary practices. The use of dustbins should be strictly followed in the school premises.

Secondly, the media can be a powerful source to educate and sensitize the masses about the importance of cleanliness and disadvantages of an unhygienic way of life. It should focus on both the good as well as unhygienic practices in our society.

Thirdly, religious institutions can also play their part in educating the people about the importance of cleanliness in the light of their religious teachings. Furthermore, the role and commitment of the government is appreciable in maintaining cleanliness and hygiene in society. The

government's will is very crucial in making policies and implementing them at the grass-roots level. The government can play an important role by enforcing laws against littering, etc.

The importance of cleanliness cannot be ignored in individual as well as community life. On one hand it is an important factor for human health and spiritual development; on the other hand it is essential for environmental development.

By adopting a clean and hygienic lifestyle, a valuable amount of money can also be saved where health issues are concerned. A clean and healthy life helps in refining the culture of a society and reflects in every aspect of life such as art, architecture, food, music and so on. Ultimately, it leads towards a higher level of civilization.

On the other hand, being clean strengthens our immunity system and secures us from many chronic and acute diseases. However, clean people may catch diseases from dirty people but they are strong enough to tackle small problems. They can manage things in their surroundings related to cleanliness including instructing poor and dirty people about cleanliness.

People maintaining their proper cleanliness feel shame in meeting with the people having dirty face, hands, soiled clothes and bad smelling clothes because they feel insulted while meeting such type of people. Cleanliness of body is really very necessary for good physical health. On the other hand, physical cleanliness gives inner cleanliness and keeps heart and mind clean. Cleanliness of mind keeps us mentally healthy and prevents from the psychological problems. So, complete cleanliness keeps away from dirt and diseases as both go together; where there is dirt there is disease.

Disease-causing germs breed and grow very rapidly in the dirt which causes infection or various epidemic diseases such as cholera. So, in order to lead a healthy, happy and peaceful life we all should practice clean habits in every aspect of life because dirt symbolizes moral evil whereas cleanliness symbolizes moral purity

### Healthy Life Style: The Individual Approach

Due to modernization and mechanization we are at the verge of becoming a developed country. Due to mechanization man and his mind is becoming like a machine. In rat race, he is running to get more and more comforts. Urbanization, globalization and free market competitive economy are fast eroding our traditional healthy life style. Man's natural faculties are becoming commodities of trade and commerce. Human beings overexploit their natural faculties, both mental and physical. Notwithstanding the physical comforts achieved by man, an alarming increase in the incidence of a spectrum means life style diseases is being faced like obesity, hypertension, diabetes mellitus, anxiety, depression, burnouts, sexual aversion, and

delinquent behaviors in children due to lack of supervision from working parents. People have become rich by material wealth and they enjoy a luxurious life. In spite of comfort and luxury, they have lost peace of mind.

To be in good health is to be in a state of balance. Health is a biological equilibrium that exists within our body. In order to achieve this balance, we need to fine tune our body to all levels, which can be achieved by doing meaningful works, in a conscientious and responsible manner, exercise, eating correctly and having a positive attitude towards ourselves and others.

According to the concept of health and disease in Unani System of Medicine, human body has two states, i.e., healthy state and disease state. As described by great Unani sages, "There are certain causes of health and disease." The causes for health are called as the Six Life Style Factors, viz., air, food and beverages, physical activity and repose, mental activity and repose, sleep and wakefulness, retention and evacuation. These essential factors are those which influence the body throughout the life.

As all living creatures have qualities associated with them, so too do each of the six life style factors. The food and drinks we consume, the weather, our environment and our emotions, all exert different qualities of heat, coldness, moistness and dryness that can either be of benefit or detriment to us.

### Environmental Air and Breathing

The weather and environment have a significant effect on health. All year round, the qualities of heat, coldness, moistness and dryness are present in the air, in varying proportions.

During the time of the year when the qualities of the environment are the same as the qualities associated with your temperament, you should be most careful with all life style factors.

Good, regular and relaxed breathing improves our health.

- It neutralizes any excessive heat, so maintains an ideal body temperature.
- It regulates the heart beat.
- It strengthens the nerves and settles emotions.
- It helps the mind-body integration.
- It also cleanses the body of waste matters like carbon dioxide.
- It increases metabolism.
- It helps blood circulation to the deeper tissues and capillaries.
- It rejuvenates the cells.

Without the air we breathe in, the nutrients we take into our body could not be converted into energy. Also extra

oxygen supply to the body is very beneficial to our brain cells. The temperature and moisture of air we breathe all have very definite effect on our health. Common ailments like headaches, tiredness and irritability are often the result of insufficient oxygen being inhaled. Anger and fear can also be managed through correct breathing.

### Foods and Beverages

Food is by far the most effective and the easiest to implement since it is entirely in one's control. Each food type is classified as heating or cooling with levels of moistness or dryness. This classification refers to the inherent temperament associated with foods and does not necessarily refer to the temperature of the food, but rather the qualitative effect they have on the temperament of the individual. For example, milk is cold and moist whereas chicken is hot and dry.

To maintain the optimum 70% moisture content, one of the body's most important needs is for water. Water plays a vital role in the process of food digestion, nutrient metabolism, and elimination of waste products. It also ensures proper circulation of blood and the lymphatic system. Virtually every function of the body, from cell division to food digestion to tissue synthesis requires adequate moisture levels. In this light, the importance of maintaining ideal moisture content is vital. Our bodies are capable of dealing with an excessive water intake but are not able to handle an inadequate water intake. In fact, illnesses such as kidney stones, dryness of the skin and dehydration result from low water intake. An adequate intake of water helps to reduce raised blood pressure and high levels of cholesterol, uric acid and glucose.

### Physical Activity and Repose

The value of controlled, regular and reasonable physical exercise in maintaining good health has been proven time and again. Exercise has physical and mental benefits:

As every person is unique, we each have a different requirement for exercise and rest. Rest produces a moistening and cooling effect. Movement and exercise increases the heat in the body. Balance between movement and rest is very important as is the type of exercise anyone chooses. Where spinning classes or running on a treadmill are excellent for some as it increases heat and dryness, for others, who have a dominant bilious temperament, it may be too energetic and can cause health problems.

### Mental Activity and Repose

Our emotional state plays a vital role in our wellbeing. Emotions can have a positive or negative outcome on a person's physical state. Positive emotions such as happiness, love, peace, optimism and humor should be encouraged

as they are known to invigorate the body and contribute to improved health and an overall sense of wellbeing. Negative attitudes brought about by emotions such as anxiety, frustration, resentment and anger can cause serious health problems.

Listed below are the qualities of the most common negative emotions experienced.

- Anger: Hot and Dry
- Worry: Hot and Moist
- Depression: Moist and Hot
- Fear: Cold and Moist
- Grief: Cold & Dry
- Excitement: Hot and Dry

Individuals will be most prone to the emotions that have the same qualities as their temperament. By recognizing the qualities of negative emotions, a person to a certain extent, can control the influence they have on his/her health. For example, if a bilious person whose temperament is hot and dry is continually influenced by anger, which has the same hot and dry qualities, his health will be negatively affected. Steps should be taken to deal with this anger.

### Sleep and Wakefulness

Sleep has a cooling and moistening effect on the body, and wakefulness, i.e., being awake and active, increases heat and dryness in the body. Sound, peaceful sleep is of utmost importance to the body. It allows uninterrupted time to restore the body's harmony by:

- Repairing and healing damage done to the body in any way, i.e., physically, mentally, emotionally and spiritually (one always feels better after a good night's sleep)
- Preparing the body for physical and psychological activities to come
- Strengthening all natural functions, including digestion, metabolism and mind strength; eliminating toxins via the liver, kidney and skin
- Sleep also strengthens a number of natural functions, such as
- The digestive process, by helping to complete it
- Metabolic processes, which repair damage and restore wellbeing
- Brain functions, by sorting out and filing sensory and intellectual input from the previous day (it is always important to have sleep after study, in order for information to be sorted and registered by the brain)

### Retention and Evacuation

The body takes from the environment what it needs for energy and survival. What it does not need it expels back into the environment in the form of waste products. Many

disease conditions come about because the body is unable to efficiently remove these waste products. These waste products are removed from the body through bowel movements, sweating, urinating and other means; of all the normal elimination methods, elimination from the colon requires special attention. It is important to eat high-fiber foods. A mild natural laxative should be used regularly. This will assist the body to keep the colon free of toxic waste and is an important step towards health maintenance.

## Conclusion

Scientific experiments document the relation between physical purity and moral purity. This helps to understand the reasoning behind the encouragement of cleanliness in different belief systems.

Cleanliness means that there is no dirt, no dust, no stains, and no bad smells. The purpose of cleanliness is health, beauty, absence of offensive odor and to avoid the spreading of dirt and contaminants to oneself and others.

“God loves cleanliness. The environment must be kept clean.”

“If everyone sweeps their own doorstep, their own neighborhoods, the world will be a clean, pure and healthy place for life to prosper.”

“Cleanliness is a freedom movement for an aspiring nation. Culture of cleanliness will influence hygiene, health, aesthetics and natural setting of the nation, which is a new age currency of a country.”

**Conflict of Interest:** None

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