

VEDIC LIFE STYLE FOR PRIMARY HEALTHCARE

SUSHIL AWASTHI

INTRODUCTION

PRIMARY HEALTHCARE IS VERY ESSENTIAL & ACCESSABLE TO EVERYONE. AS THE POPULATION IS INCREASING DAY BY DAY BUT THEY ALMOST FORGET TO TAKE PRECAUTION THAT HOW THEY CAN MAKE SAFE THEIRSELF BY FOLLOWING SOME VERY IMPORTANT STEPS IN THEIR ROUTINE LIFE.

STEP 1-

WHEN ANY FEMALE GET CONCEIVED THEN PROCESS OF PRIMARY CARE SHOULD START BY GIVING NURISHMENT & YOGA .TILL THE BIRTH OF BABY. AS PER GUIDELINE MYSELF. HERE IS VERY IMPORTANT ROLE TO DELIVER IMMUNITY BOOSTER DIET TO PREGNANT LADY WHICH WILL LEADS THE BEST IMMUNPOWER IN BABY WHICH ENSURE TO DECREASE MORTALITY RATE IN ANY COUNTRY.

STEP 2-

AFTER BIRTH OF BABY THE MASSAGE OF PURE MUSTERD OIL IS VERY ESSENTIAL & THE MILK OF GOAT IS VERY NEEDFULL TO GIVE IF MOTHER MILK IS NOT BE AVILABLE AS PER NEED.

AND GRADUALLY WE SHOULD SUGGEST TO ENSURE PRACTICE OF YOGA & ENSURE TO PROPER VACCINATION WHAT IS REQUIRED. & IMMUNITY BOOSTER FRUITS & NUTS IS VERY IMPORTANT TO GIVE HIM/HER. AND THE MOTHER SHOULD FREE FROM UTERIN INFECTION LIKE LECHORREA.

STEP 3-

IN OUR INDIAN CULTURE SOME IMPOTANT MANTRA & ESSENTIAL HABBIT IS PLAYING VERY IMPOTANT ROLE TO DECREASE INFECTION .LIKE BELOW

(A)DON'T TOUCH SALT,GHEE,FOOD OR EACH EADBLE ITEM SERVED BY ONLY COPPER SPOON & IN MORNING USE WATER TO DRINK OF COPPER UTENSIL.& NEVER EAT THE FOOD SERVED BY DIRECTLY FINGER OR HAND MEAN TO SAY SPOON IS VERY IMPORTANT.

(B) IF NO NEED THEN DON'T TOUCH YOU SENS ORGANS.

(C) ALWAYS EAT ANYTHING AFTER WASH PROPER HAND WITH SHOAP OR ECT

(D) WHEN ANY PERSON GO FOR TOILET THEN MUST TO KEEP CLOSE THEIR MOUTH ,NOSE.

(E)ALWAYS USE DIFFERENT CLOTH IN WORKING & SLEEPING & DURING WORSHIP.

(F)NEVER USE OTHERS USED CLOTH EVEN YOUR FAIMLY MEMBERS.

(G)NEVER USE CLOTHES WHICH HAVE MOISTURE.MEANS ONLY USE DRY CLOTHES

(H)IF ANYBODY GOING IN DEATH OF ANY PERSON THEN MUST TO BATH PROPER AND WASH ALL CLOTHES WITH DISINFACANT WITH NEEM HERBS

(I) WHEN ANY MALE FEMALE DOING RIPRODUCTION THEN AFTER THAT THEY SHOULD WASH PROPERLY THEIR RIPRODUCTIVE ORGANS AND NEVER DO RIPRODUCTION ACTIVITY ON DAY TIME & EARLY MORNING.WHICH WILL LEADS INFECTION OR AGE LOSS.

(J) WHEN ANY FEMALE SUFFER FROM MENTRUAL CYCLE THE SHE SHOULD AVOIDE TO PLAY ROLE OF HOUSE WIFE ATLEAST FOOD COOKING,KEEP DISTANCE BY MALE.

FINAL STATEMENT-FOR PRIMARY HEALTH SYSTEM WE SHOULD CORDINATE OUR VEDIC LIFE STYLE WITH OUR SYSTEM & IN GROUND LEVEL THE PRIMARY HEALTH HOSPITAL NETWORK SHOULD WORK AS PER GUIDELINE WHICH MADE BY PULSUS WITH CORDINATING OF MYSELF.

AND ALSO THIS DEPEND ON COUNTRY EDUCATION AS THIS IS VERY IMPORTANT TO .& IN OUR VEDIC LIFE STYLE I WILL PUT SOME IMPORTANT MANTRA WHICH WILL PLAY TO INCREASE MENTAL CAPACITY OF ANY PERSON BY GAYATRI MANTRA & KEY MANTRA I COLLECTED BY OUR HOLY VED

PRAYAGRAJ UTTAR PRADESH INDIA

Correspondence: AWASTHI S.,PRAYAGRAJ UTTAR PRADESH INDIA, CONTACT +91 9919753711; EMAIL:isoal2001@gmail.com



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