



## Health and Wellness Through Humanities

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### Abstract:

*The present paper examines the impact of the Humanities on the health and wellness of human beings and society. Both the terms used HEALTH and WELLNESS seem alike but there is a vital difference between both terms. Health indicates the state of well-being (free from illness) and wellness indicates the multidimensionality of life. National Wellness Institute has given its opinion on wellness, "An active process through which people become aware of, and make choices toward, a more successful existence." In, it includes multiple options for success using the fullest potential. It is the Humanities that promote the many disciplines of research and the outcomes of research contribute to making people's lives, and society healthier. If Humanities is ignored no questions will be posed for answers leading to discovery. From Humanities new areas too are emerged and appeared in front of us. Among those very significant areas are Digital Humanities and medical health humanities. For the fellow of literature and medical sciences, both have explored new dimensions of research for the wellness of human beings and society.*

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The title of the present research paper points out the significance of the humanities and their impact on human life as well as society. Both human life and society are inextricably bound up with the study and research of the humanities. Generally, the Humanities discipline manifests the myriad challenges, issues, promises, etc. of society that require an absolute solution. As it is resilient with us that the Humanities include the study of ancient and modern languages, literature, philosophy, history, archaeology, anthropology, human geography, law, religion, and art. The often-obvious all these penetrate the challenges and promises constantly changing for the absolute solution. These efforts of scooping the solution/ answer by other disciplines endorse the significance of the Humanities. It is the Humanities that pave the path to happiness, well-being with the help of other studies. As it helps them to recognize the issues through their languages, history, literature, and cultures. They make us weigh the evidence skeptically and compel us to witness the other side of every question. Creativity and innovation are the results of our imagination and ambition and this our potential is highly affected by our health and wellness. How the individual can be happy and well-being must be traced by the study of the Humanities. Humanities ensure both academic and societal growth and both can be entertained in a better way by health and wellness.

Before describing the the contribution of Humanities to achieving health and wellness it will be so apt to illustrate its characteristics and manners of affecting the various layers of society. Humanities are associated with what it is to be human. It works for justice and equality which should be equally distributed with no distinction. It affects society, employees, and individuals in many ways. From individual to entire cultures, it promotes us to study the records of the past to recognize the requirements of society and community. The health of society and individuals depends on their works of literature.

The meaning of literature should not be confined to the particular discipline which includes essay, drama, poetry, fiction, non-fiction, etc. any type of details that are recorded in written form are sufficient to throw light on the origin, disposition, execution, growth of anything will be literature. Literally, it can be stated that whatever in written form is available which imparts each and every detail required is called literature. In brief, it can be described that 'everything in print is literature.' "Literature grows out of life, reacts upon life, and is fed by life." Literature has a profound and direct connection with human existence and its real factors. It is an unclear idea that writing is something that has just theoretical importance and that writing is completely separated from life. What's more, similarly obscure is the idea that writing is an inhabitant of the place that is known for its extravagant and creative mind. It is more than this. In actuality, life and writing are two separate things. Inventive writing outgrows the genuine circumstances and occasions of life and existence without innovative and productive writing has no inward importance. Writing is one of the paths blasted by a human through, alone. After the requirements of day-to-day existence are fulfilled, a man follows the lead of interest and investigates the secrets of life. The information energy, the craving to comprehend life and make oneself at home in the universe has perpetual spring in human instinct. As for as Humanities is concerned with the discipline, it imparts the knowledge of the language, history, and culture of contemporary society. It encourages us to deal logically, and critically with all which are complex and imperfect. Literary texts provide a very real sense of the vehicle for culture. Thus, the value of the Humanities is understood more often in the questions placed than in the answers found. Answers are searched in line with questions posed by the Humanities. So Humanities's contribution can not be underestimated.

Switching to the next term used in the title of the present paper it would be pertinent to illuminate the nature of wellness. The following components comprise the nature of wellness:

- Wellness indicates the choice of people for which constant pursuance is seen towards fulfillment.
- While related to a healthy way of life, well-being goes past the bounds of general well-being. It includes an uplifting perspective on your whole self and is something we frequently have more command over than wellbeing.

Wellness has various dimensions related to quality, state, or process. Types of wellness can be enlisted:

- Emotional Wellness
- Spiritual Wellness
- Physical Wellness
- Intellectual Wellness
- Social Wellness
- Environmental Wellness
- Financial Wellness

Keeping in view the significance of the Humanities to amplify health and happiness, the two important branches of study placed below have been recognized which help achieve health and happiness:

*Digital Humanities:* Digital Humanities have been adopted in the course at UG & PG level in the colleges/ universities. It happened due to the significance of DH, and how it has the capacity of doing us now, and later on. Where technology has replaced the print culture to a great extent, it is searched to connect students with the Digital Humanities. Everything will be studied with the help of technology. Today much emphasis is put on communication skills and technical writing and students can easily understand its nuances on digital platforms. From beginning to end and from global to local, everything is digitally planned, It helps students to upgrade their knowledge and skills beyond the boundaries of place and time. Computerized Humanities has turned into a fundamental piece of our getting the hang of, keeping the humanities alive, and has made it more open to various locals of the world. Thus, it

affects the social, intellectual, and occupational wellness of the individuals. Training in writing and skills increases the intellectual and vocational wellness of people and a massive focus on it can be felt at various training platforms.

*Medical Health Humanities:* Medical Health Humanities emphasise the need for the humanities in the field of medical Science. It affirms that without having knowledge of the complete family history of individuals, the health of patients can not be insured to the fullest. Health Humanities is a new approach arguing for a broader and deeper approach than is presently found in the medical humanities to create an inclusive health humanity is particularly apposite in mental health, where many of the key sites for the generation of new ideas are outside medicine, lying instead in the creative arts, expressive therapies, and service user movements. This approach reduces the percentage of the health risk of individuals undertaking treatment. Cause and impact both can be well understood by the survey/ inquiry of the individuals. "It highlights the need for an individualized approach to treatment in non-infectious disease, data from our laboratory show that executive governance is modulated by different neural circuits in the overweight versus the obese phenotype." (Hume DJ, 2015, 126-137). Emerging research efforts in the developing world mirror this view and illustrate that the increasing prevalence of obesity is associated with socio. David John Hume, Brian Michael Müller cultural, environmental, and behavioural factors, particularly in groups that have been historically disenfranchised (2013; 24: 369-375). As such, influences from the humanities have broadened the 'medical gaze' to include the real-world context within which the patient exists, and the various forces, ideas, feelings, and expectations that might impact treatment. Exemplifying the need for a multilevel approach in research and clinical practice related to diseases of lifestyle, recent empirical works extend beyond the stratified biomedical approach and emphasize that metabolic illness coincides with several endophenotypic markers of cognitive dysfunction. The end goal of the medical health humanities is to promote transdisciplinary awareness, brooding about both clinical practice and scientific inquiry. The application of these principles and the 'humanization' of healthcare are of particular importance in developing countries, where issues of social justice and historical disenfranchisement obscure the availability of healthcare.

To make human life happier and healthier it is indispensable to take the help of the Humanities from time to time. What are requisite of community and society are curated by the different methods and its outputs force the experts working in the different fields for the betterment of humanity and society to bring out the solutions in their ways then again ball comes in the area of the Humanities to examine the efficacy of those solutions. Humanities directly serve humanity for health and wellness. No matter how one is perplexed, if he/she wants to soothe himself/ herself or to identify the source of problems, one can find clues in shelters of the Humanities. These days trends are in the fashion to heal individuals through naturopathy. If one finds to cure mental illness including physical at the initial stage, can well do. It is in trend, patients, staff, visitors, as well as community members are welcome to attend music performances, visual art exhibits, theatre and dance, and lectures. They are carrying the good impact of these on their mind. Music, dancing, laughing, anger, compassion, care, etc. are used in the treatment of many physical and mental diseases, and management. Here it is apt to cite the quote: EJ Hall, the President & CEO of HealthCare Chaplaincy Network, Chairman of Alzheimer's Global Initiative.

When Dan Cohen founded Music and Memory in 2006, he had a simple idea: Someday, if he ended up in a nursing home, he wanted to be able to listen to his favorite '60s music. Well, his brainstorm paid off, not only for Cohen but for scores of others.

Recounting stories, paying attention to music, making and appreciating workmanship. These are human undertakings that impact our inclination and our soul. These are additionally the components we want to see a greater amount of in our medical services framework as it turns out to be progressively motorized. Not every person knows how to recount a story or pay attention to one and many individuals engaged with medical services may not consider their patients regarding a biography. Most doctors are

prepared to tackle clinical issues without considering the particular mental and individual history of the patient including their hidden qualities and profound necessities.

The above discussion based on research illustrates how we need the Humanities to improve and attain health and wellness. All types of Emotional wellness, spiritual wellness, physical wellness, intellectual wellness, social wellness, environmental wellness and financial wellness are greatly affected by the Humanities.

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