

# सह-अस्तित्व : एक वैचारिकी

विकास सिंह

संपादक

असिस्टेंट प्रोफेसर, प्राचीन इतिहास  
राजकीय महिला स्नातकोत्तर महाविद्यालय,  
गाजीपुर



लोकनाथ पब्लिकेशन

प्रथम संस्करण : २०१९

ISBN 978-93-81123-92-8

© प्रकाशक

Email- [prcbsbi@gmail.com](mailto:prcbsbi@gmail.com)

[lnpvns@gmail.com](mailto:lnpvns@gmail.com)

Website [www.philosophical researchcouncil.com](http://www.philosophicalresearchcouncil.com)

मुद्रक

फिलोसोफिकल रिसर्च कौंसिल

प्रकाशक

लोकनाथ पब्लिकेशन

लखनपुर भुल्लनपुर

वाराणसी २२११०८

नवदश पुष्प

## Co-Existence of Physical and Mental Health

Dr. Vandana Kumari♦

*The topic of Health begins with the need to clarify its definition. The common dictionary definition: "Health": the state of being free from illness or injury" is a concept that would be similar to describing "light" as being "an absence of darkness". The World Health Organization more broadly defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Dr. Brock Chisholm, the first Director-General of the World Health Organization (WHO), was a psychiatrist and shepherded famously stated that "without mental health there can be no true physical health". Half a century later, we have strong evidence elucidating the bidirectional relationship between mental illnesses – specifically depression and anxiety – and physical health outcomes.*

Mental or emotional health refers to your overall psychological well-being. It can include the way you feel about yourself, the quality of your relationships and your ability to manage your feelings and deal with difficulties. Mental health and physical health are very closely connected. Mental health plays a major role in your ability to maintain good physical health. Mental illnesses, such as depression and anxiety, affect your ability to participate in healthy behaviors. This can result in problems with physical health, such as chronic diseases, and can decrease a person's ability to participate in treatment and recovery. For physical problems, most people go to the doctor and get a check-up. They have their blood pressure, temperature and weight measured. They have blood drawn to check for issues with cholesterol, blood sugars, thyroid, iron levels, electrolytes and other measures. However, most people don't go to a mental

---

♦ असिस्टेंट प्रोफेसर, गृहविज्ञान, राजकीय महिला स्नातकोत्तर महाविद्यालय, गाज़ीपुर



- Mykletun A, Bjerkeset O, Dewey M and Prince M (2007). Anxiety, depression and cause-specific mortality: the HUNT study. *Psychosomatic Medicine*; 69(4):323-331.
- Nabi H, Kivimaki M, De Vogli R, Marmot MG, Singh and Manoux A (2008). Positive and negative affect and risk of coronary heart disease: Whitehall II prospective cohort study. *B.M.J.*, 337:a118.
- Ormel J, Vonkorff M, Ustun TB, Pini S, Lorten A, and Ordehinket T (1994). Common mental disorders and disability across cultures. Results from the WHO Collaborative Study on Psychological Problems in General Health Care. *J.A.M.A.* 272(22): 1741-8.
- Prince M, Patel V, Saxena S, Maj M, Maselko J and Phillips MR (2007). Global mental health 1— no health without mental health. *The Lancet*. 370:859-877.
- Simon G. (2001). Treating depression in patients with chronic disease: recognition and treatment are crucial; depression worsens the course of a chronic illness. *West J. Med.* 175(5):292-3.
- Surtees P, Wainwright NW, Luben RN and Wareham N. J. (2008). Psychological distress, major depressive disorder, and risk of stroke. *Neurology*, 70(10): 788-94.
- Thornicroft G (2006). *Shunned: discrimination against people with mental illness*. Oxford: Oxford University Press. London

