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Health care management

After air, food is a substance that is important factor for health. Now a days water is also defined as a food, by the Food Safety and Standards Authority of India. These two are further essential part of nutrition followed by health. There are many alternative therapies which also can be useful for health management.

Naturopathy is an art & science of non-invasive healthcare & health assessment in which neither drugs nor surgery are used. Yoga is based on five Principles. They are Breathing, Diet, Exercise, Relaxation and Meditation. Many years before, around 200 AD, Patanjali, a sage, composed the Yoga-Sutras. The improved flexibility, toning of muscles, endurance, body balance and vitality can be said to be benefits of Yoga. Ayurveda is a traditional medicine system of India. It believes in Body Mind and Spirit, health approach.

Health is a state of complete Physical, Mental and social well-being, not merely the absence disease or infirmity.

Thus, for Managing Health, lifestyle modifications are important factors.

Biography

Prakash Kondekar is HOD of Naturopathy Yoga-Bowen Therapy Technique-Purohit Hospital. Since December 1994, 1000 patients for many ailments, Authored four Books Health. He performed on First International Yoga day 2015 in Vienna, NITIE-2017 & May 2018 Live Global Transmission-Canada, USA-India, "Healthy by Natural Way. Aug 2018 ICRAFPT, Nutrition 2018-Germany-Spain, Istanbul, Turkey, USA & Malaysia 2019. Chicago IL IIT and IFSH and Lombard IL NUHS-April and May 2019. Lafayette, Purdue University, May 2019.

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