“Sensible existence, key to good health”

Special Correspondent

COIMBATORE: “The human body is a super computer. But, you are handling it like a blacksmith. It is time that superficial measures for fixing health-related problems are given up,” founder of Isha Foundation Sadhguru Jaggi Vasudev observed here on Friday.

Releasing “The Forgotten Heart,” a book authored by interventional cardiologist J.K. Periasamy, he said health was a consequence of one’s way of existence. Sensible existence held the key to good health. Medical science now focussed a lot on preventive aspects. “If people do not come to gurus and doctors, it means the world is doing great,” he said.

The Sadhguru stressed yoga for good health. “But, by yoga, I do not mean the one that is a re-bound from the West,” he said.

Receiving the first copy of the book, Editor-in-Chief of The Hindu N. Ram quoted experts as saying that major health problems were waiting to happen. An article in the health magazine Lancet said the diseases burden in India was set to increase. It would be too much to handle even if health care facilities improved. The threat of epidemics might come down, but that of chronic diseases would increase, he said, seeking to draw the attention of students who attended the launch.

Prevention must be at the heart of the strategy of improving the health situation in the country. The media also had the social responsibility to highlight this requirement.

Mr. Ram complimented Dr. Periasamy for having brought out a book that provided an insight into the problems affecting the heart and the ways to prevent these. “The book is comprehensive. But it must have a good index, and also put in e-book form,” he said.

Praising Dr. Periasamy’s commitment to preventive heart care, Chairman of Bharatiya Vidya Bhavan, Coimbatore Kendra, B.K. Krishnaraj Vanavarayar, said the cardiologist sought to point out through the work that “in spite of me (heart specialists), things can go wrong. That is why he is giving away 10,000 copies of the book free of cost to educational institutions. The aim is to educate the youth on preventing heart diseases.”

Explaining the reason for such a book, Dr. Periasamy, who is the founder of JKP Heart Centre in the city that promotes preventive cardiology, said he had seen many people in the productive 20-40 age group die of heart diseases. Quite a number of them died because they could not afford treatment. “The World Health Organisation has said India will be the heart attack capital by 2015. And, more than half of those affected will be young people,” he warned.

Dean of G. Kuppuswamy Naidu Memorial Hospital Ramkumar Raghupathy, lawyer N.V. Nagasubramanian and litterateur Marabit Mainthan Muthiah recalled how Dr. Periasamy came to be an eminent cardiologist from a very humble beginning.