‘Bring Back Culture of Good Health’

Bangalore: In next 50 years, 50 per cent people in India will need surgeries, spiritual guru and Isha Foundation Founder Sadhguru Jaggi Vasudev said.

“Health has become an industry. We are simply imitating America. But our country cannot spend so much dollars on health. That is why our culture of health must grow,” he said during a conversation with Director of Narayana Hrudayalaya Dr Devi Shetty here recently. The event was part of Mystic series titled ‘Mechanics of Health’ conducted by the Foundation.

According to him, over 70 per cent ailments can be handled with a better sense of living and eating and clean atmosphere.

“It is unfortunate that people don’t know how to live well. For immediate attention, medical intervention is required. But, long term health will not happen that way. We need to bring back the culture of good health,” Sadhguru said.