Need a culture of health: Sadhguru

TIMES NEWS NETWORK

Bangalore: It was pouring cats and dogs outside, but peace reigned inside the St Joseph’s College auditorium on Saturday evening. Renowned cardiac surgeon Dr Devi Shetty and Sadhguru of Isha held forth on a range of topics, from heart to spirituality to well being.

When Dr Shetty termed the heart as a dumb pumping machine, the Sadhguru was quick to ask if he wanted to go to the brain, leaving the audience in splits.

A nation with sick people can only become a sick nation. “The trend is to ape America. They eat badly and live badly and have three trillion US dollars as health bill. Can India afford so much? I feel that 70% of the illnesses can be treated just by good eating, living and atmosphere. A culture of health has to come in, and not more hospitals, doctors and health care,” remarked Sadhguru.

Dr Shetty said it was ironical that there are patients who harm themselves and invite diseases. But there are children suffering from congenital diseases for no fault of theirs. He added, “I tell my junior surgeons to attend art classes. We need to train the younger generation as artists. As surgeons, we recreate and restructure and that’s an art.”