

Wellness and Lifestyle: Growing Trends & Gurbani

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Abstract: Guru Nanak is primarily concerned with the inner aspect of man, but at the same he does not undervalue physical aspect of human life. Regarding human body's origin he says: "From the mingling of the mother's ovary and father's sperm, the Lord has created the form of infinite beauty." "Binding together air, water and fire, He has created the body fortress." The body is the union of air, water and fire." "The body is the dust and the wind speaks therein." According to Guru Nanak, there are ten doors of every human body i.e. two ears, two eyes, two nostrils, mouth, urine and stool passages and the tenth door is secret, where the Detached and Unequalled Lord abides. He also explains in Rag Majh: Having created the body the creator infused life therein and made arrangements to protect it. Man sees with his eyes, speaks with his tongue and fixes his attention by hearing with his ears. He walks with feet, works with hands and wears and eats what is given to him. Guru Nanak, after having travelled in all directions to far off places, including many foreign countries, studied various religious concepts and lifestyles, of different people. He personally observed the way of life of the people and expounded his own view about various social matters and human health problems. Through teaching his practical idealism we can make our lives healthy and beautiful.

Keywords: wellness, lifestyle, guru nanak, growing trends and gurbani.

I. Introduction

They, who eat betal-leaf and betal-nut Guru Nanak is a great idealist and humanist in his conception of man. For him man is the measure of all things. Man is the paragon of God's creation. Man here means all human beings, both men and women. For him, there is neither a Hindu nor a Muslim; but only man, because "the will of the one alone pervades all the worlds, as all creation is born of Him."

According to Guru Nanak there are eighty-four lacs of creatures in the world who are breathing. At another place he says these creatures are innumerable. He then classifies all living beings under four heads: Andaj (from eggs), Jeraj (from womb), Setaj (from Sweat), and Utbhuj (from seed). From Jeraj, human beings and beasts are born; from Andaj, birds and reptiles are born; from Utbhuj, trees and plants are grown; from Setaj, mosquitoes and sweat like lice are born. Guru Nanak says that out of all His creations, man is miracle of God. Human beings are the super excellence of his creation. Man is central figure in the whole universe and there is nothing superior than man on this earth. God's noblest qualities find maximum manifestation in him. Man is a universe in miniature. In human body there is mind and soul and the presence of God Himself. As a matter of fact what is in Universe the image of that can be found in the human body and he who seeks can find it.

Similarly Guru Amar Das in Rag Majh describes: Such is the divine play of Creator. That He has reflected the whole cosmos in human body. Man is the monarch of the whole animal kingdom and occupies the highest place amidst all the living creatures. He has been created to rule over the other creatures of the world, with the help of His gifts. Guru Nanak says, "God has created him out of His own-Light." Thus Human life is precious and rare opportunity.

Why this human form is so noble and is procured after great efforts, and why Guru Nanak calls it precious? The Guru himself gives answer that in human form, man can strive to ameliorate his condition, whereas the other living creatures are content merely with filling their bellies with food. Man is God's finest product and hence superb. To sum up we can say that the human life is fruit of really a very high good luck. And it is important to keep this finest product of God fit-n-fine.

Now let us see what Guru Baba Nanak says about some remedies about growing wrong trends regarding health. Intoxication: There is worth quoting news from London; on August 12th 2008, IANS reported that Actress Julianne Moore believes her decision to quit smoking is the reason she is a better actress and person. Moore quit smoking almost 15 years ago and says it has had a good impact in her life. Contact music.com reports her as saying: "I began to see the most clearly. I was 31 or 32, and I quit smoking. I was so emotional. I had been so unhappy, and I realized that I had just been literally stuffing it back with those cigarettes in my mouth, I felt like I woke up suddenly.

In the year 1964, it was established by medical scientists that tobacco is major cause of cancer. American Cancer Institute (NCI) recently starts providing an online guide-"Clearly the Air. Quit Smoking Today". The

guide covers thinking about quitting, preparing to quit, quitting and staying tobacco smoke cause an estimate average of 438,000 premature deaths each year in the United States. Of these premature deaths about 40% are from cancer, 35% are from heart disease and stroke, and 25% are from lung disease. Smoking is the leading cause of premature, preventable death in this country. Tobacco smoke contains chemicals that are harmful to both smokers and non-smokers. Breathing even a little tobacco smoke can be harmful. Of the 4000 chemicals in tobacco smoke, at least 250 are known to be harmful. The toxic chemical found in smoke include hydrogen cyanide (used in chemical weapons), carbon monoxide (found in car exhaust), formaldehyde (used as an embalming fluid), ammonia (used in household cleaners), and toluene (found in paint thinners).

In the years 2008 UN report cautions the people of Punjab regarding drug addiction because the condition of Punjabi youth is deadly grim, as 71% youth falling between the age group of 18 to 30 years are addicts and 75% of which are high doze takers. But so many years ago Guru Nanak condemned in definite terms the use of intoxicating things. He said that intoxication is the root-cause of misery, misdeeds and source of sins. He says: Saith Nanak By drinking wine are numerous sins and vices earned. The Guru commenting on drug addiction tells us that by addiction one becomes mad and his intelligence is destroyed and one cannot distinguish between right and wrong. Ultimately he receives punishment at His court. In Tilang Rag he says: smoke tobacco biris, and never remember the Lord, will face a painful end and get severe punishment. In place of wine, liquor or other intoxicating drinks the Guru recommends the drinking of 'Name Nectar'. In Asa Rag, he says: My dear respected friend By drinking the Name Nectar, The mind becomes intoxicated in such a way that it easily remains absorbed in Lord's Love. And Guru Nanak is of the view that "One that deals in 'Name Nectar' shall not be attracted by hollow intoxicants. Guzzling-obese: As we know that a sound mind dwells in a sound body. So we all must try to remain healthy and keep our body physically strong and well-built only then we can serve the society with social sensitiveness, cooperation and sacrifice. But on the contrary 50% of world population is overweight and this is mainly because of undesirable eating habits. Guru Nanak is VarSuhi describes 'obesity' as a cause of harm and misery for mankind: Accused is such a life Where in man plumps his belly by eating. Guru Nanak alerts the people about the risk factors related to obesity or guzzling: The more man relishes the more he is diseased. Doctors said obesity is a burgeoning public health problem that will strain healthcare services and increase the incidence of heart disease and diabetes across the world. According to Weight-Control Information Network- overweight and obesity are known risk factors for: diabetes, coronary heart disease, high blood cholesterol, stroke, hypertension, gallbladder disease, osteoarthritis, sleep apnea and other breathing problems and some forms of cancer. According to WIN obesity is also associated with: complications of pregnancy, menstrual irregularities, stress incontinence, psychological disorders such as depression and increased surgical risk. Guru Nanak stresses upon, the need to get knowledge-in Rag Maru he declares: Due to excessive revels man meets with pain, Ravishment entails disease And he is ultimately wasted away. The pain which pleasure causes, can never be obliterated. Without accepting the Lord's will, man goes astray. Without the knowledge the entire world wanders about. "There has been a significant increase in the consumption of fats and energy dense foods with a concurrent reduction in physical activity." Said Dr. PrakashShetty, Head of Nutrition Planning at the Food and Agricultural Organisation of the United Nations. "The risk of obesity in India is highest in the 20% of the population that consumes 80% of visible dietary fat," said Dr. Umesh Kapil, Professor of Human Nutrition at the All India Institute of Medical Sciences, New Delhi. He said that school surveys in Indian cities show that 30% of adolescents from India's higher economic groups are over weights. Guru Nanak considered obesity as destructive force for the whole family, when he says in Rag Prabhati: By eating more, man increases the fifth and by wearing extravagantly, he damages his family. India is facing an obesity crisis among its newly wealthy middle class as millions of its rural poor still struggle for enough to eat. Seventy six percent of women in the capital, New Delhi, are suffering from abdominal obesity, according to a survey by the All India Institute of Medical sciences, New Delhi. "It is a serious problem for India", Anoop Misra, the co-author of the study, said. "In major metropolitan areas it is almost epidemic," said Dr. Sajay Borude, "People are living much more sedentary lives. If you are rich, you can pick up a phone and order a pizza. You have a car, so you don't need to walk anywhere."

The problem underlines the vast divide between India's thriving urban areas and the impoverished rural regions, where millions are struggling to feed themselves. Around 45% of Indian children under five suffer from malnutrition, says the World Bank. Guru Nanak advices the mankind to be merciful and bountiful towards your indigent fellow beings: Then alone is the mortal deemed to be true, When he receives the true instruction He shows mercy to living beings and gives something in charity. So good diet or rather controlled diet helps the individuals to serve the society better. Otherwise the guzzling individual or obsess are a big burden on the society because physically incapacitated person can't do any good to himself or to others in the society. In Sidh Gosti while answering the questions of Yogis, Guru Nanak tells us the way: Sleep little and eat little. This O' Nanak is the quintessence of the idea of 'Yoga'. And in VarAsa Guru Nanak again advices to eat moderate:

They can burn the worldly bonds who live on paltry corn and water. Unfaithfulness: Most people know that serious even life threatening infections, like HIV, Hepatitis and other STD's (Sexually-Transmitted Diseases) can be passed from one person to another through sex. India have been battling an HIV/AIDS epidemic since the first case was identified in Chennai, Tamil Nadu in 1986. Since then the number of HIV- infected persons has increased to an estimated 5.7 million, second only to South Africa. Over 44 million people around the globe are living with HIV and estimated 12,32,131 are AIDS orphans are there around us. If we talk about the Holy City of Amritsar over 2000 families are documented to be affected by HIV, though there most likely are thousand throughout the Amritsar district who haven't been diagnosed or who think that treatment is out of their reach.

The epidemic in India is considered to be a concentrated epidemic with high risk groups including persons with Sexually Transmitted Infections (STI), Female Sex Workers (FSW), Truckers and Injecting Drug Users (IDU). Sexual Transmission accounts for over 85% of HIV infections in India and that too because of unfair or wrongful relations. Guru Nanak categorically warns the persons who are spending their life in copulation as they are decaying their bodies. In Rag Maru he clearly informs of a possible danger of lust: Sexual pleasure entails disease and man is ultimately wasted away. In Rag Malhar he again emphasizes: Attached to another's woman and other's wealth and slander, they eat poison and suffer pain. In Rag Ramkali he again warns: As borax melts the gold, So lust and wrath rot the body away. He advices against wrong conduct when he says in Rag Gauri: An apostate mind covets another's women. He is entangled in worldly strifes and around his neck is the halter. In Var Asa Guru Nank stresses the same: The mind's impurity is avarice and the tongue's impurity falsehood. The defilement of the eyes is to beholdest another's woman, another's beauty and wealth. The impurity of the ears is to hear the calumnies. Nanak, mortal's soul goes bound to the city of death. In Rag Gauri he alerts, in this way: Thou, O, mind beholdest another's vine (women) and commits theft and evil deeds. So you have no honour in this world and shall have no shelter in the world beyond. You have lost your human life in vain. And now NACO is also giving the same clear-cut massage: Be faithful to your life partner/spouse. Position of Woman. The increase of HIV/AIDS amongst women is just another example of women's unequal status in society. Sonali Khan, Director of communications of Breakthrough says, "Women suffer various forms of violence all through their lives. HIVS/AIDS has now been added to there problems because women find it very difficult to negotiate for sex or condom use. the consequences of contracting HIV/AIDS is severe- women face homelessness, increased violence loss of jobs and families and lack of access to treatment and care." Consider the Statistics: Nearly 40% of the 5.2 million HIV positive people in India are women and nearly 80% of them have contracted this infection from their husbands or partners. Almost 90% of these positive women are thrown out of their homes after their husbands' die of AIDS. While the general public continues to believe that most women with HIV/AIDS are sex workers, official numbers indicate that they make less than one percent of the 2 millions female infections. The purpose of human life which Guru Nanak, tells us is to seek Him, find Him and be united with Him. So be on the principles enunciated by Guru Baba Nanak for healthy life because a beautiful soul i.e. a part of Supreme Soul needs a healthy body.

II. Conclusion

Guru Nanak, after having travelled in all directions to far off places, including many foreign countries, studied various religious concepts and lifestyles, of different people. He personally observed the way of life of the people and expounded his own view about various social matters and human health problems. Through teaching his practical idealism we can make our lives healthy and beautiful.

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