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Paper Authors

Dr.Shrija Madhu, Ms.Harini Naga Sai , Ms.Vandana Peterv, Mr.Jose Cherian



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Self-Healing of the Body: The Three Basic Key Factors of Self Healing

Dr.Shrija Madhu^{1*}, Ms.Harini Naga Sai², Ms.Vandana Peter³, Mr.Jose Cherian⁴

^{1*}Head L&D ,GODAVARI INSTITUTE OF ENGINEERING AND TECHNOLOGY(A), RAJAHMUNDRY(AP)

^{2,4,3}Assistant Professor L&D,GODAVARI INSTITUTE OF ENGINEERING AND TECHNOLOGY(A), RAJAHMUNDRY(AP)

*E-Mail: shrija@giet.ac.in

Abstract— Human Body has the amazing capability to heal itself but at times it needs assistance which is provided in the form of adequate nutrition, rest and medications. In this paper all the possibilities of assistance which a human being can provide externally for the self-healing of a human body is emphasized. There are some factors which are physical but many others are psychological as well. Most of the healing activity performed by body is involuntary and autonomic. Medications are mostly required when due to varied factors the self-healing is not sufficient for the body to recover. The objective behind this work is to bring awareness that human body has the capacity to heal itself. Due to lack of knowledge and ignorance people resort to all types of medications for small problems which can be handled by some lifestyle changes. There are numerous health workers working inside a human body who take care of the healing and well being. This paper tells about the three basic factors - food, sleep and exercise. Most of the health problems can be rectified if a person takes care of these factors during ailments.

KEYWORDS: Recovery, self-healing, exercise, calorie, vitamin, protein, carbohydrate

INTRODUCTION

“Body knows to heal itself”. It seems to be crazy but it is truth. Most of the times it heals but sometimes it may need help. Body has an amazing ability to repair itself after serious illness or injury. Disease generally occurs when the body is abused or deprived of basic requirements to keep it healthy over extended periods[7].

A lot of work is carried out in the area which is popularly known as Complementary or alternative medicine (CAM).It deals with treatments without

medication or treatment with natural ingredients. CAM is used by 25%-50% of the general population of industrialized nations[1-2] The reasons for CAM's present popularity most certainly are complex. They are related to the social and cultural context[3].

Self-Healing is the unique discovery of Meir Schneider. He cured himself of congenital blindness. His book teaches how one should attend to their body, to respond to its needs and demands, to unlock its unused potential. He suggested in his

book that the body already possesses the tools for gaining and maintaining good health. One should learn how to use them[4].

Self-healing refers to the process of recovery (generally from psychological disturbances, trauma, etc.), motivated by and directed by the patient, guided often only by instinct. Such a process encounters mixed fortunes due to its amateur nature, although self-motivation is a major asset[5].

Self healing is like a journey where the traveler not only reaches their destination, but also enjoys the fruits of the journey. The process of self healing is an integral part of ones spiritual existence, although it is not practiced as much because of several reasons, including lack of awareness and lack of proper resources, such as guide books, teachers, etc[6].

The fundamental unit of a human body is a cell. There are approximately 37.2 trillion cells in a human body on an average. These cells work throughout the human life and maintain an equilibrium in the body. Cells have the ability to heal themselves, make new cells and replace the ones those are damaged or destroyed. As a human being the body is continuously attacked by viruses, various other infections and injuries[7]. Thanks to the immune system and the smallest component cell for restoring the health each time the body succumbs to these threats. When oneself turns to medicines or physical manipulations of the body's systems to heal is only facilitating the bodies' natural ability to heal from within. In cases of severe illness, the hope to "leave no stone unturned" is a powerful motivator[3].

Human body is capable of healing a wound all by itself and some wounds heal so well that they don't

even leave a scar. Self healing is somewhat similar. The only difference is that spirituality helps us heal ourselves from inside out. Self healing is a not a method, it is a path that we need to follow on a daily basis to achieve the desired results[6].

When a human gets hurt or a cut in any part of the body, bleeding occurs as the blood vessels get ruptured. That's the time the recovery mechanism of the body takes over. The sequence of actions performed are contraction of blood vessels to slow the bleeding, blood platelets which come in contact with air form a clot, White blood cells(wbc) accumulate at the spot, and destroy and digest dead cells by secreting special enzymes. The dead cell debris is removed and new space is created for the new cells.

FACTORS AFFECTING SELF-HEALING

The 3 factors that affect the self-healing are Nutrition, Sleep and Mobility. These three factors affect almost everyone who has had a serious injury or illness and they work synergistically to interfere with your body's natural healing processes, creating an environment for mediocre healing at best and unnecessary disability at worst. Figure 1 shows the 3 factors.



Figure 1. 3 Factors affecting Self-Healing –Food, Sleep and Exercise

Our body works hard to help us recover even if we do little to help in the healing process. In order to help us heal nearly thousands of chemical and biological reactions occur throughout the day and night.

There are many involuntary and automatic activities that occur and bring forth the healing. Some of the silent doctors and nurses who work inside human body and assist in all types of recovery and healing are neutrophils, monocytes, macrophages, osteoblasts to name a few. Smart patients can assist these silent workers by optimizing their immune system to avoid infections, monitor the body functioning during recovery, follow the do's and don'ts strictly, and build strength and endurance.

Most people struggling with serious illness lose their appetite, sleep less and become less physically active. From a human standpoint, this was perfectly understandable. But from the standpoint of a body trying to heal, it was a disaster.

PROPER NUTRITION

One way of keeping oneself healthy is by taking balanced nutrient rich diet. It also helps the body's self-healing capacity. It is important to reduce consumption of processed, preserved and flavored food items. A diet with less animal fats and hydrogenated oils, rich in vegetables and fruits is best for health. As per nutritionists raw vegetables have high nutritional value as compared to the cooked ones. Nuts and seeds should be included in the diet as they are rich in nutrients, fiber and beneficial oils. Organic foods are preferable over non-organic, as they have higher contents of flavonoids and less pesticides and growth hormones as compared to non-organic foods.

It is often talked about what to eat to avoid disease. But once you get sick, there are also foods that will help you get better. Daily calorie requirement is given in figure 2.

Some common known facts:

1. Vitamin A for repair of skin and bones
2. Vitamin C for formation of collagen (protein of connective tissue), heal wounds, strengthen blood vessels, and ward off infection.
3. Bromelain (a mixture of enzymes) found in fresh pineapple reduces swelling, bruising, and pain, and it improves healing time following trauma or surgery.
4. Protein is absolutely essential for optimal healing.
5. Nutrients required for wound healing: Vitamin A, C, Protein, Carbohydrates and Zinc
6. Protein, omega-3 fatty acids, vitamins A, C and E, folate, selenium and iron, are essential for a strong immune system.

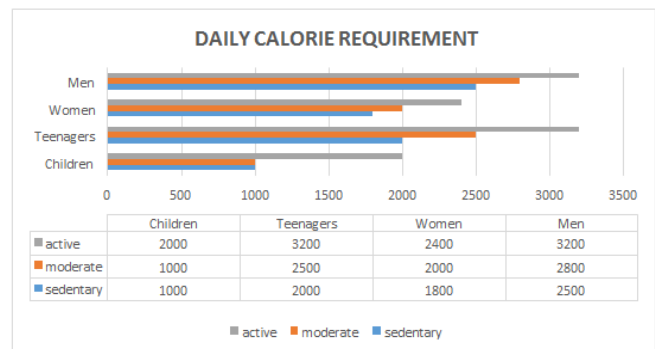


Figure 2. Daily Calorie Requirement

ADEQUATE SLEEP

A normal human needs 7 to 8 hours of sleep each night. During illness this may vary as for recovery body needs more rest. A hormone called melatonin that is required to boost the immune system is produced during sleep. During illness if the patient gets enough sleep then melatonin will be produced in required amounts and help in the recovery process. On the contrary if sleep is disturbed then melatonin may not be produced in adequate amounts which may adversely affect the recovery.

If a patient is not getting adequate sleep it is necessary to find the underlying cause, it may be due to medications, discomfort, worry, pain, hot flashes,

anxiety and nature's call. Patients who undergo heart surgery generally get poor sleep after surgery and this leads to rise in heart rate and blood pressure, both may further cause injury to heart. Lack of adequate sleep weakens the immune system. Sleep Requirement according to age is given in Figure 2.

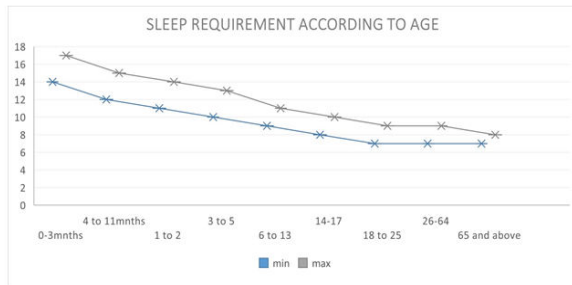


Figure 3. Sleep Requirement

EXERCISE AND MOBILITY

Exercise is yet another way of healing. Human body is same like a machine. A machine works better when in use, in the same way human body will be better if it is active. Exercise strengthens cardiovascular activity, reduces emotional stress and promotes better sleep. Walking is a good exercise that stimulates proper blood circulation and help in purification of the body by oxygenation. Swimming is a good exercise for people with arthritis as it is non-weight bearing activity and does not stress out the joints. Arthritis patients can also follow isometric exercises that strengthen the muscles around joints by tightening and releasing muscles.

A bitter truth about exercise is that as human body needs rest it also needs mobility and exercise. Exercise also helps in the healing of muscles, bones, tendons, and ligaments as it stimulates the formation of collagen that helps injured tissues to heal properly and also decreases the formation of excessive scar tissue, called fibrosis.

Table 1. Exercise Requirement Age wise

AGE(IN YEARS)	TYPE OF EXERCISE	TIME DURATION
Children(1-12)	Playing,Running,Jumping etc.	1hr/day
Teenagers(12-20)	Outdoor sports- hockey,football,cricket etc.	1hr/day
20-30	Sports-Tennis, Shuttle etc. Muscle Strengthening Exercises	30 min/day
30-40	Weight Training- Muscle and bone strengthening Walking,jogging,yoga,swimming,dancing etc.	30 min/day
40-50	Weight Training- Muscle and bone strengthening Cardio-workoutsbiking,swimming,walking,jumpin g etc.	30 min/day
50-60	Walking, Swimming, Biking Muscle Strengthening –Back and Abdomen	30 min/day
60-70	Muscle and bone strengthening Balancing exercises	30 min/day
70 and above	Aerobics,Walking,Dancing,Resistance bands for strong muscles, Balancing exercises	30 min/day

Types of Exercises that can help in maintaining a good immune system and assist in better cardiovascular activity. The exercises can be chosen based on health condition of individual and moreover better option is to do it after consulting a physician. Exercise requirements according to age is given in Table 1.

Moderate-intensity Exercises:

- Walking.
- Aerobics.
- Slow bicycle riding

Vigorous exercises:

- Swimming
- Jogging or running.
- Singles tennis.
- Fast bicycle riding.

Muscle-strengthening exercises:

- Weight lifting.
- Push-ups.
- Sit-ups.
- Yoga.

CONDITIONING MIND FOR RECOVERY

People may be strong physically but if their mind is not strong enough they may feel sick and weak unnecessarily. Sometimes what is required more is mental strength rather than physical strength for faster recovery. Moreover, the recovery and healing starts from mind.

The kind of activity that gives strength and soothes one's mind may vary from individual to individual. Some of the commonly known activities are mentioned below:

Meditation: It helps in bringing the mind to a calm state and releases most of the stress.

Yoga: It groups up all mental, physical and spiritual activities together and helps the individual to develop a good immune system.

Friends and Loved Ones: Healing and recovery will be faster when the individual is in the company of friends and loved ones. Love and compassion are the non-prescribed medicines that heals an individual from all types of injuries and illness.

Music: It also has the capability of providing peace and soothing effect to the mind for individuals who love music.

Spiritual discourse: There are discourses by spiritual leaders that takes an individual to a different world and moreover it relieves a person from mental and physical pain.

Follow a hobby: Most people find satisfaction and fulfillment when they engage themselves in some activities of their choice. It may be gardening,

painting, cooking, reading books, watching movies and videos or may be simply chatting with friends.

CONCLUSION:

Body works like a diligent machine, has a superb capability to heal itself. The three factors mentioned above are just assistance to the recovery system of the human body. If one is aware of these three factors -what to eat, how to rest and what kind of exercise and mobility will be useful, most of the medications can be avoided which has a lot of side effects.

Self Healing is possible only when one understands one's body. Communication with the self is important. Most of the common ailments can be treated by the body with a proper understanding and support.

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