

# INTERNATIONAL HEART CONFERENCE

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### To understand, respect and let live our body: Health for all through wisdom – gaining the most optimal health while reversing the epidemic of cardio-vascular diseases

**B**ackground: Solar energy via plants to animals is consumed by human beings. We acquire and use this energy. Complex development via evolution and mutation for the last few billion years have made our bodies to continue our symbiotic co-existence with its hostile and yet the life-giving environment. Evidence indicates that a sustainable, optimal and holistic health and happiness can come only from synergetic relationships. We the advocates of “health for all” would have to make the public well informed so that people adopt sound lifestyles utilising the capabilities of their bodies as the bodies were meant to be in the context of its total environment and our true position in it. Scientifically (medically) speaking, we have an abundance of knowledge (of the parts) at this stage of our development; however, there are only a few people who have attained a true wisdom of putting the ‘parts’ together and constructing the ‘whole.’ The epidemic of cardiovascular diseases (CVD) is on a path of a never-ending journey toward the worst. For the communities to take effective charge of the situation, it becomes expedient for the public to understand the broad pathogenesis of these well-established health issues vis-à-vis life and living. We, the medical professionals are well placed to enlighten the masses and reverse the epidemic of CVD. Methods: It involved sharing wisdom to bring

about lifestyle change through common sense, common person language, and through the practice of ‘a two-way honest communication daily (one-to-one), weekly (group sessions) and periodically in the community for the last 16 years by the author. Use of information-sharing in relation to body’s homoeostasis, self-correcting, self-preserving and slow but sure continuous acclimatization to the dynamic environment was made an integral part of all the sessions. Conclusion: Understanding life, living, energy transfer and the purpose of the living bodies puts people in a better position to tackle their multifaceted problems of ill health, particularly the CVD with and, or without the co-morbidities of obesity, diabetes mellitus-II, etc. This happens when people are well informed and thus self-motivated to use the obtained wisdom adopting certain lifestyles in tune with nature. This will help physicians to lead a crusade of ‘health for all through wisdom’. Wisdom of knowing the nature of the body, body functions and its internal and external relationships, helps people to follow simple strategies to secure the most optimal health while reducing the physical, developmental, emotional, psychological, financial and other resource constraints/burdens on the individuals, the families, the healthcare providers and the nations.

#### Biography

Suresh Vatsyayan ( who likes to be called just “Suresh,”) with more than 51 years of experience in the field of medicine and surgery has been there and seen it all through his own microscope and his macro vision, the good, the bad and the ugly. His vast experience in treating patients suffering from all kinds of illnesses has given him a near-complete insight of the human body and its nuances. He is a firm believer that if every human being starts to understand their body and the problems associated with it they would become healthier with the least effort. In his practice, he spends sufficient time with every patient that is necessary trying to explain all the details about their body, the disease and the best practice management of their pertinent issues.

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