

Human Rights in Health

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Maintaining good health By having regular medical check-ups we can often detect problems and take care of them before they become serious enough to be life-threatening. Everybody has the right on living in a healthy way but for those less fortunate will not really live in a healthy way as they wanted.

Extent of continuing physical, emotional, mental, and social ability to cope with one's environment. Good health is harder to define than bad health because it must convey a more positive concept than mere absence of disease, and there is a variable area between health and disease. A person may be in good physical condition but have a cold or be mentally ill. Someone may appear healthy but have a serious condition that is detectable only by physical examination or diagnostic tests or not even by these.

Health is commonly thought of as the absence of disease, and indeed it is difficult to discuss one without the other. Equally problematic is the consideration of the health of the body apart from the state of the mind or the spirit, because historically the topics were closely connected, especially before the seventeenth century. Even with these difficulties in mind, it is still possible to focus on certain notions about the health of the human body as a natural state and about how this natural state could be restored or maintained.

One idea about health that unites many cultures, from the classical Indian, Mesopotamian, Egyptian, ancient Greek, sub-Saharan African, Semitic, and native American, is the notion that there was a time when the human body existed in a perfect state of health and when no diseases beset it. People lived in harmony with nature, in a childlike state of material plenty and spiritual obedience. Bodily ills came into the world, so many stories go, when a 'sin', often one of disobedience, angered divine authority. One thinks of the myth of Pandora's box or the expulsion of Adam and Eve from the Garden of Eden, as told in Genesis, as examples, but other cultures provide many more such tales. Stories about original sin and the fall from grace are, in short, as common as creation myths in their explanations for why humanity no longer experiences natural health and, in some cases, long physical life.

Such myths carry in them crucial meanings for understanding the history of the body and its health that are with us still. The idea that there was a time when perfect health existed naturally is a powerful one. The author of Genesis wrote of painless childbirth before the Fall, and of, even after it, the remarkable age and sexual prowess of the Patriarchs. These stories also link health, or lack of it, to moral or religious conduct, and often join good health to a vigorous old age. Health very important to took care about too precious to waste.