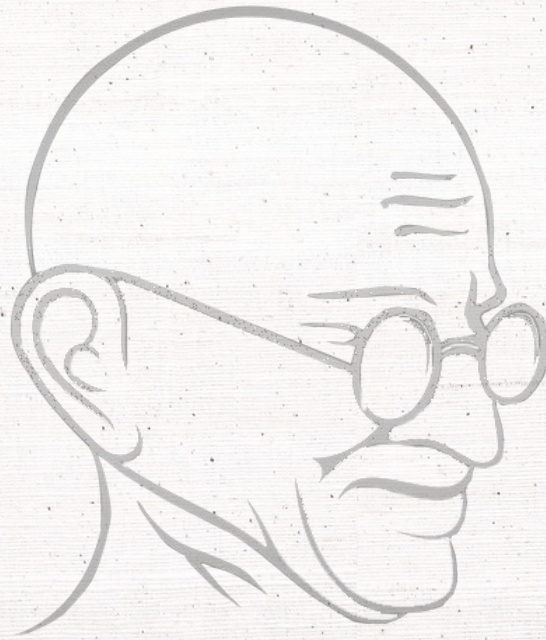




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INDIAN COUNCIL OF
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Gandhi and Health



Gandhi and Health



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Foreword



Health has always been a subject very close to Mahatma Gandhi. Despite this, it has been under represented in most of the publications on him. Gandhian ideology and philosophy for good health is as relevant today as it was hundred years back. During last two years of commemorating 150 birth anniversary of Mahatma Gandhi, Indian Council of Medical Research (ICMR) has put immense effort to bring out this aspect of the Mahatma Gandhi through various programmes. We started research on Gandhi and Health and dived deeper in the history to bring out a collector's edition of *Indian Journal of Medical Research* (IJMR) in Hindi & English language on Gandhi and Health. Further, we initiated a dialogue by bringing the experts on Gandhi and experts on health on one platform through a two-day symposium. Not stopping at this, we took Gandhi's teachings on health to schools through our innovative programme, Mission SHAKTTI (School-based Health Awareness, Knowledge, Test & Training Initiative).

Adding to this series, I am pleased to bring out an e-photo book which beautifully illustrates Gandhi's quotations on varied aspects of health coupled with his vintage photo collection. With this e-album, we are able to bring a broader spectrum of photographic moments to the audience. I hope that the readers will enjoy this compilation that would give a glimpse of his thoughts on this very important aspect of his life, especially in the unprecedented times of this health crisis, and they will try to imbibe the healthy practices in their lifestyle.

Balram Bhargava

Prof (Dr) Balram Bhargava
Secretary DHR & DG, ICMR

“

The difference between
what we do and what we
are capable of doing would
suffice to solve most of the
world's problems.”

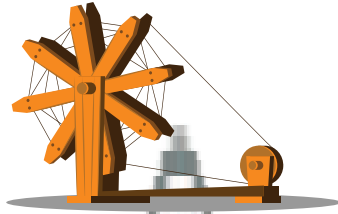
M K Gandhi



“Be the change you want to see in the world”



M K Gandhi

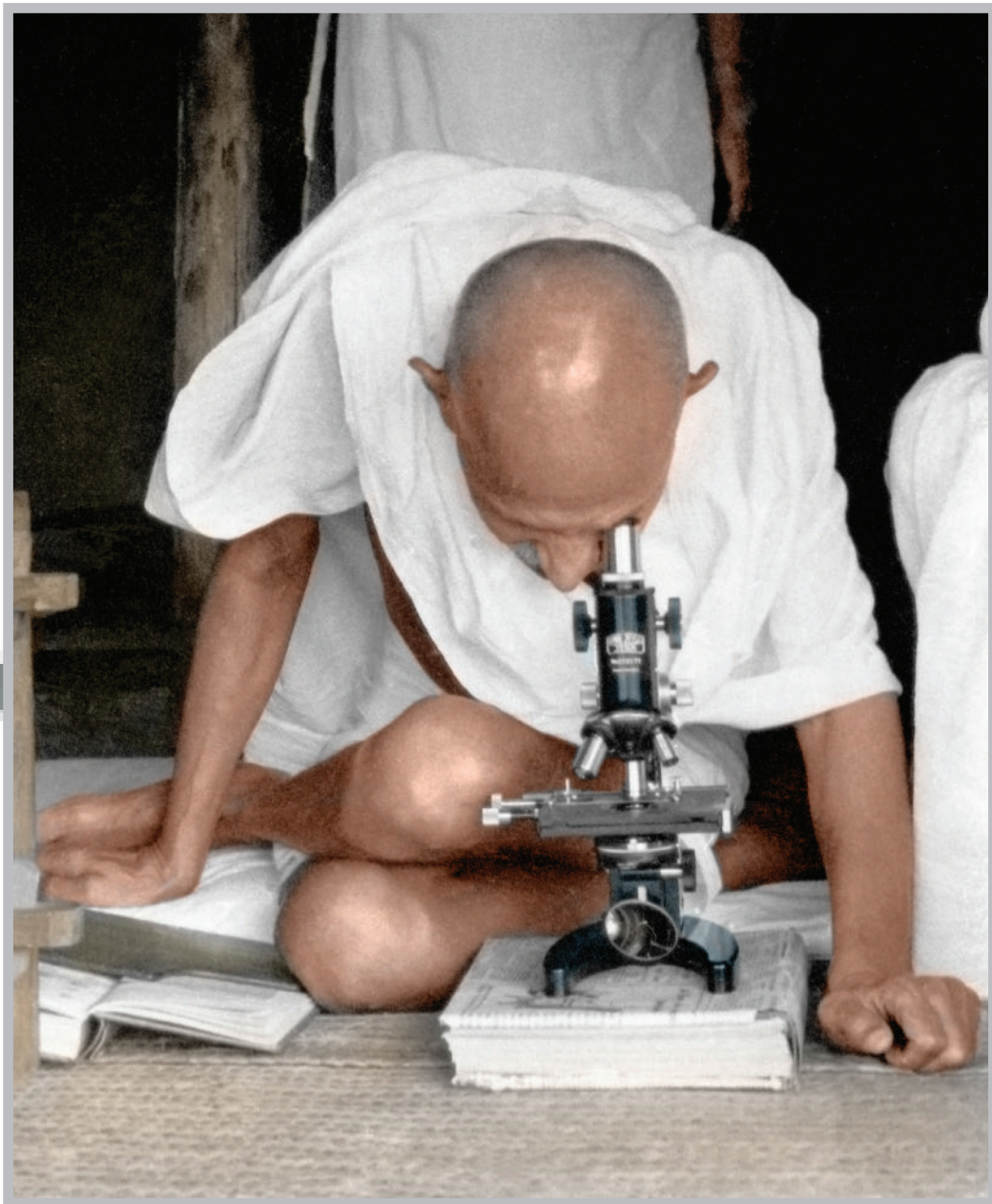


Cleanliness and Preventing Diseases

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"I will not congratulate you, if you tell me that you have distributed thousand quinine pills, go there with spades and shovels, fill up stagnant pools, see to the drainage, see that their wells are properly dredged and their tank is not contaminated...you must teach them sanitation and hygiene, which alone can prevent malaria."







“The fact is that a meticulous sense of cleanliness, not only personal but also regard to one’s surroundings is the alpha and omega of corporate life. We in India have made a ritual of cleanliness. But we have yet to make good our claim that we possess the sanitary instinct.”



Harijan: June 16, 1946



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“Anyone who observes the rules of health will
not need to knock the doors of doctors from
day to day.”

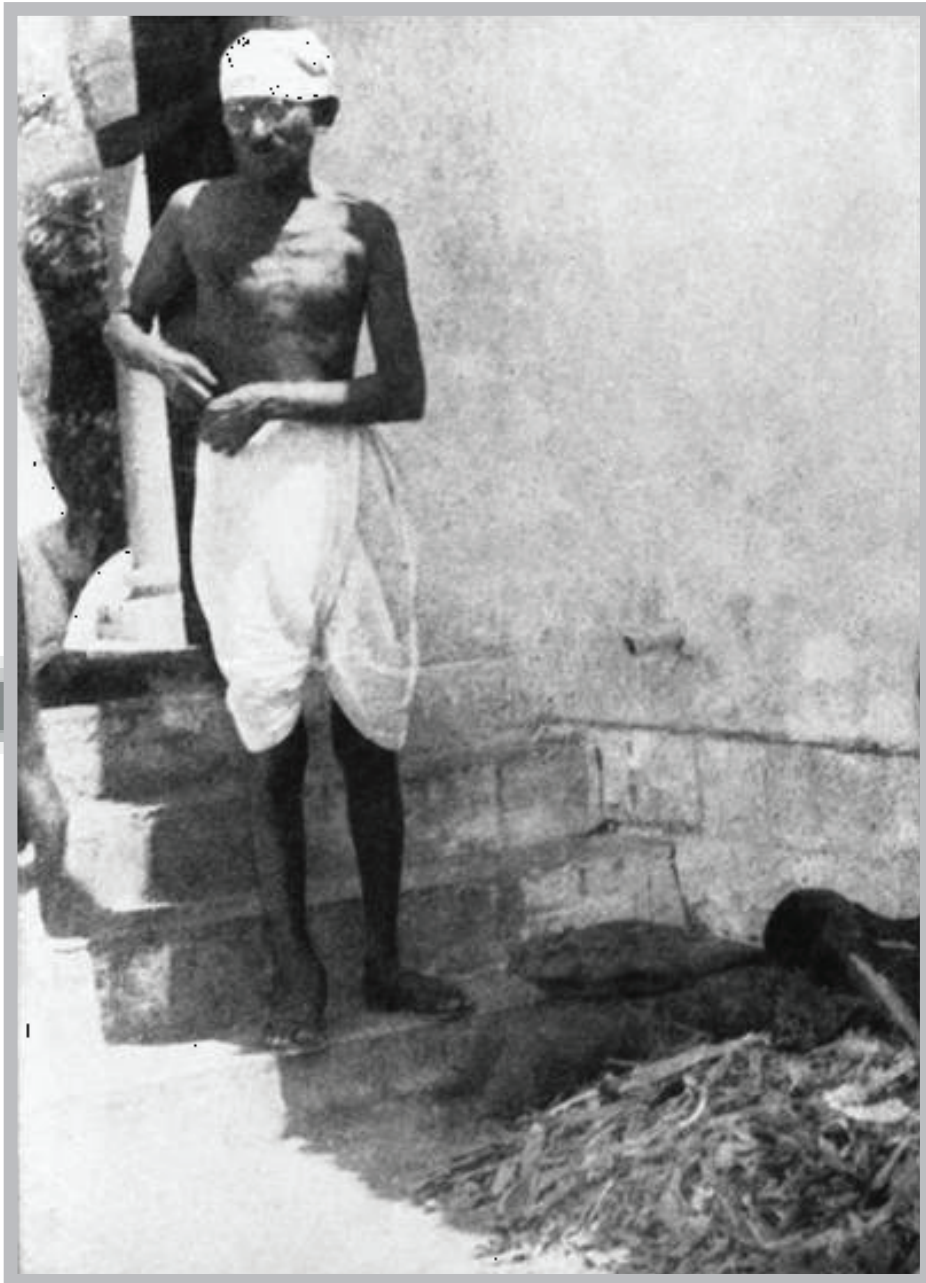




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“We can no more gain God’s blessing with an unclean body than with an unclean mind. A clean body cannot reside in an unclean city. So long as you do not take the broom and the bucket in your hands, you cannot make your towns and cities clean.”







“No one should spit or clean his nose on the streets. In some cases the sputum is so harmful that the germs are carried from it and they infect others with tuberculosis. In some places spitting on the road is a criminal offence. Those who spit after chewing betel leaves and tobacco have no consideration for the feelings of others. Spittle, mucus from the nose, etc, should also be covered with earth.”







“Near the village or dwellings, there should be no ditches in which water can collect. Mosquitoes do not breed where water does not stagnate. Where there are no mosquitoes, the incidence of malaria is low. At one time, water used to collect around Delhi. After the hollows were filled, mosquitoes were greatly reduced and so also was malaria.”







Self-reliance (Swawalambana) is possible only when there is self-health-reliance (Swasthawalambana). Nature cure provides self-health-reliance by teaching 'how to live healthy lives' without medicines and doctors.







I hold that where the rules of personal, domestic and public sanitation are strictly observed and due care is taken in the matter of diet and exercise, there should be no occasion for illness or disease. Where there is absolute purity, inner and outer, illness becomes impossible. If the village people could but understand this, they would not need doctors, Hakims or Vaidyas."





“

“Vaisnava jana to tene kahiye, je pida parayi jane re,
Para dukhe upakara kare to, ye mana abhimana na
ane re”



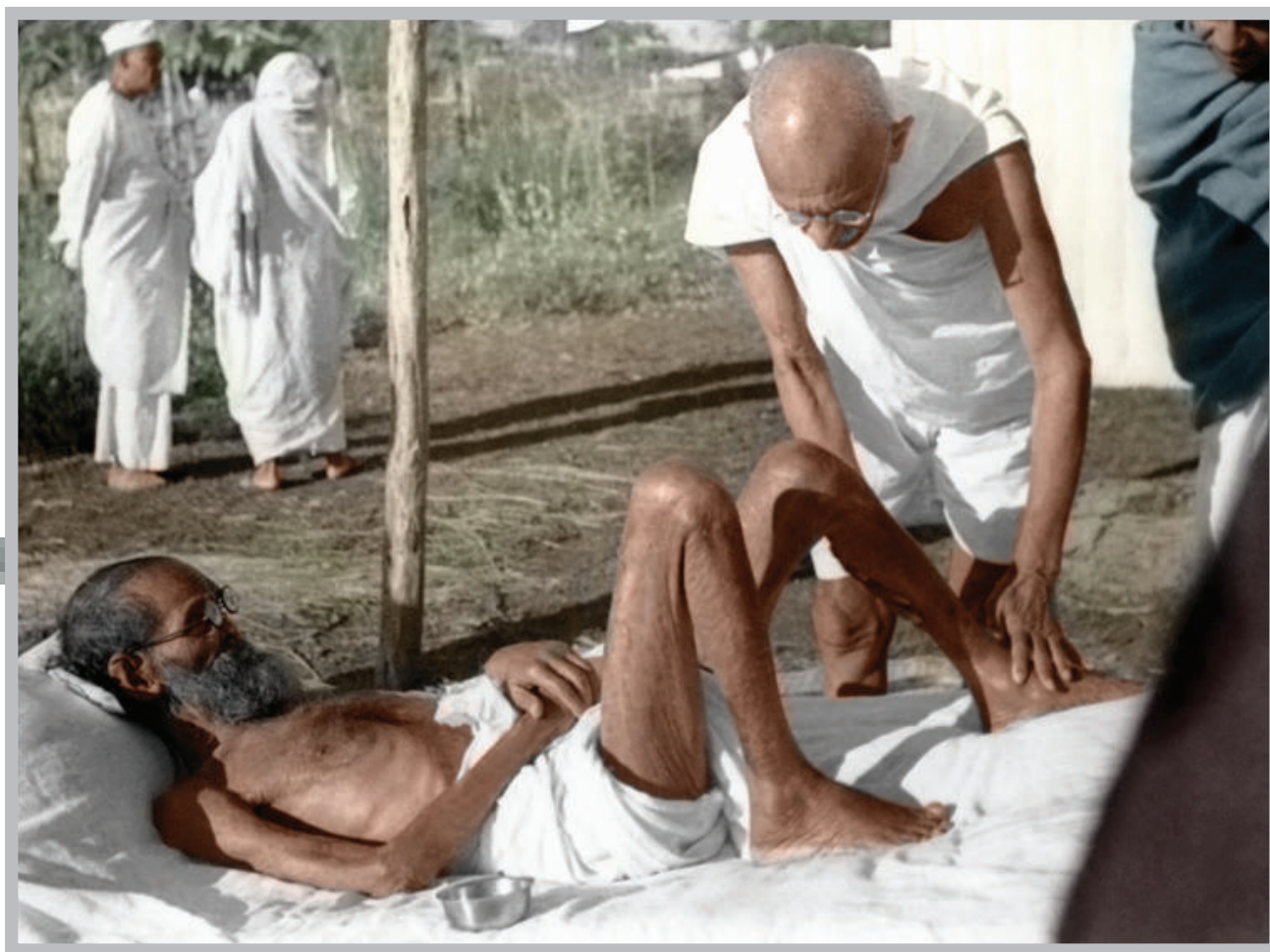
[Call those people Vaishnavas (great soul), who, fell the pain of others. Help those who are in misery, but never let self-conceit enter their mind]



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“Leprosy work is not merely medical relief; it is transforming frustration of life into joy of dedication, personal ambition into selfless service.”





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“Everyone must be his own scavenger.”



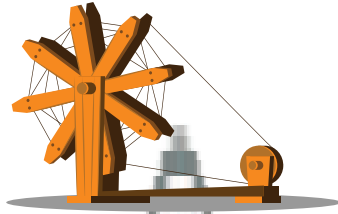


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“Every educated Indian should be a missionary
in hygiene and sanitation”





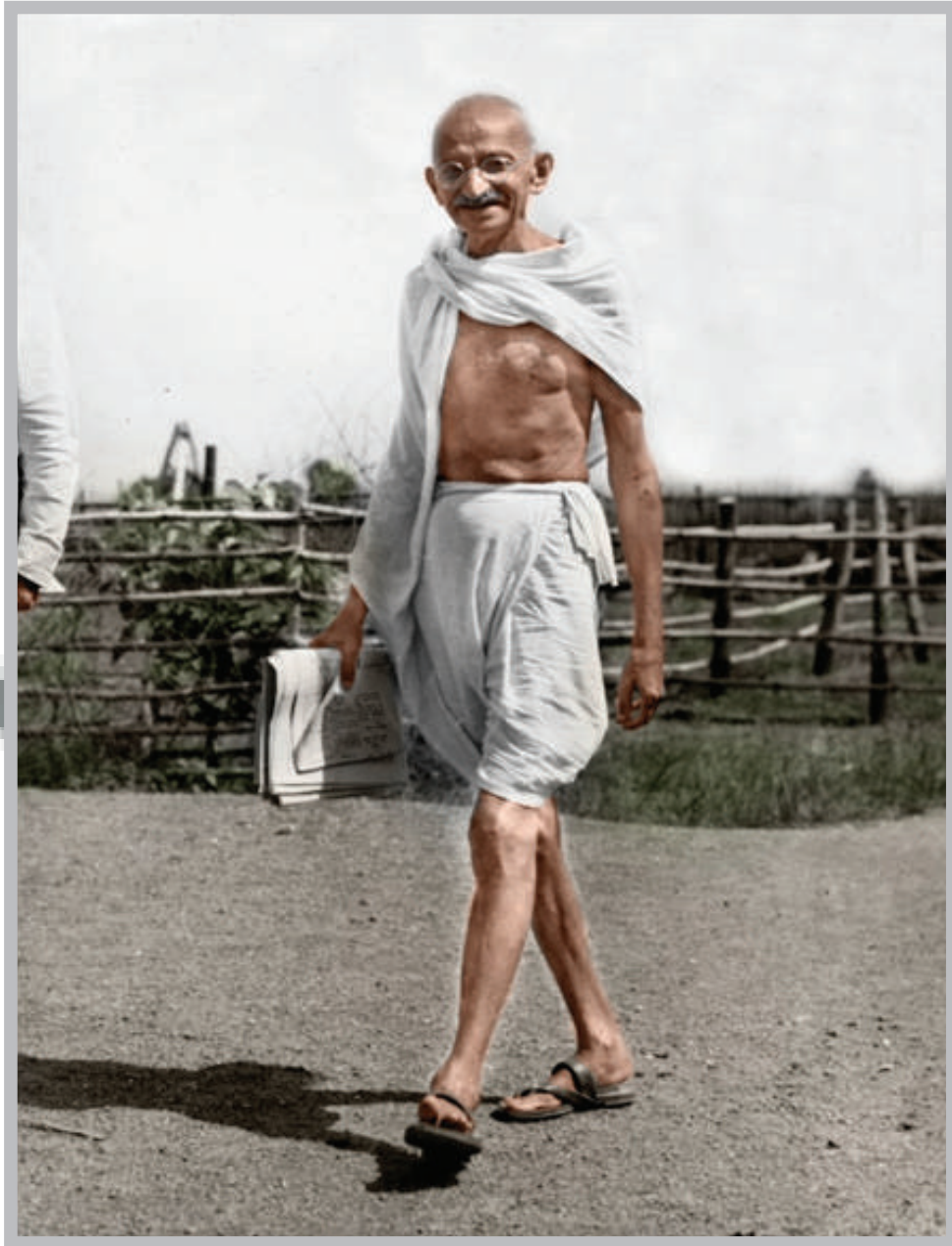


Physical Fitness and Lifestyle Diseases

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“In the matter of improving one’s health, lethargy is a sin. The human body is both a kurukshetra [a field of action/conflict] and a dharmakshetra [a field of doing one’s duty and right action]. In so far as it is a dharmakshetra, it is one’s duty to keep it in good shape.”





“

Gandhiji used to walk around 18 km every day for nearly 40 years. During his campaign from 1913 to 1948, he walked around 79,000 km, which is equivalent to walking around the Earth twice



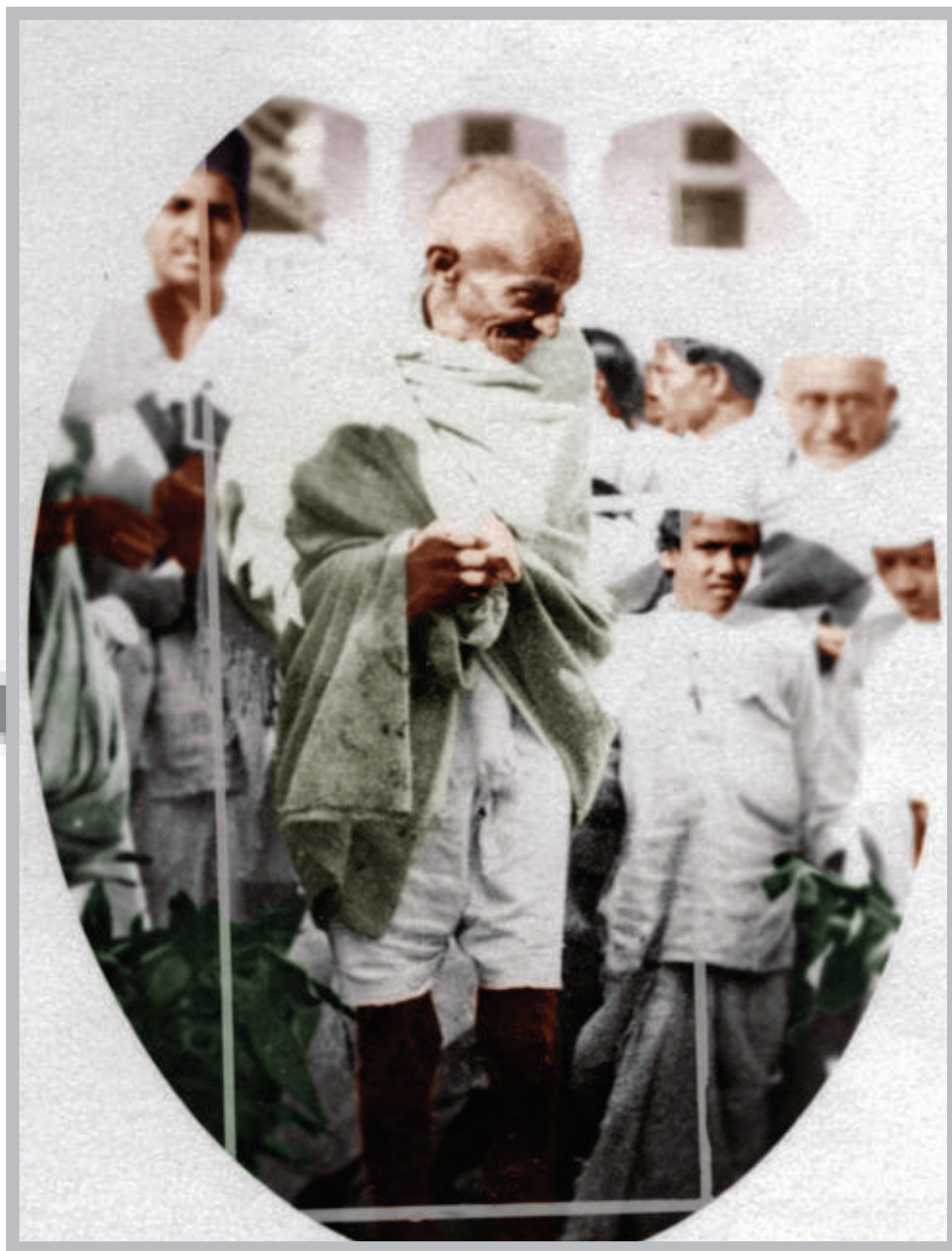


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“If cigarette is beezelebub, than drink is satan.”



Gandhiji in Young India, 15 September 1927



“

“Today I know that physical training should have as much place in the curriculum as mental training”



The Story of my Experiments with Truth, 1929

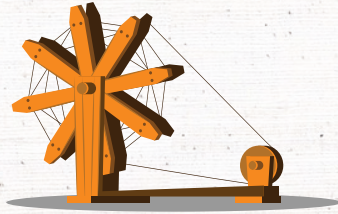
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“Tobacco has created havoc for mankind.
Those who take to drinking, ruin themselves
and their people”



Key to Health (1948)



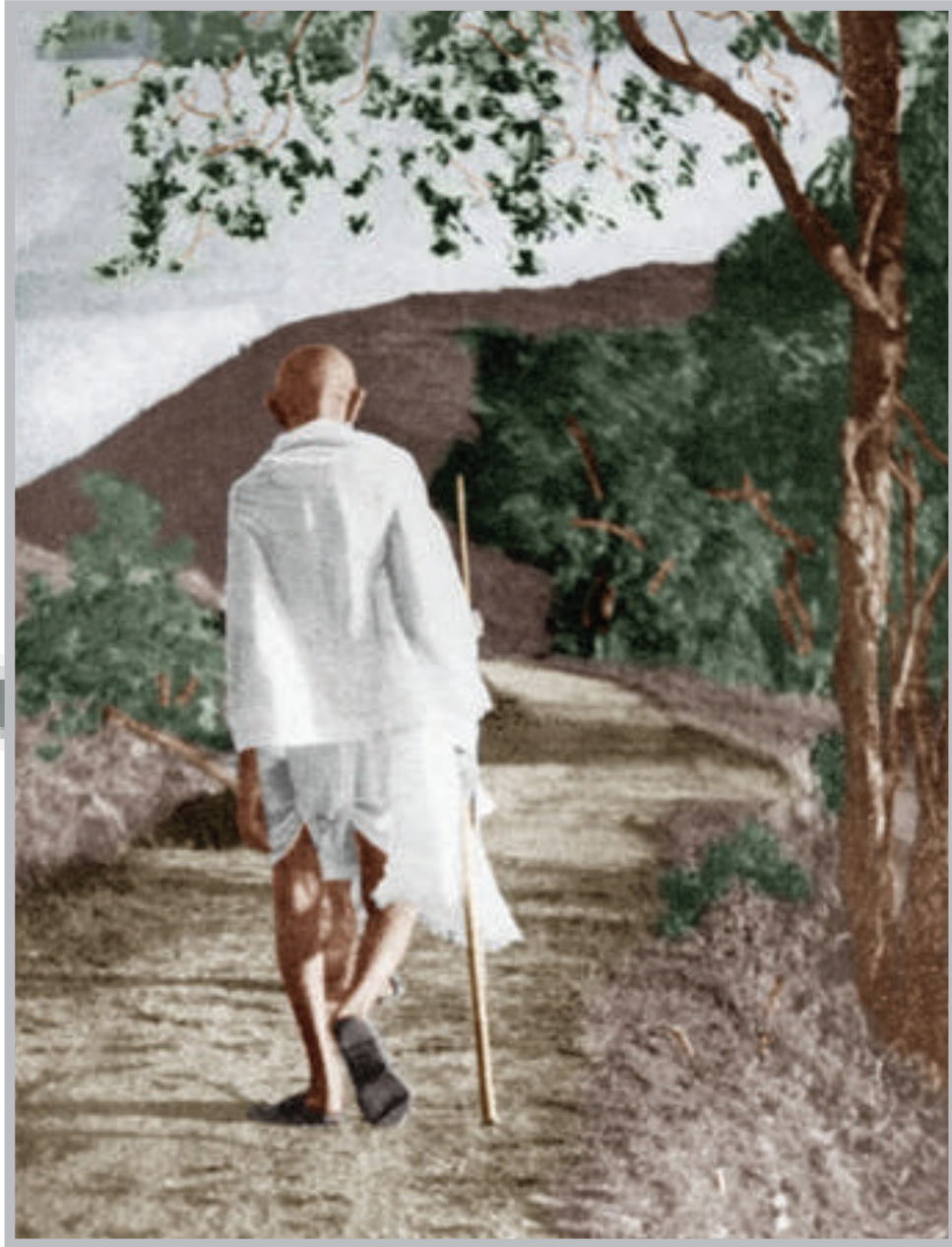


Mental Health

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“Strength does not come from physical capacity.
It comes from an indomitable will.”

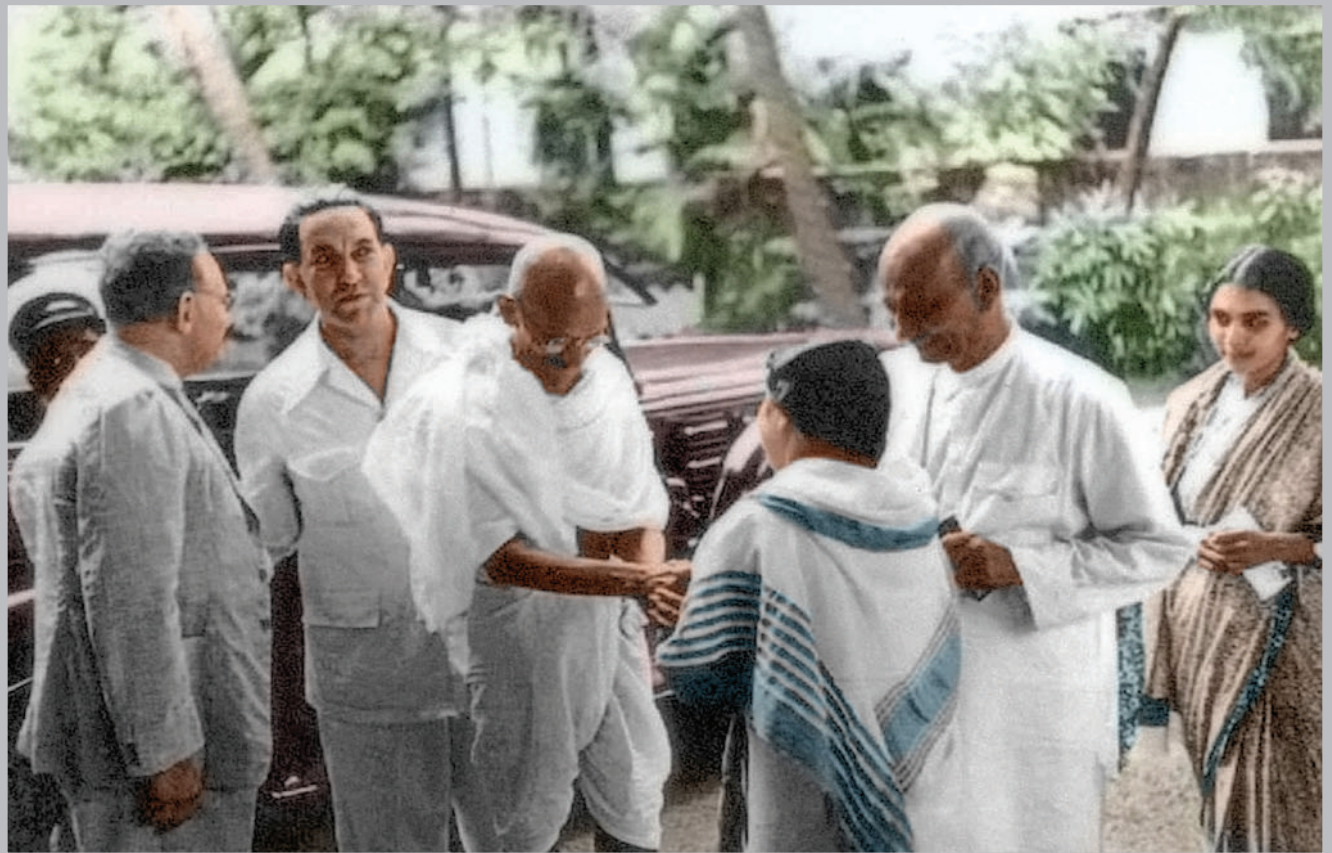




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“A man is but a product of his thoughts. What he
thinks he becomes.”

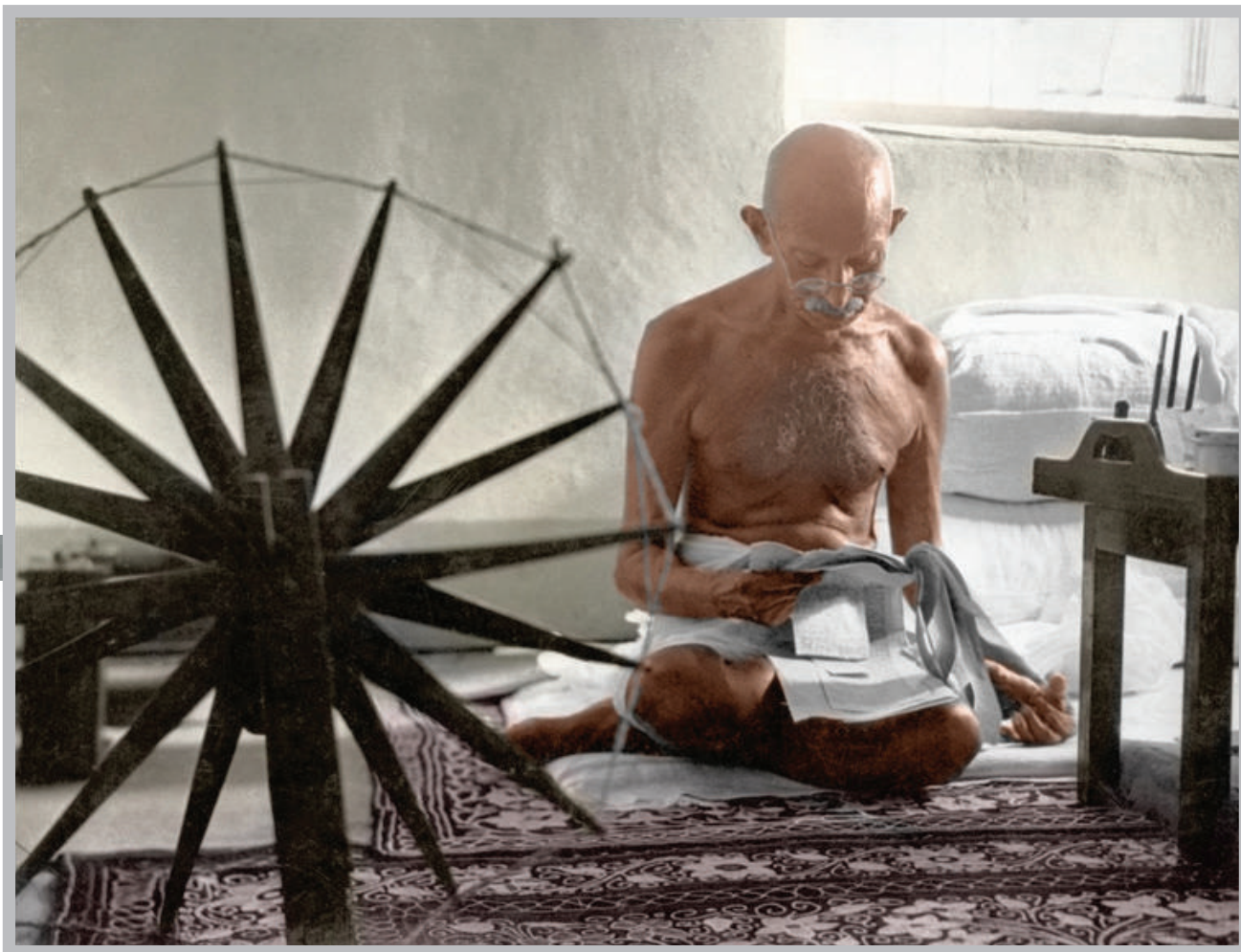




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“Your beliefs become your thoughts. Your thoughts become your word. Your words become your actions. Your actions become your habits. Your habits become your values. Your values become your destiny.”





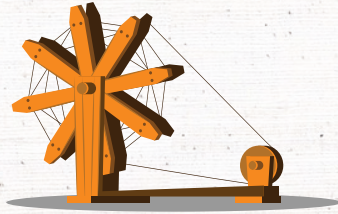
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“Manaevam Manushayanam Kdranam Bandha
Mokshayoh”



He who is steadfast in meditation becomes firm and clear.





Balance Between Mind, Body & Soul

“

“Instead of using the body as a temple of god, we use it as a vehicle for indulgences, and are not ashamed to run to medical men for help in our effort to increase them and abuse the earthly tabernacle.”



Gandhiji in Young India : 8 August, 1929



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“He wanted to bring scientific methods to the exploration of human morality”



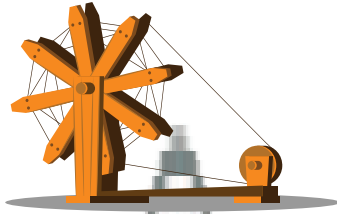


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“We want healers of souls rather than bodies. The multiplicity of hospitals and medical men is no sign of true civilization. The less we and others pamper our bodies the better for us and the world.”





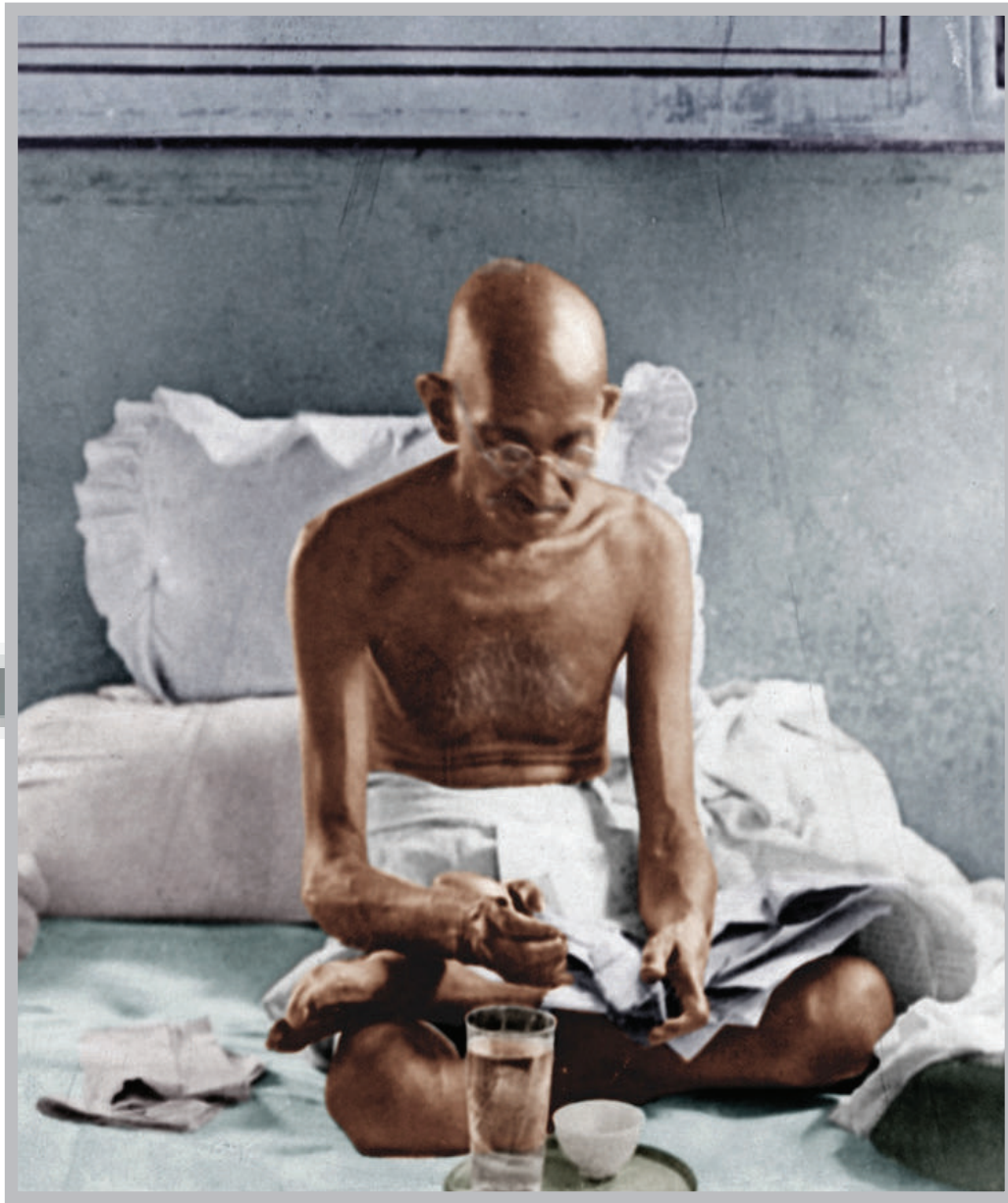


Nutrition and Balance Diet

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“The body was never meant to be treated as a refuse bin, holding all the foods that the palate demands.”





“

“Eat sparingly, now and then fast; err on the lower side rather than over eating.”



Gandhi's prescription for suffering millions of India



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“There are people in the world so hungry, that
God cannot appear to them except in the form
of bread.”



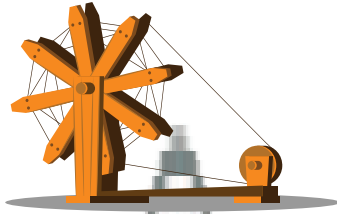


“

“Man was not born a carnivorous animal, but born to live on fruits and herbs that the earth grows”







Mother and Child Health

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“To call women the weaker sex is a libel; it is man’s
injustice to woman.”



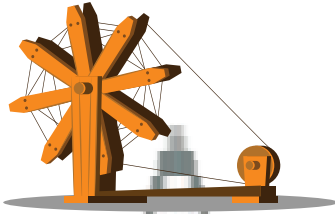


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“Our parents who bring us into this world do not, as a rule, cultivate self - control. Their habits and their way of living influence the children to a certain extent. The mother’s food during pregnancy is bound to affect the child.”







Empowering Villages

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“In country of our type with its size, with the innumerable problems facing us, with the lack of funds, personnel and education, it is futile to start big institutions in big towns and cities with a view to controlling the disease. Our major problems are in the village. That is why Gandhiji told his workers to go to the villages.”





“

“A University worth the name must be predominantly for the prevention and cure of the diseases of the poor village of India. I was a fool to think I could ever hope to make an institute for the poor in a town. I realised that if I cared for the ailing poor, I must go to them and not expect them to come to me. This is true of ordinary medicinal treatment.”



Gandhiji in Harijan : 17 March, 1946



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“If the villages perish, India will perish too. It will be no more India. Her own mission in the world will get lost.”





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“India does not need imported drugs from the west when she has an inexhaustible stock of a variety of drugs grown in the villages themselves. But more than drugs they have to teach the people the right mode of living.”



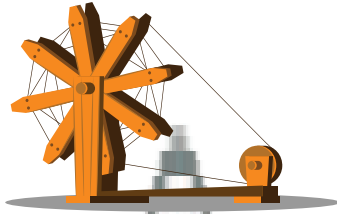




"I suggest that they (scientists & doctors) should turn their attention towards the seven lakhs of the villages of India. They would immediately discover that all the qualified men and women are required for village service, not after the manner of the east. They will then adapt themselves to many indigenous systems."







Conservation of Resources

“

“Air, water and grains are the three chief kinds of food. Air is free to all, but, if it is polluted, it harms our health. Doctors say that bad air is more harmful than bad water. Inhalation of bad air is harmful by itself and this is the reason we (sometimes) need change of air.”



Gandhi Ji at Ahmedabad meeting on 1 January, 1918



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“The Earth has enough resources for our need
but not for our greed.”



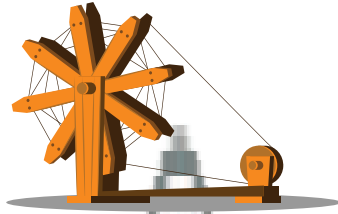


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"I need no inspiration other than nature's. She has never failed me as yet. She mystifies me, bewilders me, sends me to ecstasies."







Science, Society & Service to Mankind

“

“As a searcher for truth I deem it necessary to find the perfect food for a man to keep body, mind and soul in a sound condition. I therefore still seek information and guidance from kindred spirits.”



Mahatma Gandhi (Young India: 22-8-1929 as cited in Moral basis for Vegetarianism, 1959)



“

“Just as I have right to eat and drink, so also have I the right to do my work in my own way. This is Swaraj.”



(20-12-1945)



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“My fight against untouchability is a fight against
impure in humanity”

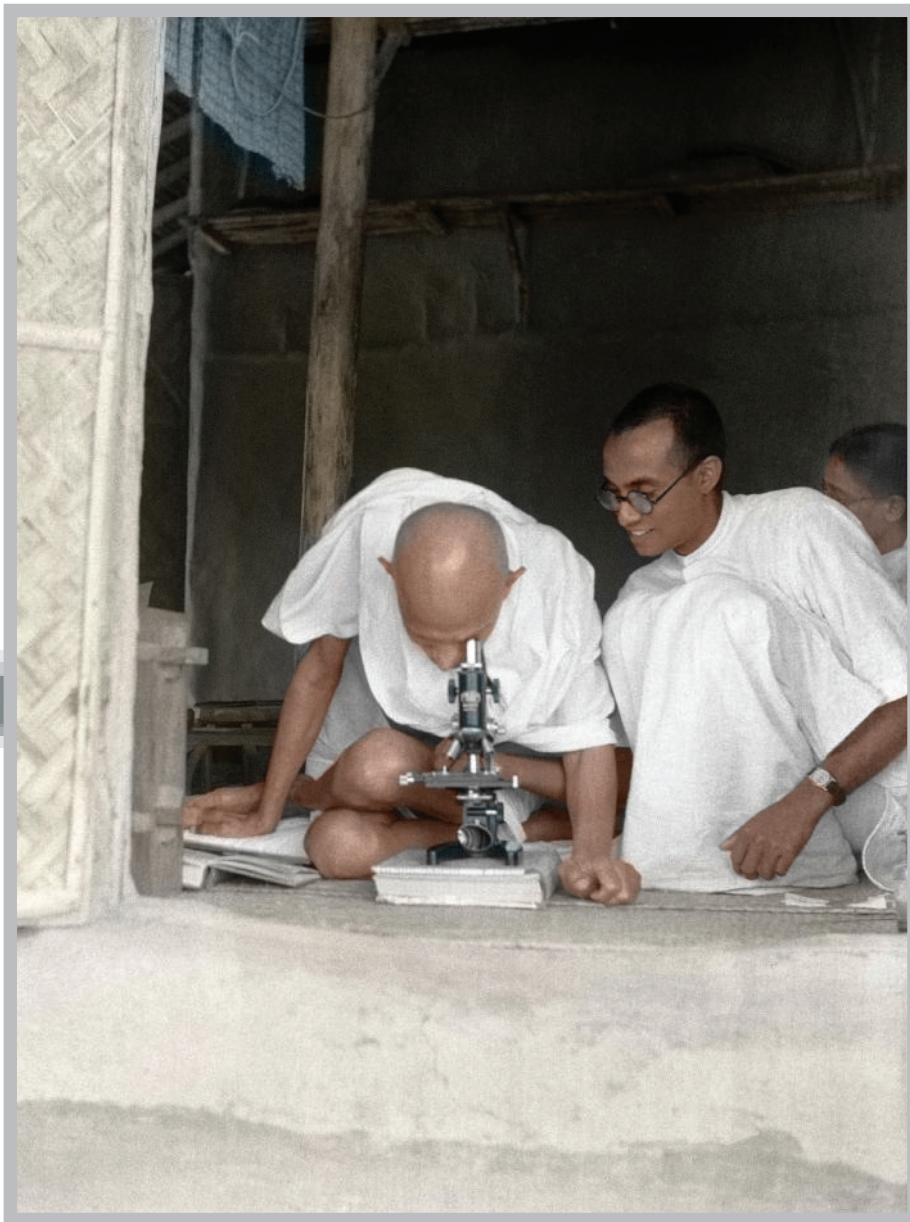




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“It is health that is real wealth and not pieces of
gold and silver.”

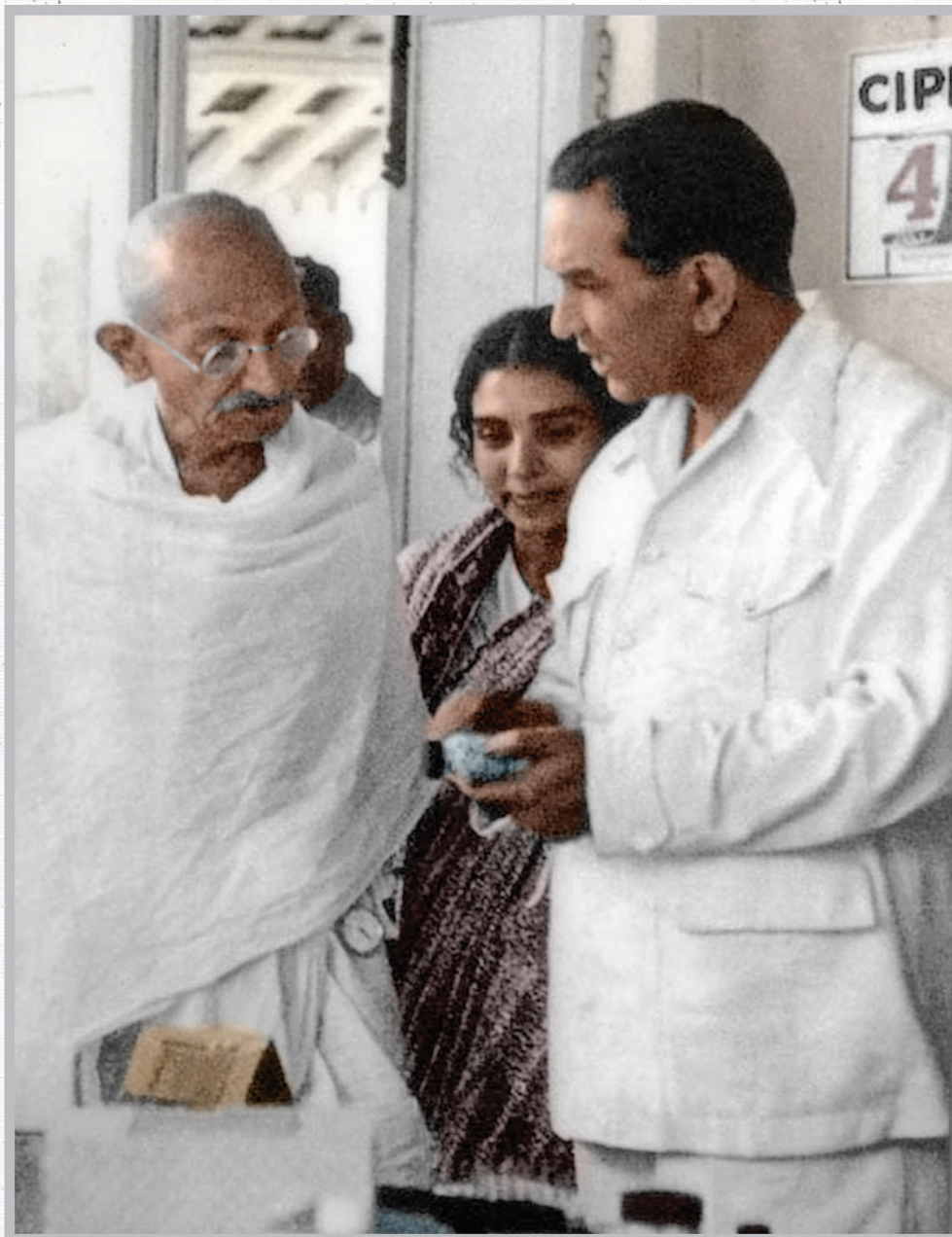




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"I would like to pay my tribute to the spirit of research that fires modern scientists."





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“Get someone to open the Hospital, opening a hospital is not a big matter, but I shall come to close it”





“

“I will give you a talisman. Whenever you are in doubt, or when the self becomes too much with you, apply the following test. Recall the face of the poorest and the weakest man [woman] whom you may have seen, and ask yourself, if the step you contemplate is going to be of any use to him (her). Will he (she) gain anything by it? Will it restore him (her) to a control over his (her own life and destiny? In other words, will it lead to swaraj (freedom) for the hungry and spiritually starving millions? Then you will find your doubts and yourself melt away.”



One of the last notes left behind by Gandhi in 1948, expressing his deepest social thought

(Source: Mahatma Gandhi (Last Phase, Vol. II (1958), P. 65)



“

“Gandhi was an experimental scientist and first public health expert in India. Sevagram was the nursery of his experiments”







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