



NATURE THE BEST MEDICINE

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ABSTRACT

Nature has the best for health and happiness through enhancing of bio-energy in people. Progress has caused an embarrassment in people, due to life style changes. As a result, people tend to live ignoring the potential of naturally being. People have a big deficit of knowledge about health and happiness. There is an information flood and an invasion of novelty in life which cause anxiety, that creates psychosomatic disorders. People collect much unwanted knowledge and emotions from the outside. People are totally ignorant about the power and potential of the human self inside the person. It is a subtle power that works wonders. When people live without knowing their self, they go like a ship without a navigator. That is why, people live pervert and create confusion and pitfalls. Progress has caused an embarrassment in people, due to life style changes. As a result, people tend to live ignoring the potential of naturally being. There is an information flood and an invasion of novelty in life which cause anxiety, that creates psychosomatic disorders. Bible Verses from the Book of Psalms speaking of creation and nature. There are beautiful verses and images praising God the Creator. In the present study the investigator is trying to see nature as the best medicine and doctor. At the same he also tries to explore nature related psalms from Holy Bible.

KEYWORDS : Nature, Medicine, Psalms

INTRODUCTION

Our generation is facing a new wave of mental illness and depression. We have seen that those who walk through nature have improved mood, feel stronger connections with family and friends, and are more concerned with helping their fellow humans. Nature is something that literally fuels and heals each and every one of us. If we are having a bad day, take a walk outside, have a picnic, or just watch the stars, we will be better for it. Being in green spaces makes us physically and mentally healthier. Different studies have shown that nature truly heals. When people are in nature or simply viewing images of nature, results have shown reduced anger, stress, and fear. It actually increases pleasant feelings experienced. It also has been shown to reduce blood pressure, heart rate, muscle tension and so on. Scientists believe this is because we are naturally programmed to be in nature. Nature can physically heal us and it's absolutely amazing. Divinity exists in all aspects of life. When we are aware of ourselves, we become aware of the God in all, big or small. We then learn to live life well. We become complete. Several psalms speak about God's creation. These psalms are full of awe in God's greatness and minuteness of care. What may be known of God is manifest in them for God has shown it to them. Through nature God is able to teach us, speak to us, and provide for us. For this ...**Nature** is one of God's beautiful creations. The Book of Psalms is probably the easiest book in the Bible to take this approach but it will work with any book or passage from scripture.

Nature the best medicine

After all, our ancestors did spend nearly everyday of their lives outside, living. So being in our natural environment significantly boosts our mood and health effects – it makes sense. Nature can even help us get over grief. We are programmed to be happy when surrounded by the natural elements that once nourished our ancestors. So when in nature, we can very quickly become calm and relaxed. Nature can have an even greater effect though. Scientists did a study on patients with gallbladder surgery. Half the patients were given rooms with the view of nothing but a wall, and the other half had a view of trees. According to the physician who did this study, the patients with the natural view tolerated pain better. The nurses reported fewer negative effects for these people who, overall, spent less time in the hospital recovering from their surgery. Other studies have been conducted since and have shown similar results.

It enhances the immunity in people and make it possible, for a sustained happy and healthy life world. People are totally ignorant about the power and potential of the human self inside the person.

It is a subtle power that works wonders. When people live without knowing their self, they go like a ship without a navigator. That is why, people live pervert and create confusion and pitfalls. They lose vital energy on unwanted things. It weakens the immunity of the body. When these three elements go hand in hand with a harmony, people get blessed with enough *bio-energy*. The base of human health and happiness lies in the holistic balance of these three elements. A distortion of this harmony in the trilogy will affect the bio-energy level in people. It results in fatigue, low immunity and causes diseases of any kind. A life that flows with the nature, could contribute much to the prevention and cure of many diseases in people through the preservation of the bio-energy. Any psychosomatic disorders, mean that the bio-energy is blocked in the person.

Nature a great teacher

The sun gives the cloud a halo, its silver lining, making the cloud look more beautiful. Humans, especially leaders need to learn this from the sun. Why is sunshine important? The sun gives vitamin D, and vitamin D helps control how much calcium we absorb. If getting sunshine is not possible, taking a vitamin D supplement daily is crucial for good health. Moon is the bestower of calm, cooling sensations to the aggrieved or restless mind. It doesn't matter that it is faced with a change every single day. It still inspires hope and love. We love the rains; we look forward to a break from the heat. It bestows life into the parched earth. It helps the crops grow. Dirty roads don't make the rains any less lovely; bad situations shouldn't make us value and love life any lesser. Nature's ardent helper, giver of oxygen, provider of shade to the tired traveler, health giver, shelter provider to the birds and other creatures. The tree never knowingly harms anybody. Instead, it feeds the hands that hurt it, whether one pelts it with stones for the fruit or cuts it for the wood. The first knowledge of virtues like patience, forgiveness, generosity must have come by observing the trees. The river is one of the most important eco-system in the world. It is the giver of life to the fields, animals, trees and humans alike. It finds its way through the mountains & hills, through rocks and stones. It is playful in some places, tumbles down with a roar or is very peaceful sometimes. There is nobody on earth who can claim to know how many treasures the seas contain in their depths. Perpetually attracted by the moon, they heave and ebb in response to its closeness.

Barren sometimes and sometimes slushy, a verdant green sometimes and brown otherwise, the fields reflect the seasons so beautifully. In business when we face a downturn, that is the time to start collecting our energies and build up our reserves so that when

the time is right, we are able to give our best. What we consume on a day to day basis is also important. Our diets reflect how we feel and look. Eating a healthy diet rich in nutrient dense fruits and vegetables, nuts and seeds will help make your body glow. Our bodies are technically 80% water. Water regulates our body temperature and allows nutrients to travel to our organs and tissues. It helps protect our organs and joints, transports oxygen to our cells and removes waste. Drinking at least 2 litres of water a day (minimum) is a good place to start. In today's busy world many of us do not have time to sleep, or at least we get very little sleep. Sleep is an anabolic, or building, process. It helps restore our energy supplies and repairs tissues and cells that have been broken down throughout the day. Without adequate sleep we won't be able to work or think as clearly as we normally would when fully rested – in other words, when we sleep we restore our mental energy. Fresh air cleans our lungs and lets us breathe more efficiently and deeper which brings more oxygen to our cells. When our cells receive more oxygen our energy levels increase and we can think more clearly

Nature depicted in the Book of Psalms

Bible Verses from the Book of Psalms speaking of creation and nature. Beautiful verses and images praising God the Creator. In Psalms 19, creation psalms, Popular and most-loved verses from the Book of Psalms to inspire, comfort and encourage us. The heavens declare the glory of God; the skies proclaim the work of his hands. In psalms 36, The Lord merely spoke, and the heavens were created. He breathed the word, and all the stars were born. In Psalms 102, the psalmist says, In the beginning you laid the foundations of the earth, and the heavens are the work of your hands. 95 narrates, In his hand are the depths of the earth, and the mountain peaks belong to him. 121 says, My help comes from the LORD, the Maker of heaven and earth. Psalm 8, When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them?

Psalm 139, If I go up to the heavens, you are there; if I make my bed in the depths, you are there. 74, Both day and night belong to you; you made the starlight and the sun. You set the boundaries of the earth, and you made both summer and winter. Psalm 104, O Lord, what a variety of things you have made! In wisdom you have made them all. The earth is full of your creatures. Here is the ocean, vast and wide, teeming with life of every kind, both large and small. Psalm 135, The Lord does whatever pleases him throughout all heaven and earth, and on the seas and in their depths. 7 He causes the clouds to rise over the whole earth. He sends the lightning with the rain and releases the wind from his storehouses. Ps 23, The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. Psalm 18, The Lord is my rock, my fortress and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety. Psalm 46, God is within her, she will not fall; God will help her at break of day. Psalm 100, Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture.

Conclusion

When people are in nature or simply viewing images of nature, results have shown reduced anger, stress, and fear. It actually increases pleasant feelings experienced. It also has been shown to reduce blood pressure, heart rate, muscle tension and so on. Scientists believe this is because we are naturally programmed to be in nature. Nature can physically heal us and it's absolutely amazing. Divinity exists in all aspects of life. When we are aware of ourselves, we become aware of the God in all, big or small. We then learn to live life well. We become complete. But we have the potential to repair any damage, de-poisonise the system and make people healthy and happy. Because it is the power of nature in the being. It can also extend the expiry date of human life for many years.

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