INTRODUCTION
India by adopting international law of human rights as per Universal Declaration of Human rights Incorporated many rights as welfare country for the betterment of citizens. Constitution as being the wholesome document having supreme power have adopted many features from the constitution of various countries, as fundamentals rights we have adopted form U.S.A. and the concept of directive principles we have taken from Ireland. These features make our constitution much richer. In this paper researcher mainly wants to focus upon right to lie and right to health. The Art-25 of Universal declaration of Human rights directs that is basic right of human beings to avail fundamental living standard of life. This right shall be given to every citizen and to the family as whole. Fundamental standard of living contains right to food, right to shelter, right to clothing, right to health, right to medical assistance etc. there is one saying in hindi that basic essentials of life is “roti, kapda and makaan” but international law in UDHR recognized right to health and right to medical assistance as essential right to enjoy right to life. In our Indian constitution right to life has been given as fundamental right under Article-21. If we look back in the judgment of A.P. Gopalan case in which right to life has been discussed for around 150 years during this period our country has undergone exploitation by many ways, humiliation, poverty, ill-treatment in our own country, they used to treat us as slaves etc. so many evils we have gone through then after battling for 150 years and many use with great and bold hearts have sacrificed their lives for our country than we have received this freedom. So the foundation people of our country while constitution our constitution they have tried to incorporate all good things from others they have also considered that now as we will be in free country people shall get all their basic rights without any kind of discrimination. So in chapter 4 they have incorporated directive principles of state policy to provide basic guidelines to state. By adopting these principles welfare country like India can always provide better life to citizen’s of the country.

While doing research on right to health researcher identified that there are many directive principles which have given focus on this right of life. Art-38 directs to provide secure and social welfare to the citizen in reference to healthcare, state can provide affordable and secure healthcare to citizens to guarantee right to life. Under Art-39 it is specifically given that it is responsibility of state to assure about health and strength of the workers working in particular state. Here not only workers but their families also be given proper health care, children are given health protection to prevent them against social abuse. Further Art-41 also directs to state that as per the availability of economic capacity state shall provide social security to the needy people like old age people, disabled, sick people or unemployed persons. Here also researcher can correlate the mention of needy people is based on the capacity or their health based on age or sickness accordingly they will be given assistance by state so we can say that this is also supporting right to health under right to life. Again in Art-42 researcher can observe that state has been given responsibility to provide just and good working condition for maternity relief, so women with maternity to maintain her health she shall be given extra relaxation and support at workplace, to support this we are also having separate Act om maternity benefit Act. This confirms that health is having
paramount important for individual's life. In Art-47 state has been given responsibility of providing nutritious food to the indigent further this provision also says that no one shall take any intoxication drug except prescribed b doctor. Here researcher can also analyze that health on these directives, the government school primary school students are given mid-day meal. This government initiative not only to provide them nutritious food but also motivate children for education. Further states are also directed to put restriction on intoxication drugs which also one of the step to motivate individual to live healthy life. We can also see various initiatives of government as Pradhan mantra surakshat matruv yojana in which as per given in Art42 & 47 pregnant women are issued separate card with help of that cards women can get free checkup every month, get them tested as per required treatment, they can get free vaccination and financial Aid for nutritious food too, every state is empower to design various schemes to provide assistance to this. This also assures that state is not only giving right but supporting every citizen as in form of privilege. In Art-48(A) state has been given responsibility to maintain healthy environment to foster, wildlife, and to protect environment against pollution. This has been supported by various judgments that right to life provide right to life in pollution free environment than only everyone can live healthy life. This is how researcher can learn that various directive principles not only facilitating citizen but also taking care in sense that they shall get right to life by all better means.

Health insurance sector of today's India has improved from earlier. The very first idea of health survey was done by bhar committee report in 1946 in which committee suggested integration of preventive and curative health services at all levels of administration level, proving primary health care facility to all individuals and suggested that the education about health care shall be reached to the population at large. Recently Ayushman bharat yojana is universal insurance plan launched to provide health care solution to all classes of individual.

National Health Policies-
The first National health Policy of India was launched in 1983, here researcher learn that as per definition of world health organization's definition of health given in 1946 that being healthy is having well being physically, mentally and socially being healthy it is not only being without any diseases. Than WHO in an international conference made one important declaration which became known as Alma –Ata Declaration of 1978, the motto of this declaration was mainly about primary healthcare, this declaration suggested all parties to develop some specific laws or policies to provide primary health care facility to all individuals of the country without any disparity. The very first policy also has included increasing healthcare education among population, providing all citizens treatment at reasonable rate. Also to make and promote universal vaccine plan to cover communicable disease which can eradicate by these steps. Policy in 16 points emphasized on designing health insurance schemes state wise to reach all needy people based on the capacity and fund allocation. In 2002 the second National health policy launched by government to plan effective strategy to meet unreached people. The very first idea of health survey was given by bhore committee report in 1946 in which committee suggested integration of preventive and curative health services at all levels of administration level, proving primary health care facility to all individuals and suggested that the education about health care shall be reached to the population at large. Recently Ayushman bharat yojana is universal insurance plan launched to provide health care solution to all classes of individual.

REFERENCES
1. A.K.Gopalan Vs. State of Madras (Supreme Court of India 1950).
2. Bandhua Mukti Morcha v Union of India (Supreme Court of India 1997).
5. Maneeka Gandhi Vs. UCI (Supreme Court of India 1978).
7. State of Punjab & Ors v Ram Lubhaya Bagga (Supreme court of India 1998).
8. A.K.Gopalan Vs. State of Madras (Supreme Court of India 1980).
9. Maneeka Gandhi Vs. UCI (Supreme Court of India 1978).
12. Bandhua Mukti Morcha v Union of India (Supreme Court of India 1997).