

Medical Model of Health.

- things comes to our mind with word hospital. MRI doctors with white coats, beds with resting patients, smells of injections medicine etc
- this description is common for us but not for our ~~gg~~ great grandfathers and uncles
- because, the conception of medical treatment is fairly recent.
- Since 19th century the medical model is the most prevalent model of health and illness among contemporary healthcare practitioners.
- Also known, as biomedical model.
"biomedical" comes from greek word "bios" meaning "life" and "medicus" means "healing".
- but ironically healing is not a part of the practicing medical profession as it focuses ^{only} on the physical aspect of the disease.

major characteristics of this model are -

cause of disease -

model considers health as equivalent to a state of absence of disease and symptoms.

The root cause of a disease is external pathogenic agents like virus, bacteria or some other physiological problems or cellular abnormalities also denies the role of emotional & psychological factors in disease.

Responsibility for disease -

model considers that the cause of illness is not dependent on the individual they are not seen as the reasons of illness but as the victims of some external factor or internal abnormalities

Treatment -

since the focus of the model is always on biological or physical aspect therefore, treatment also focus on the human bodies physical aspects. removal of external agents through drugs or interventional strategies like surgery

Techno-oriented model. model of health which relies ~~on~~ heavily on machines & techno. ^{res} from making drugs to performing a surgery require technology.

Practitioner-Physician relationships model considers that physician possessed all knowledge, expertise and skill to treat the patient.

patients are only passive recipient of the physician expertise and cooperate within treatment regime.

- no doubt this model is very effective in critical medical condition i.e. why it is called as "quick fix" approach.
- provides immediate relief and quickly minimises symptoms of the disease.

Limitations.

- no input to mind & considers mind-body dualism.
- ignores the role of emotional, social, spiritual & psychological factors.
- not always effective in treating disease like psychosomatic, chronic & lifestyle related diseases.
- issues in affordability. burden on one's pocket becoz of high fees & necessary depends on socio-economic status.

1975 ~ 170 deaths - observed serious illness and death
no association with stress and trauma

~~Biopsychological~~ Biopsychosocial model.

- Between 1960's & 1980' George Engel published a series of papers criticizing medical model and advocating the need ~~to~~ for a new model of health.
- Model's ^{name} suggest, ~~that~~ conceptualize health as consisting of multiple dimensions.
- The biomedical or medical model focuses only on physical aspect of health but George Engel's new model includes psychological and social aspects as well.
- It ^{biopsychosocial organisms} is based on the idea that "humans ^{in which the} are inherently biological, social and psychological dimensions are intertwined.
- Engle did not completely ignore medical but also emphasized on giving imp. to psychological and social factors.
- Model suggest that not only ^{physiology, genes} viruses & bacteria but also our behaviour, thoughts & feeling may influence our physical state.
- should also focus on subjective experience of the patient.

This model give 3 insights -

① patients subjective experiences should be given importance as objective biomedical data

② Comprehensive causation gives fuller and deeper understanding of our health and illness.

③ patients should not be passive recipients but should be given more power in the ^{clinical} process.

Advantages -

- * lead to development in technology and research
- * contributes to diagnosis & effective treatment of varied illnesses

Thought this model rely on technology so the ^{it may be} cost ineffective and may not be affordable.

- model focuses on treatment that on actual promotion of good health

CROSS CULTURAL PERSPECTIVE ON HEALTH

- How health is defined or perceived may vary in different cultures.
- Since cultural beliefs are woven into health beliefs of the patients, it is necessary to ^{first} understand among the role of culture and society to understand any health related behaviours.
- "Karma" refers to the metaphysical principle of cause and effect.
A belief that the accumulated effects of your deed of last birth have an effect on the events of present life.
- Studies in India suggested that the patients with life threatening disease like AIDS, cancer, heart disease tend to attribute illness to karmic factor where as in western countries very few people.
- It is due to cultural differences in the conceptions of karma in life events.

①

Western Perspective.

- Culture never remains constants thus our conception of health changes with time

- For instance just Greek ancient culture → role of 4 humours (Blood, Yellow and phlegm) in our health & integrated health as a whole.

- As the passage of time especially after Renaissance, revolution physical medicine explanation of illness became scientific & physiologically based.

- During 17th Century, Rene Descartes made philosophy about dualism of mind & body.

As the result western medicine consider mind and body 2 different entities

- This theory of dualism lead to consider body as machine ^{Acc} ~~beco~~ of this viewpoint we can see each part of body seperably and no role of concepts like mind and spirit or spirituality in one's health

- Assumption of western view on health

is that the cause of illness lies outside the
one's body in the form of germs
and bacteria. So treatment in West.
is done only on physical basis and
ignoring its feelings, thoughts, emotions,
etc. which became a model
biomedical or medical model.

② Eastern Perspective.

- eastern civilization such as India or China.
- health is just an absence of ^{disease or} many symptoms.
- If you are healthy, then you experience happiness, well being, satisfaction and live as a member of social community & ^{able to set goals} achieve them.
- We can say WHO defined ~~the~~ ^{supported} eastern view point.
- See health as a whole and not in parts.
- whole means made up of interrelated components like social, ^{spiritual} emotional, mental etc and imbalance in them among them will ~~be~~ lead to disease or illness.
- ~~the~~ eastern viewpoint: our holistic model of health.
- Acc the cause of illness does not lie outside but inside of the body. & harmony among components mental, ^{ph} physical, social and spiritual will lead to state of optimal health.

③ Indian Perspective

- Culture plays imp role in Indian life so its imp to understand Indian perspective on health
- Sanskrit word for health "swastha" "swa" means "inner self" and "stha" means "conscious"
- Meaning of being healthy has been considered equivalent to conscious of your inner self.
- Dalal & Mishra pointed out about inner-directedness of Indians view about health meaning cause of any illness lies within ourselves and we become conscious about our inner self then we can achieve optimum health.
- All Indian traditions like Ayurveda and Siddha consider "physical, psychological, philosophical, ethical & spiritual well being of mankind and harmony with cosmic nature and science a necessary condition for well being.
- Indian perspective is contrast of Bio medical. as it focus on health and improving the well being rather than only treating the symptoms.