Prioritise Health on Dhanteras and Embrace a Healthy Lifestyle: Prataprao Jadhav

Union Ayush Minister calls upon citizens to make healthy living a family priority and adopt preventive healthcare practices

Calls for Making Healthy Eating, Yoga and Regular Health Check-ups an Integral Part of Daily Life

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Union Minister of State (Independent Charge) for Ayush and Minister of State for Health and Family Welfare, Shri Prataprao Jadhav, has called upon citizens to make health and preventive healthcare an integral part of Dhanteras celebrations, emphasising that true prosperity lies in good health and well-being. Highlighting the significance of the festival, the Minister encouraged families to adopt healthier lifestyle practices, prioritise disease prevention and make conscious investments in their long-term health.

Dhanteras, also associated with Dhanvantari Jayanti, commemorates the emergence of Lord Dhanvantari during the Samudra Manthan, carrying the Amrit Kalash. Revered as the divine physician of the gods, Lord Dhanvantari is closely associated with Ayurveda, India's traditional science of life and health. The occasion offers an opportunity to reflect on the importance of health as the foundation of individual and family prosperity.

Shri Jadhav highlighted that while Dhanteras is traditionally associated with purchasing gold, silver and household items as symbols of prosperity, the festival also serves as a reminder that material wealth holds greater value when accompanied by good health. He emphasised that families should give as much importance to safeguarding their health as they do to securing their future prosperity.

Drawing attention to the importance of preventive healthcare, the Minister observed that healthcare discussions often begin after an illness has developed, whereas equal emphasis must be placed on preventing diseases through healthy lifestyle choices. Referring to the Ayurvedic principle ***"Swasthasya Swasthya Rakshanam"***, which emphasises the preservation of the health of healthy individuals, he highlighted the relevance of this approach in addressing growing challenges such as non-communicable diseases, sedentary lifestyles and stress.

The Minister underscored that everyday habits, including balanced nutrition, regular physical activity, adequate sleep and stress management, play an important role in maintaining overall well-being. He encouraged families to promote home-cooked and nutritious food, reduce excessive consumption of junk food, undertake regular physical activities and ensure that elderly family members receive appropriate care and attention. Regular yoga practice and timely health screenings were also highlighted as important steps towards preventive healthcare.

Highlighting the contribution of Ayush systems in promoting preventive and promotive healthcare, Shri Jadhav noted that initiatives such as Ayushman Arogya Mandirs are helping expand access to Ayush-based healthcare services at the community level. He also emphasised the importance of scientific research, quality standards and evidence-based practices to ensure that India's traditional systems of medicine contribute responsibly to the country's healthcare framework.

Referring to the Hon'ble Prime Minister Shri Narendra Modi's vision of a Fit India, the Minister recalled his emphasis on bringing small but meaningful changes to everyday lifestyles to help prevent lifestyle-related diseases. He highlighted that fitness is not merely an individual pursuit but an essential foundation for a healthy and prosperous society. As India moves towards the vision of Viksit Bharat 2047, healthier and more health-conscious citizens will be central to the country's development journey.

Calling upon citizens to make preventive healthcare a personal and family commitment this Dhanteras, Shri Jadhav encouraged everyone to introduce at least one positive health habit into their daily routine and motivate another family member to do the same. He also urged people to pay greater attention to the health of elderly family members, women and children, seek timely medical advice and make healthy living a shared family responsibility.

The Minister emphasised that this Dhanteras, citizens should look beyond traditional symbols of prosperity and embrace healthier habits, care for their loved ones and make preventive healthcare the foundation of their families' future, reaffirming the timeless principle that **“Health is the Greatest Wealth.”**

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