

Human Health: Balance with Creation and Human Inner Nature

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Creation has a high spirituality and human is the abstract of the universe and has dignity of creation. Human health is the result of maintaining a balance between human nature with that of external state. Any deviations from these natural states lead to an unbalance condition in human life resulting to unhealthy consequences. Therefore, understanding of our inner self is considered to be the basic requirement for maintaining human health and welfare. On this line, human in search of universal knowledge, needs to develop self-knowledge. It is under this condition that he/she would be able to appreciate the value of inner self and not to cause any harm for self under which he/she will also not do any harm to others. Man using his limited knowledge about nature and himself, has been able to develop numerous technologies some of which have caused harm and losses to self and others. Today, some of these technologies have brought welfare and wellbeing to human life that are to be recognized and appreciated. There have also been others that have been destructive and are source of pollution by producing free radicals that are considered to be destructive to human, biodiversity and existence. These free radicals are the source of certain illness and destroy the balance of natural life. It is necessary that we enhance our multifaceted interdisciplinary knowledge especially in the line of biomimetic and bio-inspiration in order to develop technologies that are environmentally safe and where we put high priority for consideration of moral principles, sustained living environment requirements, and be coherent with healthy human life that would result in high standards, peaceful living conditions and promote the tranquility lifestyle.

Keywords: Creation of Universe, Universal Life, Human Inner Nature, Natural Health, Life Style, Life Pattern, Biomimetic, Morality, Free Radicals, Illness

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