

Digital Health Revolution

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Digital Health is a mission for using information and technology for the health and wellness of humanity. It is a tool kit for using wealthy and informative data for health care and managing the analysed data for the well-being of whole population breaking local, regional and national barriers. Programming and utilising: CPDT (Computer Processed Data Technology) for (SEEEQUE) Safety, effectiveness, efficiency, elegance, quality, universal use for empowering the world population. Prof Dr Srikrishan Sharma.

Digital Health is an emerging field of knowledge that combines informatics and its uses to organize health services through the Internet and related technologies, with an emphasis on collaborative work involving global, regional, and local healthcare scenarios through the use of communication and computer technology (ICT) (Van De Belt, *et al.* 2010).

Digital holistic treatments: Technology is instrumental in the delivery of Ayurvedic healthcare services, standardization, drug control and quality control. Alma Atta Declaration of WHO Traditional, Complementary and Alternative Medicine (T&CAM) field should be developed with the modern scientific view and a lot of scientific relativity interventions. Integrated intervention through digital technologies: have already improved the capacities of health care for shaping the future of health and wellness through effective technological advancements. They have catalysed a host of changes in education, policy and practice as well as created new patterns of Diagnosing, Efficiency, Effectiveness, Empowerment, and Digital Technology (DEEED). Although Information Technologies were newly emerging when the Declaration of Alma-Ata was agreed four decades ago, the adoption of these technologies in

health services was complex, costly and limited. However, by 1990 new technologies had begun to have a revolutionary impact. As they became more advanced, more assimilated in all sectors and ainstream in society these technologies have shown remarkable value for Sustainable development in the health sector, Ability to gather data for health solutions, Manage data for health, Exchange nformation management, Shaping the future of health, Universal Health Support, Building capacity for health care, Analyse data for healing, (SAME-SUBA).

Today, technologies are enabling the population for managing their own health more effectively, the more better means for diagnosing the root causes of the disease, monitoring the impact of information and technology on the policies converting them more people friendly and easy to use, now a days digital health technologies are having more intelligent impact on health services for the efficient delivery and running them smoothly. The impressive trend in national policies for digital health for more than 120 countries by 2015 reflects the firm commitment to use digital technologies to advance the Sustainable Development Goals, support universal health coverage and shape the future of primary health care.

Information Technologies (IT) has the capacity to change the au-rum of health care and wellness Industry through new thresholds in human connectivity. Boosting the private partnership investments (PPI); to unify Information and Technology with health and wellness sciences in public-private partnerships (PPT) is a good sign for the growth of IT in wellness and healthcare segment. It is also reminds us for a powerful IT for harnessing the pursuit of million dollar goal in the up-coming scientific revolution for health and wellness.

IT pursues new dimensions for extra knowledge and chanced to harness good things. Secondly, developing international software development and technology improvements opens-up strategy to improve the performance and delivery in health care systems. The most important aspect of IT is; its informative storage of data, renaissance and immediate transaction of the text, audio, visual transformation of data processing. All dimensions of health and wellness are touched by IT at so many distinct level of communication. The most speculated points arising from IT's evaluation in healthcare and wellness are (1) healthcare and wellness product designing (2) system design (3) impact on power (4) facilitating and strengthening public-private-govt. participation (5) susceptibility and risks reduction, (6) Governance of Health & Wellness at Universal level.

A naturopathy physician looks for restoring, maintaining and preserving maximum health levels at all dimensions of health. Naturopathy is ruled by principles rather than systems or procedures. Diagnostic and therapeutic methods are diverse and will continue to evolve as knowledge of health and diseases expands. Digital Technology is very important and necessity for health and wellness through Naturopathy for (STDDCQ) standardisation, bringing transparency, drug control, decision support, continuity of care, and quality control".

Naturopathy is a comprehensive, hygienic system of cure, heal and promote with the fundamental credence that five elements in the universe - earth, water, air, fire and space - make up our bodies, and have the power to cure our systems for any issues. These five elements are also considered Natural Pharmacy when considered with senses and their related intuitive values. Naturopathy focus to: reinstitute immunity by enhancing and rejuvenating the self-curing and homeostatic balancing, and improving healing mechanisms of the Body. It also addresses personal living style, genetic-predisposition, dietary imbalances, psychological thinking patterns and conditioning of the Soul. The Healing Process aims to restore the balance between the visceral defects. It also enhances the vital balance between the outer and internal nature so that body is healed at all mandala's of health including of curing the major complaint of the diseased. It also empowers the sufferer with an understanding of their body illness and understanding the significance of healthy diet and management of daily routine for continued health and wellness.

Naturopathic physicians focus on six core values to restore health and wellness:

1. *Do no harm* to the system on which they operate or deal with.
2. Promotion of the self-healing power of body's own nature and healing power.
3. Vanishing the root causes of the diseases before elimination or suppressing symptoms.
4. Empowering and encouraging exclusive-liability for health and wellness.
5. Healing the whole person not just the disease level but including whole personality.
6. Boosting overall well-being to prevent futuristic diseases.

The Naturopathy Healing System does not focus on *germ theory of diseases*. Instead, there are three basic ideologies that lead to its philosophy, theory and practice:

1. The accumulation of toxins in the body is the root cause of all diseases. This may be due to many components: adulterated diet, hygienic shortage, environmental pollution, un-hygienic food, busy livelihood, tensions, for which Naturopathy is employed to remove toxins and causes.
2. Acute diseases are efforts from body for getting rid from assimilated toxins and are a result of regular accumulation of the diseases by medicines and vaccination. Even though Naturopathy has a strong preventive aspect, it is very effective in treating acute as well as chronic health issues.
3. The human body has a self-healing capability with the right enablers. Thus, the power to cure a disease lies within the body itself. We just need to facilitate the process with right diet, exercise, meditation and the application of natural elements.

"In 2005 the World Health Assembly through its resolution WHA58.28 on eHealth urged Member States "to consider drawing up a long-term strategic plan for developing and implementing eHealth services...to develop the infrastructure for information and communication technologies for health...to promote equitable, affordable and universal access to their benefits." Countries and stakeholders were urged to direct their efforts towards creating a

consistent eHealth vision in line with a country's health priorities and resources, developing an action plan to deliver the proposed vision, and creating a framework for monitoring and evaluating eHealth implementation and progress. Recognizing that more than 120 Member States - including low- and middle-income countries - have developed such strategies and policies" [1].

"In India the AYUSH Grid Project is the proposed IT backbone for the entire AYUSH sector covering the healthcare systems Ayurveda, Yoga and Naturopathy, Unani, Siddha, Sowa Rigpa and Homoeopathy. AYUSH Grid is envisaged as an omnibus digital eco- system that would lead to all round development of the AYUSH sector in fields of healthcare delivery at all levels, research, education, schemes and various health programs.

To develop a network of People, Knowledge and Technology for radical, sustainable and wholesome transformation of AYUSH sector, and play a pivotal role in taking care of holistic health care needs (i.e. curative, preventive and promotive health) and socio-economic wellbeing of Indian citizens and further extending the benefits to entire world population.

To create an organic and dynamic information and communication technology (ICT) powered network interconnecting all streams of AYUSH in their key functional areas viz. health care delivery, capacity building, research and development, AYUSH drug regulation and education" [2]. This will be beneficial for all stakeholders of AYUSH and also helpful for effective governance. Strategies for development will be in sync with the national and international policies and health care needs. The main components of AYUSH GRID Project are as under: HERDTCCM

- Health Services
- Education
- Research
- Drug Licensing Portal
- Training
- Central Sector & Centrally Sponsored Schemes
- Citizen Centric Services
- Media Outreach.

Holistic health care and diagnosing machine (HHCDM)

Digital health care and diagnostic machine developed by Holistic Health Team will lead you to the whole analysis about your health without the help of any modern clinical, pathological or laboratory tests. HHCDM [3-14] is being developed as a leader in the segment of computer diagnosing. Holistic diagnosing method will

change the aurum and grief diagnostics. The holistic approach goes far beyond the Mind-Body connection of finding and maintaining wellness. Overall wellness and wholeness is highly valued. All parts of a person's life (physical healing, mental health and wellness, emotional well-being and spiritual beliefs and values) including 40 dimensions of holistic health and 21 aspects of wellness and 32 mandala of cosmic vibrations is covered. Taking a holistic approach involves seeking the tools that will help us attract our desires and find personal power.

HHCDM analyses the capacity of the organs by frequency behavior and compares with the reflection levels to diagnose the present, future and past levels of the troubling disease. Through nerve reading, it succeeds in compiling the Vaat, Pit and Cough position, which are three main defects. It makes the non-contacting monitoring of living processes. Detects disturbances, if there is any, makes the correct diagnosis and defines the disassociations in systems of organism at the cell, tissue, organ, Tatwas, Chakras and energy circulation root levels. The 9th Generation Technology will be able to decode genome, DNA, RNA and universal seat of Energy i.e. Nabhi.

HHCDM also predicts the future development after reflecting the history and root causes of the illness. It also leads to the present available treatment in the Modern Medicine, T&CAM, Holistic, Integrated and Indigenous fields of treatment. The traditional diagnosis methods, such as observing/smelling/touching/sensing/predicting, have been successfully used for thousands of years. However, these methods are mainly relied on Doctor's experience and not Quantified. HHDM shall be developed by using medical biometrics technology, electro photonic imaging (EPI), hand & feet reflex scanning technology, sensitive imaging, GDV diagnosing system, TCM diagnosing technology, human genome technology, future prediction of disease technology and thermal imaging technology for solving the basic requirements of a doctor and medical system so that 100% satisfaction may be achieved in treatment.

The digital health interventions are organized into the following overarching groupings based on the targeted primary user:

- Interventions for clients: Clients are members of the public who are potential or current users of health services, including health promotion activities.
- Caregivers of clients receiving health services are also included in this group.

- Interventions for healthcare providers: Healthcare providers are members of the health workforce who deliver health services.
- Interventions for health system or resource managers: Health system and resource managers are involved in the administration and oversight of public health systems. Interventions within this category reflect managerial functions related to supply chain management, health financing, human resource management.
- Interventions for data services: This consists of crosscutting functionality to support a wide range of activities related to data collection, management, use, and exchange.

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