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Titolo	Reintroducing Nature into Health and Wellbeing : Learnings from Ancient South Asia / / by Janaka Jayawickrama, Devendraraj Madhanagopal
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Nota di contenuto	Chapter 1. Introduction -- Chapter 2. The Problem of Biomedical Definitions of Health and Wellbeing -- Chapter 3. Defining Health and Wellbeing through Ancient South Asian Philosophies -- Chapter 4. Practical Implications and Possible Adaptations -- Chapter 5. Towards a New Paradigm -- Chapter 6. Conclusion.
Sommario/riassunto	This book argues that the growing disconnection between humans and nature leads to a loss of awareness of their responsibilities and accountabilities in safeguarding health and wellbeing. It critically evaluates established definitions, policies, and interventions on health and wellbeing. It draws inspirations from South Asian philosophical traditions and highlights the value of "ancient wisdoms" in comprehending and addressing health and wellbeing challenges. It contests prevailing biomedical definitions globally. It seeks to redefine health and wellbeing within the broader context of contemporary global challenges such as climate crisis, disasters, and socio-political conflicts. Through a rigorous exploration of practical realities and potential adaptations, the book examines health and wellbeing models within the South Asian context such as Ayurveda, Siddha, and Deshiya Chikitsa. This book's interdisciplinary relevance interests scholars,

students, and practitioners in social anthropology, health and wellbeing, environment and development studies, sociology, medical history, indigenous studies, human geography, and environmental humanities. The book also invites readers to reflect on their perspectives and experiences, fostering a deeper understanding of the complex interplay between humans, health, wellbeing, and nature.
