

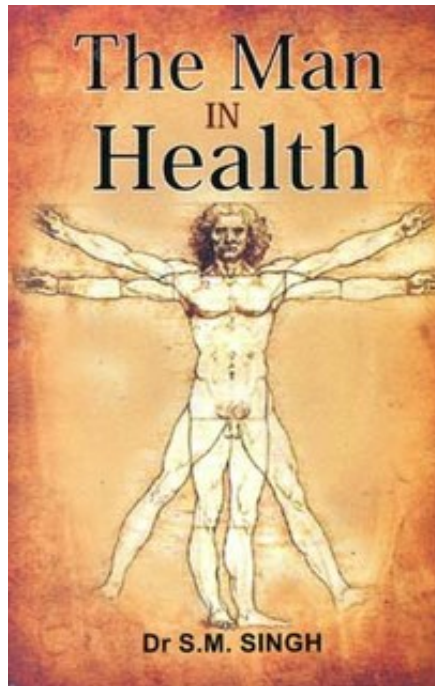
Dr. S. M. Singh The Man in Health

Reading excerpt

[The Man in Health](#)

of [Dr. S. M. Singh](#)

Publisher: B. Jain



<http://www.narayana-verlag.com/b17005>

In the [Narayana webshop](#) you can find all english books on homeopathy, alternative medicine and a healthy life.

Copying excerpts is not permitted.

Narayana Verlag GmbH, Blumenplatz 2, D-79400 Kandern, Germany

Tel. +49 7626 9749 700

Email info@narayana-verlag.com

<http://www.narayana-verlag.com>

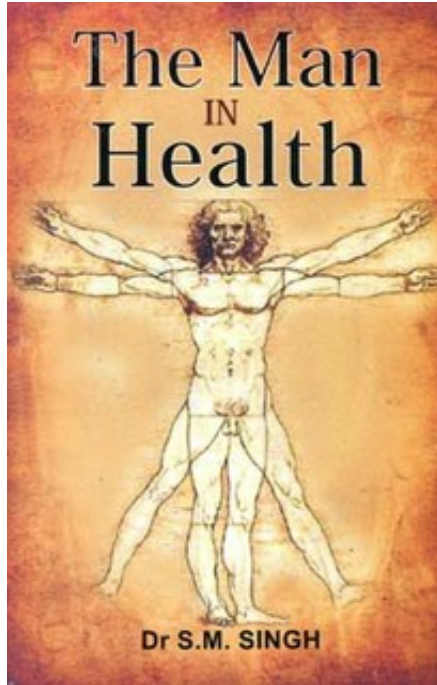


CONTENTS

Dedication	iii
Preface	v
Acknowledgements	vii
Publisher s Note	xi
CHAPTER 1: THE MAN.....	1
• The concept of man	3
• Nature of the human being	6
• Man is a conscious being	8
• Basic psychology of a man	9
• Man from structural and functional stand point	11
• The study of man - Medicine in general and homoeopathy in particular	16
• Concept of man from the medicine of experience	20
CHAPTER 2: HEALTH	23
• WHO concept of health	23
• Determinants of health	31
• Health for all concept.....	44
• Health education	47
• Health and ecology	50
• Health from homeopathic point of view	53
• Man in health related to homeopathy and general hygiene	62
• Homeostasis and health.....	64
• Man in health from the standpoint of Immunity.....	71
• Nutrition and health	72
• Physiological requisitions for health.....	77
• Different markers/parameters in health.....	83
• Normal susceptibility.....	94

• Different levels of health	101
• Holistic concept.....	105
• Homeopathic disease prevention	130
• Health and hygiene	134
• Eugenics	143
• Preventive and social measures	146
• Annexure	154
CHAPTER 3: LIFE	159
• Concept of life	159
• Concept of physical world.....	163
• Concept of life from homeopathic point of view	201
CHAPTER 4: ENVIRONMENT.....	205
• Man and his environment	205
• Man and environmental interactions.....	209
• Environmental sanitation	229
• Gene-environment interaction	247
• Gene-environment correlation.....	252
CHAPTER 5: MAN IN RELATION TO BIOCHEMISTRY.....	255
• Elemental composition of the human body	255
• Metabolism	273
• Nutrient requirements	283
CHAPTER 6: MAN IN RELATION TO BIOPHYSICS.....	301
• Filtration	302
• Diffusion.....	302
• Osmosis and osmotic pressure.....	304
• Surface tension	306
• Adsorption	307
• Hydrotropy.....	309
• Viscosity	309
• pH	311

• Ultrafiltration.....	312
• Dialysis.....	312
CHAPTER 7: MAN AND PSYCHOLOGY	315
• Concept of psychology.....	315
• Biography of sigmund freud.....	323
• Biopsychology	329
• Philosophy of mind	335
• Concept of simple substance	347
• Developmental psychology	357
• Physiological drives and motives.....	423
• Perception	432
• Personality	436
• Emotions	446
• Memory.....	451
• Stress.....	453



Dr. S. M. Singh

[The Man in Health](#)

472 pages, pb
publication 2010



order

More books on homeopathy, alternative medicine and a healthy life www.narayana-verlag.com