PREFACE

In modern society, health is the general condition of a person in all aspects. It is also a level of functional and/or metabolic efficiency of an organism, often implicitly human. It is the state of being free from illness or injury. Individuals and societies have long considered various definitions of health. In doing so, they usually fell into three areas. First, the perception of health, is either seen as a subjective or objective phenomenon, and in terms of whether it extends beyond the physical domain. The second includes the means of improving and maintaining health. The third, considers the value and aim of health. These three areas are usually considered together in historical and contemporary definitions. It has long been recognized that there is a close interaction between a healthy mind and a healthy body. Furthermore, health was considered in antiquity a beneficial asset and one that required action by the individual to preserve it.

The new global health policy recognizes that a strong ethical framework based on respect for individual choice, personal autonomy and avoidance of harm must be applied to individual and social aspects of health care and to research. The "Health for All" policy not only provides guidance with regard to the meaning and importance of the definitions of health, but also gives explicit emphasis to the need to move from policy to action.

I owe a never ending debt of gratitude to my adored and worshipful God for his grace and blessings in the completion of this dissertation.

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