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## Asian Journal of Psychiatry

Volume 5, Issue 4, December 2012, Pages 347-350

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# Holistic health and well-being: A psycho-spiritual/religious and theological perspective

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<https://doi.org/10.1016/j.ajp.2012.09.010>

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### Abstract

Neuro-biological studies have established the perennial teaching of all the world's religious traditions that human persons are primarily religious/spiritual beings. They confirm that religion and spirituality are hardwired into the human brain and into human nature. The transcendental dimension of human nature demands that progress in man's ethical formation and inner growth is the most essential aspect of holistic health. Their experience of the divine led the Hindu sages to commit themselves to establish peace, happiness and well-being for all the human family and the universe. Judeo-Christian theology advocates that human beings created in the image of God have potential for theocentric-transcendence. Catholic theologians like St. Augustine propose that God has made humans for himself and that their hearts are restless until they rest in him.

With the revolutionary shift in recent years from attacking faith and religion to the exploration of the benefits of spirituality and religion for human flourishing, the outstanding themes of Christian theology and other religious traditions became topics of research in health sciences. Interdisciplinary interaction will result in attaining a profound understanding of the human person and help him/her to achieve lasting fulfilment by adequately paying attention to the transcendental, religious and spiritual needs.

## Highlights

• Human persons as a trinitarian model of unity between soul/spirit, mind and body are proposed. • No progress will be sustainable without corresponding development of the ethical/moral and inner dimensions. • Integration of religion/spirituality with different branches of empirical science promotes human flourishing. • When religion is rightly followed, it gives the frame or way for living spiritually in the world.



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## Keywords

Holistic health; Religion; Spirituality; Catholic theology

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