

EDITORIAL

About half a century ago it was the acute diseases, epidemics and pandemics that posed a threat to human lives. But, now what challenges the human life and the quality of life are the Non-Communicable Diseases (NCDs). This used to be a cause for concern only in developed countries while the developing countries continued to reel under the acute diseases. However, it has been increasingly observed that the NCDs have been showing a progressive increase in prevalence across the globe in both developed and developing countries. According to the 2021 report of WHO, 77% of deaths due to NCDs are in countries with lower and middle income. The reason for this is mainly due to drastic changes in life style of people across the globe. Paradoxically, changes towards laxity in food preferences, types of jobs, sleep hygiene are also found to accompany health and fitness consciousness across age groups, particularly among the middle class population in developing nations. Though, this sounds like indulging in irresistible impulsive behaviour with complete knowledge of consequential pain alongside the alternative pain preventive measures it has to be viewed as a common contemporary human behaviour demanding serious analysis and intervention measures.

India has declared a National Programme for prevention & and Control of Cancer, Diabetes, Cardiovascular Diseases (CVD) & strokes (NPCDCS) because NCDs pose a challenge to the agenda of sustainable development by the year 2030, that has a commitment to reducing the premature deaths by one third. It has been found that deaths due to CVD in India stand at 272 per one lakh population against the global average of 235 per one lakh. Deaths due to cancer in India increased from 0.51 million in 2016 to 0.61 in 2021 and projections estimate it to go up to 0.70 million by 2026. These projections trigger an alarm that the steps towards preventive measures have to be geared up which is possible

only through a multidisciplinary approach, with psychologists, sociologists, economists and artists playing their respective roles along with the medical team in enhancing awareness, increasing screening, and designing intervention modules. While speaking about the NCDs, it is pertinent to mention that the health of women in India calls for a special focus because the health of the future citizens rests on maternal health and secondly because, women's health, except maternal health has not received due emphasis for various reasons.

The articles in this issue touch upon these significant aspects of NCDs. The review article on music therapy for chronic diseases and the one on social support needs in adulthood touch upon the indigenous roots of healing through non-medical and non-invasive approaches. Indian traditional knowledge system has valuable deliverables in the field of health and wellness which need to be reinvented and brought back in practice for optimizing the national commitment towards the global agenda of 2030.

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