

## Happy Journey: Diet, Health and Care

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### Introduction:

Travel has become an integral part of human life. Since ancient times, humans have engaged in tourism for a variety of reasons. Tourism has even paved the way for numerous research endeavors; whenever we embark on journeys—be they religious pilgrimages, nature excursions, or historical tours—we invariably study and observe every aspect of the destination. Tourism offers a means to derive solace, contentment, and joy. In the midst of today's hectic lifestyle, if one wishes to carve out a little time for personal happiness, tourism serves as a wonderful avenue. Consequently, an increasing number of people are seen engaging in travel and tourism.

In today's fast-paced world, 'change' has become an integral part of life. Therefore, 'tourism' has become important for physical and mental relaxation. It is a great way to spend time with family; but does tourism mean just going out, eating, and having fun? Of course not. We should learn, introspect, and expand through tourism. In natural tourism, we can enjoy natural beauty and wildlife. In the presence of nature, we can learn to give back to others with open arms. We can visit various mountainous and marine places. When we see the lives of various animals and birds, we remember the line of the poem 'This beautiful world is yours, O God, how beautiful you are!' In cultural tourism, we get acquainted with various cultures, historical sites, various local arts, music, and food culture. We get information about the standard of living of a few centuries and even ages ago. We learn about the lives of kings, emperors, and revolutionaries. We are inspired by the sacrifices they made for God, country, and religion. This cultural tourism provides an opportunity to express gratitude to our ancestors.

In adventure tourism, one has to face physical and mental challenges. One gets to know the beauty and history of forts. Such tourism helps one realize the capabilities and limitations of the body and mind. Efforts can be made to overcome one's shortcomings. The mind automatically turns inward in front of this vast nature. Religious tourism involves visiting temples, shrines, pilgrimage sites, participating in various festivals and fairs. In such religious places, it is important to experience the sattvic nature of the place, the principle of the related deity. The peace of mind that comes there, spontaneous chanting, and a few moments of meditation that do not require tireless efforts at other times are easy to find in such places. There is a different joy in experiencing the spirituality of this pilgrimage site. Many must have also experienced that a temple is in a very crowded place, it is very undesirable to go outside the temple premises; but as soon as one sets foot in the temple premises, one feels peace for a moment, is it not true? Nowadays, in many places, as well as through social media, one is asked to 'ask for forgiveness' and say 'thank you' to the person in front of them. Through tourism, we get the opportunity to thank God, nature, respected people, and the organizers who help us with tourism. So, let's enjoy tourism with this opportunity of gratitude!

To truly savor the delightful pleasures of travel, one must also take care of one's health alongside the journey itself. Only with a healthy body and a healthy mind can one experience a truly fulfilling journey and fully enjoy every aspect of the destination.

Everyone wants to avoid minor health complaints from spoiling the joy of a trip, and therefore it is natural to want to have a cure for that complaint. But medicine is not health. Along with the medicine

box, when going on a trip, one should also have the determination that 'I will not allow the need to use these medicines'. Of course, care needs to be taken for this determination. Proper preparation and care are essential to maintain safety, health and enjoyment while traveling. The following are the precautions to be taken at different stages of the journey.

**\*Pre-trip Preparation:**

**1) Climate and Culture:** It is essential to gather information regarding all aspects of the country, state, or village you intend to visit. Understanding the local geographical conditions—specifically whether the climate is humid, cold, or temperate—enables you to pack your clothing and plan your dietary needs accordingly. Furthermore, acquiring knowledge about the local culture is crucial, as it allows you to show respect for their traditions and offers you the opportunity to learn something from their way of life.

**2) Planning and Booking:** To prepare for a trip, one should finalize the destination, duration, and budget two to three months in advance. All arrangements—including bookings for trains, flights, travel services, car rentals, or hotels—should be planned and completed two to three months ahead of time. When packing, ensure that all essential documents required for the journey are set aside beforehand; these should include tickets, ID proofs (such as an Aadhaar card or passport), concession cards, and copies of hotel bookings—kept in both digital and printed formats.

**3) Medicines and First Aid (Medical Examination):** It would not be an exaggeration to say that annual medical checkups are almost non-existent in our country. In fact, most people do not like to go to the doctor when there is no problem. The purpose of a medical checkup before going on a trip is to find out if there is any 'symptomless disorder' hidden in our body without our knowledge, and if so, to seek treatment and guidance from our doctor. For long-term diseases like diabetes, blood pressure, heart disease, asthma, epilepsy, you should get a complete check-up from your regular doctor before going on a trip and get the medicines prescribed on their advice. People often make statements like 'I don't have much trouble' or 'I am used to problems, don't worry' that show overconfidence or lack of concern about the disease you have. One very important thing to remember in this regard is that your analysis or guess about your disease can be misleading. So let your doctor talk about it. Understand what to do, what to avoid from them and act on their advice. You should discuss in detail with your doctor about the disease you already have and the possible problems arising from that disease. You should write down the necessary medical information about the disease you have and the details of the medication you are taking, as well as the precautions to be taken in case of emergency in a diary, and keep a brief note on what to do in case of emergency. An ID card-sized disease card Keep the address, phone number of your regular family doctor and a note about emergency measures. The medical card should preferably be in English, because if you do not find someone who knows Marathi in the foreign country, the card will be of no use. Regular medication is essential for diseases like high blood pressure, heart disease, and diabetes. It is necessary to have a sufficient supply of medicines nearby for the duration of the trip. If you are taking insulin for diabetes, you should keep insulin injections and injection needles, as well as disposable syringes with you. You may not get what you want in the village you are going to, so it is better not to take risks in this regard, of course, this is true only in the case of certain medicines. When Medha, who lives in Virar, comes to her mother's house in Girgaum, she brings a box full of medicines for the baby even when her baby is in good health. Such madness should also be avoided. While listing the medicines to keep with you during the trip, you should think about what problems you and your family usually have. It is advisable to consult your family doctor

for advice on how to deal with it. Those who have heart problems should always keep sorbitol and aspirin tablets with them for emergencies, as advised by their doctor. People with diabetes should always keep a glucose or sugar bag with them. This is especially important if they are taking insulin for their diabetes.

#### Precautions to Take

##### **\*During Travel: —**

- **Health, Diet, and Hygiene:** Many tourist destinations face issues with mosquitoes; therefore, necessary precautions should be taken to protect oneself from them. Tourists from the United States and England typically take regular anti-malarial medication—this is the most effective measure for preventing mosquito-borne diseases. Before consuming any food item, ensure it is thoroughly washed or sanitized. While traveling, avoid purchasing cold beverages, ice cream, or various spicy street foods from vendors. Always verify the quality and necessity of any food items you purchase. It is advisable to carry dry snacks with you while traveling, as well as an empty steel container. Whenever possible, opt for fresh fruits. Failure to exercise caution regarding food and water consumption can lead to various ailments such as vomiting, diarrhea, jaundice, and typhoid.

- **Safety:** Avoid carrying large amounts of cash; instead, use digital payment apps like PhonePe. Refrain from wearing expensive jewelry. Always keep your hotel room door locked and do not allow strangers inside. Minimize interaction with strangers and never share your personal information with them.

-**Monsoon Tourism and Selfies:** Avoid venturing into dangerous areas near waterfalls and riverbanks; resist the temptation to take selfies at such locations. Step outdoors only after assessing the weather forecast.

-**Local Regulations:** Respect the local rules and regulations of the destination you are visiting, and maintain cleanliness in the area.

-**Adventure Sports:** When engaging in water sports or trekking, strictly utilize safety gear such as life jackets and helmets.

Ensure that your drinking water is safe. Consume fresh, hot, and thoroughly cooked food. Avoid excessively cold, oily, ghee-laden, or spicy foods. You may consume fruits such as oranges, sweet limes, bananas, watermelons, muskmelons, and pomegranates. Do not accept food items from strangers. Maintain a safe distance from individuals who are unwell. Those who wear contact lenses should keep a pair of eyeglasses handy. Carry an umbrella, a hat or cap, and sunglasses with you. During the summer season, drink plenty of water, keep your meals simple and light, and thoroughly enjoy your trip.

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