

## Health Promotion, Stress Management and Wellbeing From the Purna Health Management System: A Case Study

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The Purna Health Management System (PHMS) is an integrated holistic system for health management, based on perennial, ancient Vedic philosophy, and developed by Professor, Dr. Sri Svami Purna Maharaj, with the idea to have a meaningful framework in preventive health routine or practice that becomes part of one's way of life. The PHMS has four key factors: health, fitness and nutrition; life balance (stress management); spiritual growth and development; and living in harmony with the natural environment. This study used an anonymous online survey to determine which aspects of the PHMS participants perceived as fostering their physical health, mental/emotional health, ability to manage stress, and wellbeing. Spearman's  $\rho$  Correlation Coefficients were used to test hypotheses for relationships between a number of recommended activities, and frequency of implementation of the four key factors of the PHMS and outcomes of physical health, mental/emotional health, overall stress level, ability to manage stress, and perceived well-being. Of 100 possible participants, 41 completed the survey. Participants who reported frequently implementing the PHMS reported positive outcomes in physical health, mental/emotional health, ability to manage stress, and overall stress. Participants who reported

implementing more recommended activities reported increased wellbeing from the key factors of life balance (stress management) and spiritual growth and development. These findings suggest that the PHMS may be supportive of the health and wellbeing in those who implement it, especially when used regularly and consistently. Additional research is needed to ascertain how the PHMS can be used to promote health, wellbeing, and manage stress.

### Biography

Emily Schulz has completed her two PhDs (occupational therapy and family studies) from Texas Woman's University. She is Assistant Clinical Professor at Northern Arizona University where she teaches occupational therapy doctoral students about community-based needs assessment, [program development](#) and evaluation, and [quantitative research methods](#). She has published more than 20 papers in peer-reviewed journals with a focus on [spirituality](#) and health, and has been serving as an editorial board member of many peer-reviewed journals.