



ORIGINAL RESEARCH PAPER

Public Health

POSITIVE HEALTH CONDITION OF MASSES INFLUENCE THE ECONOMIC EMERGENCE OF A NATION: A STUDY WITH SPECIAL REFERENCE TO THE EFFECTS OF ABUSE OF DRUGS ON HUMAN HEALTH

KEY WORDS: Human Capital, Economic Growth, Delighted Mind, Composed Physical Entity

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ABSTRACT

Health improvement is indeed a significant social priority because good human capital condition improves the abilities, efficiency, and quality of life of a workforce. Thus, it is important to understand the factors pertaining to the Economic output of an individual in a group context. Illness, whether it is physical or mental, can have a negative impact on the economic output of an individual in an organizational context. Positive mental and physical health makes a person productive, whereas negative mental health makes a person unproductive even if the person is physically healthy. The Micro and Macro environment of the workplace also play a pivotal role in the productive output of an individual. Hence, we need to get a delighted mind in a favorable workplace with a healthy and composed physical entity in order to contribute to the domain of work towards the accomplishment of the objective of the work. The effects of illness and disease burden lead to loss of productivity, social isolation or exclusion and a negative socio-economic spiral for the individual as well as for the collective. Medicines play a crucial role in the healthcare industry as they are the compounds which are having direct or indirect impact on human health. However, wrong use or abuse of medicines in any way proves detrimental to the mental and physical health of the person. So, it is also essential to understand the relation of use of medicine for disease control and productivity. This will lead to right and rational use of medicine which in turn will help the domain of economy on a positive scale. On the other hand, for getting a delighted mind at the workplace, an individual must be freed from the lower order emotions and egoistic identities which lead to disvalues. Rather, a person, who can maintain a life with higher consciousness through a sustained effort of union with the supreme, can be elevated to a state of mind which is desireless and that desireless action can lead to optimum productivity.

INTRODUCTION

According to WHO "Health is not only the mere absence of disease, but complete Physical, Mental and Social well-being". Health is something of utmost importance not only to individuals but to the society and economy at large. Positive health enhances Global economic growth by magnifying the human capital and augmenting productivity. In fact, as stated by many economists, improved health can actually account for about one-third of the total GDP-per-capita growth of the developed countries in the past century (Dash P. et.al, 2020). Health is one of the prime factors that link accumulation of human capital to that of economic development. Moreover, through its impact on the output of production, human capital accumulation is a prime factor that determines economic development. Individual's contribution with energy and emphasis in the work creates a difference in the context and flow of work in any given situation. The creative contribution of a person is directly aligned with the capacity to deliver and capacity to think. The capacity to deliver is directly connected with physical well-being and the capacity to think is drawn and derived from the horizon of the individual's mind. Any work whether it is technical or Non-technical in nature or endowed or imposed in a given context replaces human involvement and intervention for the best accomplishment of the work under any boundary condition. This is particularly very important in the context of activities where human intellect plays an important role. For a knowledge based industry dependence upon the intellectual contribution of human person(s) plays the most vital role in creating and fostering value for the future. If a person is physically, mentally or socially unwell, that will negatively impact his/her economic contribution towards the society, nation and world at large. Illness has been identified as one of the prime factors that lead to decline in income level and fall into poverty. Poor-health condition can have economic implications through different channels. There are certain components like consultation fees of doctors, charges of diagnostic tests and medicines which comprise the direct cost towards access to Healthcare services. But some other factors like transportation and untimely cessation and reduction in earnings for patients and their family members which are considered under the indirect costs are also not negligible. In developing countries a significant proportion of the Healthcare expenditure remains to be out-of-pocket

expenditure and thus Negative health condition can impart threats to the socio-economic condition of households (Quintussi, M. et. al., 2015). Households without formal insurance often struggle to cope up with these situations by borrowing and selling assets, to meet the health related expenditures.

Several studies are showing that almost half of the individual level health expenditures are made towards chronic disease and almost 74% of these expenses are incurred on account of medicines. The 'chronic emergency' in the developing world is increasingly recognized, with NCDs expected to account for two-thirds of the disease burden in 2030 in middle-income countries and to cause annual loss in economic output in the magnitude of 4% of the GDP of 20 countries (Quintussi, M. et. al., 2015). Worldwide studies are reflecting on the concerning fact that households are being pushed towards poverty or forced into deeper poverty while striving to meet the medical expenses especially when there is a loss of income due to illness.

Medicines are compounds which are having direct or indirect impact on Human health and well-being. Drug regulatory authorities impose different restrictions on purchase of medicines with special emphasis on the fact that whether those can be bought without prescription or not to maintain physiological homeostasis of human beings. Medicines for major ailments and medicines for minor diseases are distinguished into the category of prescription and non-prescription medicines, respectively (Leelavanichet. al., 2020). Patients have a common tendency to visit a nearby pharmacy instead of visiting a medical professional for minor clinical symptoms such as cough, cold, allergies, pain, fever, acidity, diarrhea, and skin-related conditions as it allows quick and less expensive solutions to the problems (Marathe, 2020). But irrational or unrestricted use of medicines can, in turn, lead to several other health hazards like Drug abuse, Drug resistance, Drug interaction etc. and this becomes a vicious cycle wherein to get rid of one problem some other problems are being invited.

Economic literatures have identified many illuminating factors that can drive economic growth over the years - such as technological advancements, enhancement in literacy

level, and enlargement of physical capital. Similarly, the impact of advancement in health care services, Change in individuals' mindset and the influence of micro and macro environmental factors at workplace or outside are well understood. However, the interrelation between health and economic growth is still not very clearly understood and the multiple dimensions of economic and social Pathways through which health impacts economic output complicates the situation even more. Healthcare interventions that Particularly focused on the improvement of child and maternal health tend to have greater impacts on the economy then Investments made towards the health care services for men and elderly population (Baldanzi, Bucci, & Prettnner, 2017; Bloom, Kuhn, & Prettnner, 2015; Field, Robles, & Torero, 2009; Miguel & Kremer, 2004). Health interventions during childhood have stronger positive impacts throughout the adult lives of the children by enhancing their ability to learn nutritional level and productivity in future (Bleakley, 2007, 2010; Miguel & Kremer, 2004). Investments towards maternal health are shown to have stronger spillover impact on the health of their children from one generation to another (Bhalotra & Rawlings, 2011; Field et al., 2009).

On the other hand, the creative contribution of a person is directly aligned with the capacity to deliver and capacity to think. The capacity to deliver is directly connected with physical well – being and the capacity to think is drawn and derived from the horizon of the individual's mind. According to Roger Penrose "a person's awareness is to be taken, in effect, as a piece of software and his particular manifestation as a material human being is to be taken as the operation of this software by the hardware of his brains and body. Stress has become an inevitable part of modern life or postmodern era of living and Management. Stress is a kind of perceived pressure in an organizational context. Stress is a condition of the negative disposition of a human being. In the personal context of an individual, stress is something that is generated and stored in the mind to have an in telling impact on the personality to lead to a situation that is worthy of being called a deranged state of mind. Stress is there in the personal life of an individual former society and the organization. Today's techno-commercial age while offering a number of Tools and techniques has proved ineffective in at least one area which is the domain of personal life or the person-system interface where human beings become an instrument of this system. This becomes contradictory to human nature and leads to unhealthy situations. States of disequilibrium, in stability, and rest could lead to a condition which deviates a person from order at least for a short period at individual or collective level. At the organizational level the most crippling effect of stress is the downward Spiral of work output, business goals. For getting a delighted mind at the workplace, an individual must be freed from the lower order emotions and egoistic identities which lead to disvalues. Rather, a person, who can maintain a life with higher consciousness through a sustained effort of union with the supreme, can be elevated to a state of mind which is desireless and that desireless action can lead to optimum productivity.

Thus, the objective of this study is to:

1. To understand the factors pertaining to the Economic output of an individual in the context of groups(s).
2. To understand the relation of use of medicine for disease control and productivity.
3. To find the way of getting a delighted mind in favorable workplace with healthy and composed physical activity.

Literature Review

Quintossi (2015) et.al. have centered on comparing the impact of poor health to other negative influences and pathways through which health issues hinder the welfare of families. Additionally, scholars have delved into elucidating the various tactics households employ to cope with the monetary burden of healthcare costs. This has been

accomplished by analyzing cross-sectional data gathered from diverse households across India, which incorporated a module on household shocks along with detailed data on healthcare utilization and expenditures. Ridhwan (2022) has highlighted the importance of human capital in society and the economy is emphasized in this paper, which utilizes Maslow's hierarchy of needs to explore the relationship between motivation based on needs and economic output. The paper argues that without positive health conditions, the economy is unable to improve competitive productivity, resulting in decreased economic output. Specifically, the author discusses the impact of the pandemic on global health and its subsequent economic consequences. Reference is made to the World Bank's 2021 report, which suggests that the economic disruptions caused by the pandemic may persist for several more years (World Bank, 2021). Bloom et.al. (2019) conducted a comparative analysis to demonstrate how health influences economic growth in both developed and developing nations. Particularly, emphasis was placed on non-communicable diseases, which were found to have a detrimental impact on overall development and the economy. These diseases, resulting from unhealthy lifestyle choices and work-related stress, contribute significantly to global mortality and morbidity rates. Rezaghali (2016) emphasizes the impact of the workplace environment on an individual's physical and mental health. They argue that improving the work environment can lead to better overall health and can help reduce work-related disorders. McIntyre (2006) highlights that the methods used by households to cover healthcare costs can create significant financial strain, as many falls outside of public healthcare funding and rely on out-of-pocket expenses. These costs, paid for out of personal income, can lead to increased poverty levels, especially when illness prevents individuals from working. This reliance on personal funds further depletes savings, exacerbating the cycle of financial hardship. Portar (2015) has discussed the consequences of irrational medication use in India, emphasizing the substantial amount of family income allocated to medicines and healthcare expenses, a significant portion of which appears to be unnecessary.

Method

This is a descriptive study be based on secondary data collected from various Published Research Papers and Books.

DISCUSSION

Human health is a vital pillar which holds an essential part of any society or economic activity. Several theories of Economics known as endogenous growth theory depicts that economic growth is a result of the economic system, with human capital driving fundamental endogenous growth (Romer, 1997). The relationship between health and economic growth is complex, with health not just being the absence of disease but the ability to be productive. Good health leads to higher productivity, as healthy workers are more likely to be present at work and produce more than those who are ill. Additionally, good health from a young age helps individuals retain knowledge and skills, leading to a more productive workforce. The cost of illness, both to individuals and organizations, is significant. Absenteeism due to illness leads to loss of income, while healthcare costs add financial strain. Decreased human capital results in lower organizational output, impacting economic growth. Indirect costs include lost productivity and potential earnings, further highlighting the importance of maintaining good health. At a societal level, positive health conditions lead to healthy families and future generations, creating a strong foundation for economic growth. Ultimately, human resources are valuable assets for organizations, and investing in health leads to increased productivity and economic stability.

I. Factors Pertaining Retaining To The Economic Output Of An Individual In Group Context:

There are several factors pertaining to the Economic output of

an Individual in a Group context. Several combinations of physical and mental health conditions can impact economic output in several ways as follows:

- a. Productive: When a person is physically as well as mentally healthy.
- b. Statuesque: When a person is physically healthy but for some reason is non responsive to organizational responsibilities
- c. Unproductive: When a person is mentally unwell irrespective of the fact of being physically healthy or unhealthy.

The Micro and Macro environment of the workplace also play a pivotal role in the productive output of an individual. The Micro and macro environment of workplace comprises of several factors as follows:

- The psychosocial dimension of the workplace includes factors such as stress, depression, work-life imbalance, inadequate social capital which can lead to various mental and social health hazards.
- a. The word “Stress”, derived from the Latin word, means things such as hardship, strains, adversities and affliction, according to the early 20th century edition of oxford English dictionary. Stress is now-a-days considered as pressure on the personal system and environment of an individual and is a condition of negative disposition of human beings. Stress has become associated with the modern and post- modern era of living and management. It exists in the personal life of every individual, society and organization. Today's technology dependent world, despite observing several improvements in standard of living, has been proved to be ineffective in one area which is the domain of the personal life or person - system interface where a person becomes an instrument of the system. These unnatural or unhealthy things destroy the positive inner substance or Elan vitals of an individual. Stress imparting factors at the workplace are conflicts, poor interpersonal relationships, instability at work, job insecurity, high retrenchment, communication gap, and lesser clarity about organization's expectations.
- b. Depression imparting factors at the organization are offering poor pay packages, showing lack of respect to the employee, imposing decisions, putting irrational restrictions and control over workers.
- c. Insufficient social capital entails factors such as not recognizing the value of human resources, social isolation or exclusion, not being valued (ingratitude), and workplace discrimination.
- d. Perceived violent behavior in terms of insults, harassment, and bullying.
 - The ergonomic dimension of workplace conditions such as long sedentary work posture, repetitive and monotonous work pattern, or unscientific design of physical infrastructure, static and dynamic muscle work such as lifting and handling heavy objects, can lead to various physical health hazards such as orthopedic problems, body ache, muscle sprain etc.
 - Physical ambience of the workplace such as comfort, noise, temperature, lighting and air quality can also impact the physical and mental health of an individual.

All these occupational hazards can actually affect the work capacity of an employee. These can have significant socio-economic impacts in the context of increasing work-related disorders and reducing real working hours and productivity of the workforce. Absenteeism at work, reduced working hours, underperformance than the expected level are factors which are associated with different physical and psychosocial risk factors in the workplace. Most of the studies indicate that the behavioral and psychosocial environment of the workplace is actually having a greater impact on worker's productivity than that of the ergonomic factors. Thus finding the illuminating factors which can lead to a delighted, peaceful and balanced mental health of a worker is essential

to bring economic output to a positive scale.. The loss of working hours which can directly or indirectly be associated with loss of income of individuals and families is considered to be one of the main sources of cost of work environment deficiencies to the society. The lost working hours could have been the potential income source for the society which is getting compromised due to negative health conditions. Several studies show that, the workers who are present at the organization but are non-responsive or underperforming , are the largest source of loss of economic value rather than the workers who are absent due to severe morbidity or mortality. Organizations usually depend on their employees' professional knowledge and experience to get improved output in terms of quantity and quality of their products or services. The quantity and quality of the outputs are affected not only by the competence of workers, but also by the physical and psychosocial health factors among them. Additionally, inadequate performance level of the works can lead to the production of poor quality goods and services, which can in turn lead to future income loss and can impair long term sustainability of the organization because of decreasing credibility, customer dissatisfaction and reduced market share.

II. Different Manners In Which A Mind Responds To The Context Of Work:

There are different combinations of attributes that make a mind and these combinations shape the way in which mind will respond to the context of work:

- ✓ A Delighted Mind: When mind is fully delighted with factors drawn from Micro and Macro horizons .It acts as a facilitator towards increased and higher output in a given situation.
- ✓ A Rational Commercial Mind: This mind responds on the basis of personal selfish considerations weighed against the receivables in financial and material terms in order to provide output for the same.
- ✓ Indolent mind: Indolent mind does not respond to the cause unless it is going to be compulsive and having factors that would prove ironic to persons in the given situation.

Human beings are thought to be a mix of mind and materials of the body - psycho -somatic entities. Materialistic functions can be performed in a mechanical way without the involvement of mind. But the quality of mind and the level of consciousness determine the quality of work. Economic emergence and sustainability requires spiritual realization of individuals and the collective. It is the tranquil and blissful mind and the level of self-realization which can lead to creativity, completion of thought process and sensing facts with perspectives.

III. Impact Of Wrong Use Of Medicines:

Medicines play a pivotal role in disease control and they are the compounds which are having direct or indirect impact on human health. In order to get quick relief from disease, and for saving time and money individual's often try to escape doctor's consultation and start taking self – medication decisions. This increases the tendency of pharmacists' to dispense medicines randomly to satisfy customer's demand. This self – medication practice and irrational or unrestricted use of medicines often lead to serious health hazards or can even mask the timely diagnosis of some underlying problems. Hence, it becomes a cyclical problem and instead of recovering from the disease the health of the individual deteriorates. This deteriorated health, in turn, leads to social isolation, downward socio –economic spiral and loss of productivity. For example,

- a. Firstly, when medicines are used inappropriately, the risks of adverse drug reactions (ADRs) are increased. The effect of medicines can vary from individual to individual because of the presence of other substances such as other medicines, foods, beverages, dietary supplements. This

can sometimes lead to adverse drug reactions also when consumed without complete knowledge about the pharmacological profile of the medicines. For example, Aspirin and Blood thinners if taken together can lead to serious health hazards. Aspirins are commonly available retail medicines which are purchased by customers for pain, mild fever, cough and cold and can be dispensed by pharmacists without doctor's prescription. But if the patient is already on blood thinner medication due to some other chronic illness, it is important to consult a medical practitioner for getting the right information about the adverse effects it can have upon interaction with Aspirin. [Source: National Library of Medicine]. Similarly if a patient is having undiagnosed or unaddressed Peptic ulcer and consumes Aspirins randomly, it can lead to other major chronic illnesses in the long term [Bareuther (2017)]. In both the cases mentioned above, it is important to understand the right dose of the medicines, the time interval to be maintained among two different medicines etc.

- b. Irrational prescribing can also expose patients to the possibility of developing drug dependence to certain medicines, such as painkillers and tranquilizers. A vivid example of this can be the Opioid Painkillers (For eg. Oxycotin) which are usually used by doctors for trauma related pain relief. Opioids are usually made from Poppy plants and these painkillers have unique characteristics as in the bind to opioid receptors in the brain and develop a euphoric sensation in the mind of individuals (Kumar, 2014). Several studies are showing that, because of this feel good sensation Opioid painkillers are also available in the form of common street drugs the unrestricted consumption of which can lead to drug abuse. Increasing level of stress or depression is enhancing the usage of stress - reliever or anti-depressant medicines by doctors. Subsequently when patients are recycling those old prescriptions for getting easy remedies to combat minor work-life or personal stresses, the consumption becomes unrestricted and often irrational which can make the person physically and psychologically dependent on the medicine.
- c. Overuse or unnecessary use of medicines can lead to Drug Resistance, such as Antibiotic Resistance [Ventola (2015)]. Antibiotics are usually used for treating bacterial diseases. But overuse of antibiotics can actually help the bacterial population to devise their own weapons to escape or combat the effects of antibiotics. This renders the host system non responsive to the antibiotic anymore and hence the therapeutic purpose is not accomplished. Antibiotic resistance can occur due to the irrational prescription behavior of the doctors also.
- d. Certain groups of medicines, if used in a wrong way can prove to be derogatory for physical and mental health of individuals. Several studies are showing that there is an increasing tendency of the young age group to consume medicines for addiction, such as Cannabis, Opiates [Kumar (2014)]. These medicines are commonly used as pain relievers and are safe to consume when administered under medical supervision. But due to availability through various illegal pockets, these medicines are becoming major sources of drug addiction and abuse (Source: John Hopkins Medicines).

CONCLUSION

The last few decades have witnessed a global transformation in human health that has led to people living longer, healthier, more productive lives. While having profound consequences for population size and structure, better health has also boosted rates of economic growth worldwide. The discovery of the germ theory of disease, a better understanding of hygiene, and the development of antibiotics and vaccines have ensured positive physical health conditions for the masses. However, over - dependence on technology, elevation in the literacy level has stimulated the habit of self-

medication which can often prove to be detrimental. It is important to promote the practice of self - regulation to avoid the malpractice of Self- medication. This self-regulation should come from the level of consciousness of the inner self of an individual. Moreover, much emphasis must be given on mental health of people as non-responsive mind or mental disturbance affect productivity of individuals.

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