

HEALTHY LIVING THE SANTI ASOKE WAY... WITHOUT INJURIES

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ABSTRACT

The Santi Asoke community is recognized as a Buddhist reform community in Thailand that strictly follows a holistic health lifestyle, resulting in a notably low incidence of illness. This outcome is supported by the community's strong presence of health knowledge experts. Central to this community is the principle of self-reliance known as "Natural Way Medicine," a concept predating the popularization of Blue Zone longevity practices since 2008. However, one aspect not fully appreciated by the Santi Asoke community is the need to simultaneously enhance physical robustness alongside maintaining good health. Longevity requires more than the four principles outlined by Dan Buettner—primarily plant-based nutrition, moderate physical activity, purposeful living with stress reduction, and supportive social environments. It also demands quality of life, specifically the ability to live independently without bed confinement or severe disability. This study spans 2001 to 2025, aiming to generate new knowledge that supplements the community's existing health framework. It focuses on resistance training to improve functional capacity for daily living activities. The findings indicate that resistance exercise decreases the risk of accidents and enhances quality of daily functioning. This evidence provides a sustainable health maintenance strategy applicable to the broader population or individuals interested in proactive health management.

Keywords: Santi Asoke, Strength Training, Loss of Robustness, Healthspan

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