

HYGEIA

Meaning: Hygeia is the ancient Greek goddess of health, often symbolized by a bowl and a serpent, representing the holistic concept of well-being that includes physical, mental, and social health.

1. Hygeia is often depicted in ancient Greek art as a beautiful woman holding a bowl and a serpent.
2. The concept of Hygeia encompasses not just physical health, but also mental and social well-being.
3. In many cultures, the principles of Hygeia are integrated into public health programs to promote wellness.
4. The symbol of Hygeia is frequently used in the medical field to represent hygiene and health care.
5. Hygeia's teachings remind us that prevention is as important as treatment in the pursuit of a healthy life.

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