

# Te Whare Tapa Whā - Māori health model



Taha wairua (spiritual health)



Taha tinana (physical health)



Taha whānau (family health)



Taha hinengaro (mental health)

With its strong foundations and four equal sides, the symbol of the whareniui illustrates the four dimensions of Māori well-being.

Should one of the four dimensions be missing or in some way damaged, a person, or a collective may become 'unbalanced' and subsequently unwell.

For many Māori modern health services lack recognition of taha wairua (the spiritual dimension). In a traditional Māori approach, the inclusion of the wairua, the role of the whānau (family) and the balance of the hinengaro (mind) are as important as the physical manifestations of illness.