The purpose of this study is to examine what it is that makes physical touch in relation to health and suffering active. The study’s focus, however, lies in capturing that which makes touch active. The study emanates from five fundamental assumptions: 1. Human beings as the entity body, soul, and spirit; 2. Caritas as the fundamental motive of caring; 3. Fundamental, natural Caring means to tend to, play, and learn in a spirit of faith, hope, and love; 4. Health is a movement in becoming, being, and doing towards entity and holiness; and 5. The fundamental category of Caring is suffering. The main question the study seeks to answer is: what is it that makes physical touch in relation to health and suffering active? The study’s methodology is hermeneutical. Ödman’s method is used as the study’s method. The choice of methodology and method stems from the study’s purpose. The study material consists of literature and previous research. Increased understanding of something is achieved by emanating from one’s preunderstanding and theoretical perspective and penetrating the subject and its affiliated topics. The study’s data analysis is characterized by an oscillation between the parts and the whole and vice versa. Interpretation occurs during all phases of analysis.

The study results show that physical touch affirms the other, provides comfort and creates trust, consoles and infuses hope, is to share and feel involved, betters self-reliance and creates identity, conveys both positive and less positive feelings, and is a manner of communicating. The power of positive touch emanates from a carer’s ethos. If a carer has appropriated the ethos of Caring, in which he/she protects human beings’ dignity and holiness, his/her touch emanates from caritas: the thought of love and charity. Positive touch affects the whole human being as the entity body, soul, and spirit. It is expressed through tending to, playing, and learning and leads to healing and health. Positive touch presumes a balance between spontaneity and reflection. Negative touch, which also exists, is not at all associated with the ethos of Caring.