

Chapter 14: Health and Diseases

Maintaining Good Health

Good health is the state of physical, mental, and social well-being. It is maintained through personal hygiene, public hygiene, and sanitation.

- **Personal Hygiene:** Practices like bathing, washing hands, and oral care to maintain body cleanliness.
- **Public Hygiene and Sanitation:** Measures like waste disposal, clean drinking water, and controlling vectors to maintain community health.

Introduction to Diseases

Diseases are conditions that disrupt normal body functions. They are classified as:

- **Communicable Diseases:** Spread from one person to another (e.g., flu).
- **Non-communicable Diseases:** Not spread from person to person (e.g., diabetes).
- **Endemic:** Constantly present in a specific region (e.g., malaria in tropical areas).
- **Epidemic:** Sudden increase in cases in a specific area (e.g., dengue outbreak).
- **Pandemic:** Global spread of a disease (e.g., COVID-19).
- **Sporadic:** Occurs irregularly or occasionally (e.g., food poisoning).

Modes of Disease Transmission

1. **Airborne:** Spread through air (e.g., tuberculosis).
2. **Waterborne:** Spread through contaminated water (e.g., cholera).
3. **Vectors:** Insects or animals that carry pathogens (e.g., mosquitoes for malaria).
 - **Housefly:** Transmits dysentery and typhoid.
 - **Mosquito:** Transmits malaria, dengue.
 - **Cockroach:** Spreads food-borne diseases.

Common Diseases

1. **Bacterial Diseases:**
 - **Cholera:** Severe diarrhea, dehydration; maintain hygiene and clean water.
 - **Typhoid:** High fever, weakness; avoid contaminated food.
 - **Tuberculosis (TB):** Persistent cough, weight loss; early detection and treatment.
2. **Viral Diseases:**
 - **AIDS:** Weakens the immune system; transmitted through blood and sexual contact.
 - **Chicken Pox:** Fever, itchy rash; vaccination recommended.
 - **Hepatitis:** Inflammation of the liver; maintain food and water hygiene.
3. **Protozoan Diseases:**

- **Malaria:** Fever, chills; caused by mosquito bites.
 - **Amoebic Dysentery:** Abdominal pain, diarrhea; caused by contaminated food.
 - **Sleeping Sickness:** Caused by tsetse fly bite; affects the nervous system.
4. **Helminthic Diseases:**
- **Ascariasis:** Abdominal discomfort; caused by roundworms.
 - **Taeniasis:** Digestive issues; caused by tapeworms.
 - **Filiariasis:** Limb swelling; caused by filarial worms.

Symptoms and Control Measures

- Practice good hygiene and sanitation.
- Maintain a balanced diet to strengthen immunity.
- Vaccinate to prevent viral infections.
- Use insect repellents to avoid vector-borne diseases.

Conclusion

Understanding different diseases and their transmission modes helps in prevention and maintaining good health. Practicing hygiene and timely vaccination are essential in controlling diseases.