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CHAPTER

UNIT - III

Human Health and Diseases



Sneezing spreads diseases through the droplets of mucus

Chapter outline

- 7.1 Common diseases in human beings
- 7.2 Maintenance of personal and public hygiene
- 7.3 Adolescence – Drug and alcohol abuse
- 7.4 Mental health – Depression
- 7.5 Lifestyle disorders in human beings



Learning Objectives

- *Learns about various bacterial, viral, fungal, protozoan and helminth diseases.*
- *Understands the life cycle of malarial parasite.*
- *Learns the ill effects of drugs and alcohol.*
- *Realizes the responsibility for their behaviour, health care and life styles.*
- *Understands the importance of mental health and life style modifications to be followed for their well being.*



The World Health Organization [WHO] defines health as ‘a state of complete physical, mental and social wellbeing and not merely absence of diseases’. We can also say “HEALTH IS WEALTH”, when people are healthy they are more efficient at work. Health increases longevity of people and reduces infant and adult mortality. Personal hygiene, regular exercise and balanced diet are very important to maintain good health.

7.1 Common diseases in human beings

Disease can be defined as a disorder or malfunction of the mind or body. It involves morphological, physiological and psychological disturbances which may be due to environmental factors or pathogens or genetic anomalies or life style changes. Diseases can be broadly grouped into infectious and non infectious types.

Diseases which are transmitted from one person to another are called infectious diseases or **communicable diseases**. Such disease causing organisms are called **pathogens** and are transmitted through air, water, food, physical contact and vectors. The disease causing pathogen may be virus, bacteria, fungi, protozoan parasites, helminthic parasites, etc., Infectious diseases are common and everyone