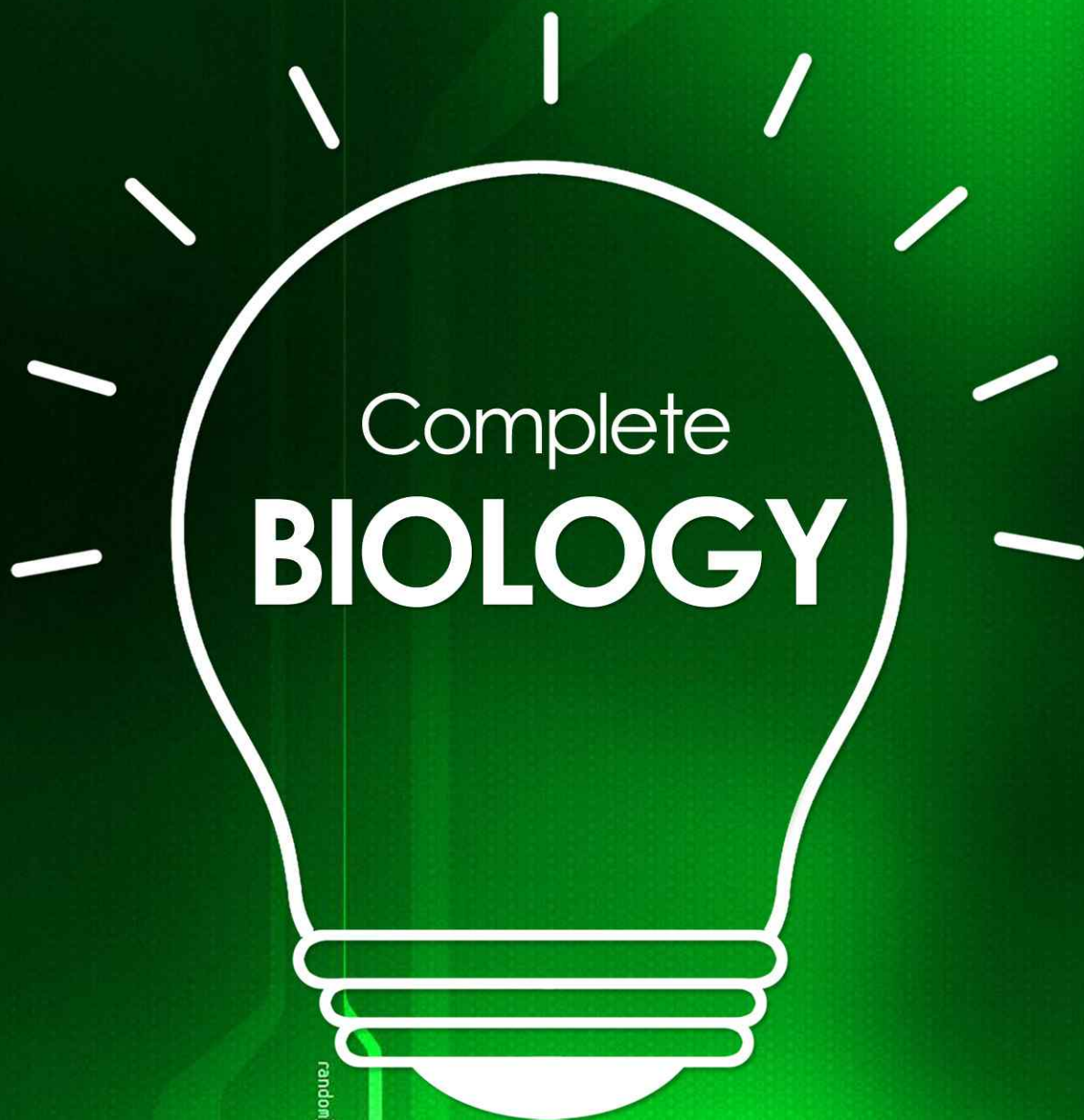




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CLASS 12th

Human Health and Disease

misostudy



01. Health

The term health is very frequently used by every body. Health does not simply mean 'absence of disease' or '*physical fitness*'.

It could be defined as a state of complete **physical, mental and social well** being. Of course, health is affected by

- (i) **Genetic disorders** : Deficiencies with which a child is born and deficiencies/defects which the child inherits from parents from birth.
- (ii) **Infections** and
- (iii) **Life style** including food and water we take, rest and exercise we give to our bodies, habits that we have or lack etc.

Disease

When the functioning of one or more organs or systems of the body is adversely affected, characterised by various signs and symptoms, we say, that we are not healthy, i.e., we have a **disease**. Disease can be broadly classified into two categories:

- (i) **Congenital Diseases** : These diseases occur since birth and may result from metabolic disorder or defect in development.
- (ii) **Acquired diseases** : These diseases develop after birth and can be divided into two main categories :
 - (a) **Infectious diseases/Communicable diseases** : Diseases which are easily transmitted from one person to another are called as infectious diseases. Infectious diseases are very common and some of the infectious diseases like AIDS are fatal.
 - (b) **Non-infectious diseases/Non-communicable diseases** : These diseases are not spread to other persons. Among non-infectious diseases, cancer is the major cause of death. Drug and alcohol abuse also affect our health adversely.

02. Pathogen

A wide range of organisms could diseases in man. Such disease causing organisms are called **pathogens** e.g., bacteria, viruses, fungi, protozoans, helminths etc.

Most parasites are therefore pathogens as they cause harm to the host body by living in or on them. The pathogens can enter our body by various means, multiply and interfere with normal vital activities, resulting in morphological and functional damage. Pathogens have to adapt to life within the environment of the host. For example, the pathogens that enter the gut must know a way of surviving in the stomach at low pH and resisting the various digestive anzymes.

Common human diseases :		
Disease (s)	Pathogens	Symptoms
(A) Bacterial diseases		
(i) Tuberculosis	Mycobacterium tuberculosis Mode of injection – Droplet injection	Chronic cough, fever, weakness, bloody sputum, breathlessness treatment - DOTS (Direct observation treatment short course) Investigation – Mantoux test