

Why do we fall ill?

Notes

Health :- It means a state of physical, mental and social well-being.

- * Our health is affected not only by unbalanced diet but also by disease causing organisms.
- * ~~Being healthy doesn't mean~~
- * Being disease free doesn't mean being healthy.

Difference b/w healthy & Disease-free :-

- * **Healthy**
 - It is a state of complete physical, mental & social well-being.
 - A healthy person will be disease-free.
 - Healthy person is energetic and able to perform as per requirement.
- * **Disease free**
 - It is a state of absence of discomfort.
 - A disease free person can be healthy / unhealthy.
 - Performance of a disease free depends upon environment & person's attitude.
- * The conditions essential for good health are :-
 1. Steps to ensure sanitation.
 2. Availability of clean drinking water.
 3. Availability of adequate, ~~the~~ nutritious food.
 4. Social equality and harmony.

Disease :- It means being uncomfortable.

- * Disease may be response to environmental factors (climate or malnutrition), specific infective agents.

Types of Diseases :-

1. Acute and chronic disease
2. Infectious and Non-infectious disease

Difference b/w Acute & chronic disease :-