

Why do we fall ill.

Disease :

Any condition which impairs the health is called as disease.

Health :

According to WHO , “ Physical , mental and Social well being of a person is called as health.”

Symptoms:

Something that a person suffers from that indicates a particular disease is called as symptoms.

Syndrome:

Group of symptoms is called as syndrome.

Causes of diseases :

A) **Biological Cause:** Disease caused by living organism .

1. **Bacterial Disease :** Disease caused by Bacteria

e.g. Typhoid , Leprosy

2. **Viral Disease :** Disease caused by Viruses

e.g. AIDS , Mumps

3. **Protozoal Disease :** Disease caused by protozoa

e.g Malaria, Leishmaniasis

4. **Fungal Disease :** Disease caused by fungus

e.g .Ringworm, Athlete foot

5. **Rickettsia :** Disease caused by primitive bacteria

e.g. Typhus

B) Nutritional Disease : Disease caused due to lack of nutrition.

Protein : Kwashiorkar

Protein and : Marasmus

Carbohydrate

Vitamin A : Night Blindness

Vitamin B : Beri Beri

Vitamin C : Scurvy

Vitamin D : Rickets

Vitamin E : Sterility

Vitamin K : Haemorrhage

Calcium : Osteoporosis and Osteomalacia

Iodine : Thyroid disorder

Iron : Anaemia

C) Chemical Disease: Disease caused by chemicals are called as chemical diseases.

Mercury Poisoning : Minamata disease
Cadmium Poisoning : Itai Itai disease
Fluorine : Dental and Skeletal Fluorosis

D) Hormonal Diseases : Disease caused due to hormones

Growth hormone (excess) : Gigantism, Acromegaly
Growth hormone (low) : Dwarfism
Lack of Insulin : Diabetes mellitus

E)Genetical Disease: Disease caused due to genes or chromosomes

Haemophilia, Turner's syndrome, Klinefelter's syndrome etc.

F)Mechanical Disease : Disease caused by accident

Fractures of Bones

G)Physical Disease : Disease caused by physical factors like temperature , light etc.

Sun stroke, cough and cold etc

Sources of Diseases:

A)Intrinsic or Internal factors: Disease causing factors lie within the body

Genetic disorders
Hormonal disease
Diseases related to immune system

B)Extrensic or External Factors : Disease causing factors lie outside the body

Unbalanced diet
Environmental Pollutant
Tobacco, alcohol, narcotic drugs

Classification of diseases on the basis of duration :

Acute Disease : Disease which remains for very short time is called acute disease.

e.g. Cough and Cold

Chronic Disease : Disease which remains for very long time is called chronic disease.

e.g. TB, Diabetes

Types of diseases:

a) Communicable disease: Disease which is spread from one person to another by direct or indirect contact is called as Communicable disease.

1. Contagious disease : Disease which is spread from one person to another by direct contact is called as Contagious disease.

e.g chicken pox

2. Non contagious disease : Disease which is spread from one person to another by indirect contact is called as Non contagious disease.

e.g Typhoid, Cholera

b) Non-Communicable disease : Disease which is not spread from one person to another by direct or indirect contact is called as non Communicable disease.

e.g . Cancer, Heart attack

Modes of Transmission or Spread :

Diseases can be spread by following ways :

1. By Direct Contact : Leprosy, chicken pox
2. By Droplet : TB , Influenza
3. Air Borne : Common cold, Influenza
4. Water Borne : Cholera, Typhoid
5. Soil Borne : Tetanus
6. By animal Bite : Rabies
7. Fomite Borne : Leprosy, Chicken pox
8. Vector Borne : Malaria, Filaria, Dengue etc
9. Transplacental Transmission : AIDS, Hepatitis

Antibiotics : The chemical substances produced by one micro organism and are used to kill other micro organism is called as Antibiotics. Antibiotics in low concentration inhibit growth of micro organism or pathogens. It affects biological pathway of organism and kills them.

e.g Penicillin, Tetracyclin, Azithromycin etc.

Vaccination :

Inoculation of dead , harmless or weakened entities in body which stimulate antibody production in body is called as vaccination.

It brings immunity in body and improves our immune system against any infectious microbes.

Hence it is also called as immunization.

Antigen :

Any foreign material that stimulate production of antibody in animals is called as antigen.

Antibody :

An antibody is a glycoprotein which is produce by defence system of body as a result of inoculation of antigen is called as Antibody.

Allergy:

Hypersensitivity of a person to some foreign substance coming in contact with or entering the body is called as allergy.

Allergens :

The substance that causes allergy is called as allergens.

Diseases caused by virus :

Dengue Virus	Dengue fever
Influenza virus	Influenza
Mumps virus	Mumps
Polio virus	Poliomyelitis
HIV	AIDS
HBV	Hepatitis
Rubella virus	Rubella
Rabies virus	Rabies
Varicella zoster	Chicken pox
Variola virus	Small pox

Diseases caused by Bacteria :

Bordetella pertussis	whooping cough
Corynebacterium diphtheria	Diphtheria
Mycobacterium tuberculosis	TB
Mycobacterium leprae	Leprosy
Vibrio cholerae	Cholera
Treponema pallidum	Syphilis
Salmonella typhi	Typhoid
Clostridium tetani	Tetanus
Neisseria gonorrhoea	Gonorrhoea

Diseases caused by Vector :

House fly	Cholera, Dysentery
Tse -Tse Fly	Sleeping sickness
Sand fly	Kala azar
Female anopheles	Malaria
Rat	Plague
Aedes mosquito	Dengue
Culex mosquito	Filariasis

Diseases caused by Chemicals :

Phosphorous	Damage to respiratory and vascular system
Fluorides	Dental fluorosis
Pesticides , DDT	Malfunctioning of kidney
Lead	Damage to liver and Kidney
Hydrocarbons	Carcinogens
Cadmium	Itai-Itai disease
Mercury	Minamata disease
Radio active waste	Gene mutation

Diseases caused by Deficiency :

Calcium	Rickets, Tetany
Phosphorous	Rickets , Tetany
Sodium	Improper muscle contraction
Potassium	Nervous depression
Iron	Anaemia
Iodine	Thyroid disorder
Vitamin A	Night blindness
Vitamin B	Beri beri
Vitamin C	Scurvy
Vitamin D	Ricket
Vitamin E	Sterility
Vitamin K	Haemorrhage
B-complex	Bleeding gums
Vitamin B2	Cheilosis
Vitamin B3	Pellagra
Vitamin B6	Dermatitis
Vitamin B9	Macrocytic Anaemia
Vitamin B12	Pernicious Anaemia

Diseases caused by Fungus :

Aspergillus	Aspergillosis
Coccidioides	Coccidioidomycosis
Cryptococcus	Meningitis

Diseases caused by Protozoa :

Entamoeba	Amoebiasis
Plasmodium	Malaria
Leishmania	Leishmaniasis
Trypanosoma	Trypanosomiasis

Diseases caused by Helminth :

Ascaris	Ascariasis
Taenia	Taeniasis
Wucheria	Filariasis

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