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Health, Common Diseases in Human and Immunity:

1. Health is defined as a state of complete physical, mental and social well-being.

(i) The factors which affect human health are:

(a) Genetic disorders (b) Infections (c) Lifestyle.

(ii) Balanced diet, personal hygiene and regular exercise are very important to maintain good health.

(Hi) Awareness about diseases and their effect on different body functions, vaccination against infectious diseases, proper disposal of wastes, control of vectors, maintenance of hygienic food and water resources are necessary for achieving good health.

2. Disease is a state when functioning of one or more organs or systems of the body is adversely affected, characterised by various signs and symptoms.

Diseases can be divided broadly into the following two categories depending on the modes of transmission

I. Infectious diseases which easily transmit from one person to another, e.g. AIDS, common cold, etc.

II. Non-infectious diseases which does not transmit from one person to another, e.g. cancer, diabetes, etc.

(i) Disease causing organisms are called pathogens, e.g. bacteria, viruses, fungi, protozoans, helminthes, etc.

(ii) The above described pathogens enter the body by direct contact, contaminated food and water, droplet infection, etc.

(iii) The pathogens multiply in body cells, interfere with normal vital activities, cause morphological and functional damage.

(iv) Infectious diseases can be divided into certain categories, based on the type of pathogen

Infectious Diseases
Bacterial Viral Protozoan Fungal Helminthic

e.g. pneumonia, e.g. common cold, e.g. amoebiasis, e.g. ringworm, e.g. ascariasis, ,
plague, typhoid, polio, etc. malaria, etc. athlete's foot, etc. filariasis, taeniasis, etc.
diphtheria, etc