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STUDY NOTES

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CLASS- IX (All Section)

DATE: 27-05-2020

**BIOLOGY**

**LESSON-03**

**CHAPTER: Why do we fall ill?**

**Today's Topic: Health and diseases**

**Health:**

Health is a state of complete physical, mental and social wellbeing.

**Disease:**

Any disturbance in the structure or function of any organ or part of body.

It may be caused due to the attack of pathogens (virus, bacteria), lack of nutritious diet/balanced diet and lack of public health services.

**Types of Disease:**

Diseases are basically of two types. They are:

**(i) Acute Disease :** The disease which lasts for only a short period of time is called Acute Disease.

**For example:** Influenza (Flu) , Common cold, etc.

**(ii) Chronic Disease :** The disease which lasts for long period of time is called Chronic Disease

**For example:** TB, Cancer, etc.

### **Difference between Acute Disease & Chronic Disease:**

#### **Acute Disease**

1. They are short duration disease
2. Patient recovers completely after the cure
3. There is no loss of weight or feeling of tiredness afterward
4. There is short duration loss of work and efficiency

#### **Chronic Disease:**

1. They are long lasting disease
2. Patient does not recover completely
3. There is often loss of weight or feeling of tiredness
4. There is a prolonged loss of work and efficiency

### **Causes of Diseases:**

Causes of diseases are explained below:

### **Immediate and Contributory Cause:**

**Immediate cause:** The organisms that enter our body and causes disease is called immediate cause. For example, virus, bacteria, protozoa etc.

**Contributory cause:** The secondary factors which led these organisms enter our body are called as contributory cause. For example, dirty water, contaminated food, improper nourishment, poor standard of living etc.

### **Infectious and Non-infectious Cause:**

**Infectious causes:** They include the agents like microbes or micro-organisms as the immediate causes which spread the disease from an infected person to a healthy person.

**Non-infectious causes:** The disease which does not spread by contact between infected and healthy person through air and water, is called non-infectious disease.

### **Infectious and Non-infectious Diseases:**

**Infectious Diseases:** The diseases which spread due to infection by micro-organisms are called infectious diseases.

When a disease causing organism enters our body it causes infection, it multiplies and grows in the body called host and micro-organisms multiplies in the host body.

**For Example:** Tuberculosis, tetanus, Common cold, AIDS, etc.

**Non-infectious Diseases:** The disease which does not spread by contact between infected and healthy person through air and water, is called non-infectious disease.

**For example:** Cancer, genetic abnormalities, high blood pressure, etc.

### **Means of Spreading Infectious Diseases:**

Types of Disease

#### **Example:**

- 1.** Air born Diseases
- 2.** Common cold, influenza, measles, tuberculosis.
- 3.** Water born diseases Cholera, typhoid, hepatitis.
- 4.** Sexual Diseases AIDS, Syphilis.
- 5.** Animal born Disease Rabbits.

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