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Class 9<sup>th</sup>

Sub. Biology

Date:- 26.08.20

## Why do we Fall Ill?

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The activities performed inside our body by the internal organs are all interconnected. For instance, the heart always forms of the blood in the body, the brain always thinks, the kidney filters out waste from our body and so on. If anyone of these activities stops, this would affect the whole functionality of our body.

What is health?

It is a state of being well so that one can perform physical, social and mental functions properly. **For Example**, we say a person is healthy if they can perform their day to day tasks very well.



**Figure 1: What is health?**

Is health dependent on personal and social issues?

Yes, we cannot achieve health solely on our own. Every organism in this world depends upon another or the environment for their better health.

Factors that determine better health:

- We always stress upon the fact that the environment surrounding us should be healthy otherwise it may lead to harmful diseases. Therefore, we can say that **public cleanliness** is an important factor for the better health of people in society.
- Another important factor for proper health is **food**. Now, we can have food only if we have the money to buy it and for that, we need to work. Therefore we can say that good economic conditions of society and employment are needed for better health.
- Lastly, we can stay healthy if we are living a tension free life. How can we expect a healthy environment around us if everyone keeps on ill-treating each other? Therefore, we can say that a **good social environment** is required for better health.

### **What do you mean by a disease?**

- We can say that a disease is any abnormality or disturbance caused in our body.
- A disease is not caused by any external injury but can be caused by an external factor like germs.
- Sometimes internal dysfunctionality of our body may also lead to diseases.
- A disease generally has some Symptoms and Signs associated with it, **For Example**, Pain, Swelling and Fever are some common symptoms.

### **How is being disease-free different from being healthy?**

<b>Healthy</b>	<b>Disease free</b>
<b>It is a state of physical, mental and social well being.</b>	<b>It is a state of absence from diseases.</b>
<b>It refers to the individual, physical and social environment.</b>	<b>It refers only to the individual.</b>
<b>The individual has good health.</b>	<b>The individual may have good health or poor health.</b>

**Figure 2: Healthy and Disease-Free**

## **How can we stay disease free?**

We can stay disease-free by maintaining good health that is,

- by having proper food or a balanced diet
- by keeping the environment clean
- maintaining personal hygiene

## **How can we identify a disease?**

- A disease is associated with symptoms. In other words, our body shows certain indications with which we can assume that we may be suffering from a disease.
- We know that different parts of our body perform different functions.
- Any of these functions are disturbed, we can say that something is wrong within our body or something has changed in it. This is a symptom of getting a disease.
- Symptoms just indicate that there is a disease. They do not indicate the exact type of disease.
- The doctors often look for the signs of a disease in order to find out the exact problem. These signs, unlike the symptoms, are more definite indication of a disease. Sometimes laboratory tests are also done in order to find a disease.