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## **What causes diseases?**

We know that, diseases can be caused by two factors:

Internal factors in our body such as:

- Hormonal imbalance
- Allergic Reaction
- Genetic disorder
- Malfunctioning of body organs

External factors such as:

- Unhealthy diet
- Disease causing germs (bacteria, viruses, fungi)
- Pollution in the environment
- Unhealthy lifestyle

Based on the following there are two broad categories of causes of diseases –

### **1. Immediate Causes and Contributory Causes**

<b>Immediate Causes</b>	<b>Contributory Causes</b>
These are the actual causes that are responsible for a disease. These causes can be infectious as well as non-infectious.	These are not the direct causes but factors that contribute in causing a disease.
<b>For Example</b> , Bacteria, Fungi, Viruses, Germs etc.	<b>For Example</b> Poor diet, Unhealthy lifestyle,

	Polluted environment etc.
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