



HUMAN HEALTH AND DISEASES

Dr. Nisha Verma
Associate prof. (Eco Deptt.)
DOB- 3/dec/1964
S.N.Sen P.G. College, Kanpur

Health is a vital indicator of human development and growth of the India. Health standards in India have improved significant over the years since independence Better socio, economic conditions, along with concerted efforts of the government and other agencies engaged in expanding the health, infrastructure have paid off, as evidenced by the improvement in some of our health indicators, since independence. Infant Mortallity Rate has fallen by 70 % point between 1947-1990, malaria has been contained, small pox and guineaworm have been completely eradicated and leprosy and polio are nearing elimination.

Health status of the more than seven million people in rural and remote areas is well documented. It is due largely to the impact of a broad range of socio-economic, behavioural and infrastructure related determinants. Strategic investment in building and updating infrastructure, such as more reliable energy supplies, better water quality and waste management, and improved health hardwares like taps, toilets, stoves, washing machines and fridges, will be of direct benefit to the health of people and also supports healthy behaviours such as participation in sports, performing arts, volunteer services and social networking are seen as pivotal to preventing physical and mental health disorders.A 'whole of governments' approach is necessary for effective development, which is of vital interest to people in the health sector, as well as to country people in general.

There are many programs to provide better health in India. These are :-

1. National Rural Health Mission (N R H M)
- 2.Reproductive and Child Health (R C H)
- 3.Maternal Health Program (M H P)
- 4.Janani Suraksha Yojana (J S Y)
- 5.Accrodited Social Health Activities (A S H A)



We have made deeper inroads into rural areas with focused schemes like the National Rural Health Mission and have started a scheme for health insurance for the population. The National Rural Health Mission is the main vehicle for giving effect to the country. The scheme was launched on 12th April 2005 by Hon'ble Prime Minister of India throughout the country, is a right initiative in this direction.

The aim of government schemes are to provide accessible, affordable, accountable, effective and reliable primary health care facilities to the poor and vulnerable sections of the population. Primary health care system is the backbone of the Indian health system. Primary health care infrastructure has recorded an impressive development during the last 50 years of independence. The mission is to ensure action on a wide range of health determinants like water, sanitation, nutrition, social and gender equality. This socio-economic development of the country hinges on the health status of its children. Thus, the opportunities for early childhood development determine the present and future of the country.

Health and disease are critical concepts in bioethics with far-reaching social and political implications. For instance, any attempt to educate physicians or regulate health insurance must employ some standards that can be used to assess whether people are ill or not. Concepts of health and disease also connect in interesting ways with issues about function and explanation in philosophy of the biomedical sciences, and theories of well-being in ethics.

Health expenditure in India:-

According to the WHO, total health expenditure whose primary purpose is to restore, improve and maintain health for nation and for individuals. The total expenditure in India for the year 2001-02 was Rs. 1,057,341 million which accounted for 4.6 % of its GDP. The share of health in Union Budget increased from 2.1 % in the current year to 2.4 % in 2011-12. But the increase in its share of the GDP was negligible from 0.32 % in the 2010-11 to 0.34 in 2011-12. The total public expenditure on health is around 1 % of GDP.

Social determinants of health :-

Health is a necessity for social welfare, it becomes imperative for the state to provide for it. There should be a greater whole-of-government attention to the determinants of health that fall outside the scope of the health sector. Communities that have good housing, good quality local



schools, career opportunities, aged care and community services, social and entertainment outlets, safe roads and affordable fresh food are healthy places for children and families.

This focus on the range of socio-economic determinants of health is particularly critical for the 70 per cent of the country's Indigenous people who live in areas that are regional, rural and remote.

Mental health: central to human development

Positive mental health is linked to a range of development outcomes, including better health status, higher educational achievement, enhanced productivity and earnings, improved interpersonal relationships, better parenting, closer social connections and improved quality of life. Positive mental health is also fundamental to coping with adversity. On the other hand, poor mental health impedes an individual's capacity to realize their potential, work and productively.

Sickness not only creates suffering but is an economic loss. The sick man can't work and therefore loses his wages. He become unemployable, and the result may be that the whole family drops in the social scale. The social and economic impact of mental and psychosocial disabilities is diverse and far-reaching, leading to homelessness, poor educational and health outcomes and high unemployment rates culminating in high rates of poverty.

Disease:-

- The term "Disease" is used to describe a disorder or malfunction of the mind or body which leads to a departure from good health.
- Diseases are characterised by symptoms that are physical or mental or both.
- Any deviation from or interruption of the normal structure or function of any body part, organ, or system that is manifested by a characteristic set of symptoms and signs and whose etiology, pathology, and prognosis may be known or unknown.
- A pathological condition of a part, organ, or system of an organism resulting from various causes, such as infection, genetic defect, or environmental stress, and characterized by an identifiable group of signs or symptoms.



Incidence = (number of new cases of a disease in a certain period)/ (Number in population)

Categories of disease

Category	Cause
Physical	Damage to part of the body
Infectious	Invasion of the body by other organisms
Deficiency	Inadequate diet
Inherited	Defective genes from parents
Degenerative	‘wear’ of organs and tissues
Mental	Changes to the mind, with or without a known physical cause
Social	Social environment or behaviour
Self-inflicted	Wilful damage to body caused by own actions

Factors affecting health :-

Air pollution :- Air pollution in the form of particulate matter or sulphur-di-oxide , ozone, NO₂, has a serious impact on health. AP is estimated to cause approximately 2 million premature deaths worldwide per year more than half of this burden is born by in developing countries. Almost 4 million children worldwide die each year of acute respiratory infections that are linked to air pollution that is due to industrialization. Asthma is rising dramatically due to environmental allergies and overcrowding of homes. Air pollution from smoke and various chemicals kills 3 million people a year. Toxic chemicals are released into the environment contributing to cancer, birth defects, immune system defects and many other serious health problems.



Atmospheric Pollution:- For over 150 years, the growth of our industrial society has been fueled by cheap energy, much of it is obtained by burning of fossil fuels (such as coal, oil and gas) which release large amounts of carbon dioxide into the atmosphere. The carbon dioxide creates what has become known as the greenhouse effect where radiant energy from the sun is prevented from radiating into space. Therefore, the temperature of our atmosphere is rising.

Water pollution:- Untreated sewage , factories ,refineries, oil industries, discharge there affluent in to a river, stream, sea in many parts of the world that causes huge damage sewage is the liquid waste containing some solids produce by human which typically consist of washing water faces, urine, laundry wastes and other material which goes down in drains and toilets from house holds and industries ,sewage water is a complex matrix with many distinctive chemical characteristics .Therefore the oxygen demands and bacterial pollution are increasing day by day this is mainly responsible for water born disease as well as degradation of water. About 2.5 million children worldwide die each year of diarrhea diseases that are linked to contaminated water and soil. Agriculture degradation of water comes in the form of manure runoff from farming causing damage to local water quality by overloading it with nutrients, particularly phosphates. The manure contains pathogens to which humans are vulnerable. These pathogens can lead to acute short-term memory loss, asthma like symptoms, liver and kidney dysfunctions and blurred vision and vomiting.

Water pollution creates breeding grounds for malaria-carrying mosquitoes and West Nile virus carrying mosquitoes.

Global warming:- It is predicted to have a major effect on rainfall patterns. Areas that have already been experiencing droughts are seeing water shortages. Climatic changes has caused catastrophic hurricanes and tornadoes. Global warming together with changes in biological diversity, influence parasite evolution and the ability of exotic species to invade new areas have resulted in diseases such as tuberculosis influenza re-emerging as major threats. New disease such as West Nile Virus and Lyme disease have been linked to environmental.

Urbanization:- It caused overcrowding of urban areas to create conditions that are unsanitary. Therefore, more people have been exposed to such diseases as measles and flu. Soil and land Soil is contaminated by many chemicals and pathogens which are passed on to humans through direct contact or via food and water. Pesticides are a type of pathogen that pass on their harmful



toxic chemicals through food and water. The long- term effects of pesticides include elevated cancer risks, and disruptions of the body's reproductive, immune, endocrine and nervous system. Approximately 10,000 deaths occur each year due to pesticide poisonings. Studies have shown that pesticides have been linked to certain types of cancer.

Conclusion:-

The national Family Health Survey found that the coverage of universal immunization programme was just 43.5 % of the population. The low level of funds for public health is an indicator for another pillar of the government's "sustainable and sustained" growth aim. Environment is a key public health concern. The lack of investment in public health rollout whether it is through key programmes or health infrastructure will also hinder the need for greater environmental accountability from the people.

REFERENCES

1. Ereshefsky, M., forthcoming. "Defining 'Health' and 'Disease',"
2. Papineau, D., 1994. "Mental Disorder, Illness.
3. kurukshetra july, 2009 a journal related to air, water pollution.
4. Whitbeck, C., 1981. "A Theory of Health," .
5. World Health Organization (WHO), 1948. "WHO definition of Health"
6. Yojna october 2009 ,Human health.
7. www.wikipedia.com
8. Kurukshetra feb-2010