

HEALTH .

In general, a person is said to be in good health if he is free from any disease - Physical or Mental - and can function effectively.

"Health is a state of Complete Physical, mental and Social well-being."

Good health may mean different things to different people. e.g. to a labour means being fit enough to do hard physical work. And to an office-worker it may mean having the mental alertness to deal with people, take decisions etc.

DISEASE .

A disease is an abnormal condition of the body which does not let the body function properly.

- * Sometimes a part of the body is unable to function properly because of an Injury. Such a condition is not a disease. For e.g. a person with a fractured bone in the leg will not be able to move it. But a fracture is not a disease.

Examples of Some common diseases : -

Common cold, Influenza (Flu), Malaria, Diabetes etc

BASIC CONDITIONS NECESSARY FOR HEALTH.

1. Balanced diet → A balanced diet is the first condition necessary for good health. A balanced diet is one that provides all nutrients required by body. When our diet lacks one or more nutrients, we suffer from deficiency disease. e.g. — By the lack of mineral Iron, we may / suffer from disease Anaemia.
2. Personal Hygiene → It is also important for good health. For maintaining personal hygiene we should:—
 - Bath regularly.
 - We clean clothes.
 - cut nails.
 - wash hands with soap before and after meal.
 - Brush our teeth twice in a day.
3. Clean Surrounding → Our health depends on cleanliness of our surrounding. Flies and germs cause disease. Flies and Mosquitoes breed in pools of stagnant water and upon log of garbage.
4. Clean Food, Air and Water → Taking contaminated food, drinking unsafe water and breathing polluted air may cause us disease. Fruits, vegetables and food grains carry germs and eggs of insects and worms so we should wash these materials thoroughly before eating and cooking. Our homes should be well ventilated.
5. Exercise and Relaxation → Regular exercise keeps us fit. Exercise keeps body weight under control. There are different types of exercise e.g. walking, jogging, bicycling, Yoga and sport. Relaxation and sleep are important for physical and

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mental health. These help in resting and recharging the body and reduce stress.

(6) Good Economic Condition → People who are poor cannot afford many of things required for good health e.g balanced diet, clean drinking water.

(7) No addiction → The habit of smoking, drinking Alcohols and taking drugs can cause health problems e.g drinking Alcohol damage the liver, smoking causes respiratory and heart disease, and cancer. Drugs affect the nervous system. For good health, we should not take these addictive substances.

The health of an individual and that of community are related / depend upon above Basic conditions.
