



INTERMEDIATE

Biology : Human Health and Diseases

Hand Notes For JEE Mains, Advance, NEET UG, Class 11 & 12 etc...

Hand Notes

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Human Health and Disease

- Health
- Common Disease in Humans
- Immunity
- AIDS and Cancer
- Drugs and Alcohol Abuse

Health

Does not simply mean absence of disease or physical fitness.

Definition : Health can be defined as complete physical, mental and social well being.

Importance of Health

- It increases longevity.
- It makes the person to work efficiently.
- It helps to gain economic prosperity.
- Reduces infant and maternal mortality rate

How to achieve good Health?

- Balanced diet
- Maintenance of personal hygiene
- Regular exercise → Yoga has been practised since time immemorial to maintain physical

and mental well being.

- Awareness of diseases.
- Vaccination (or immunisation)
- Proper disposal of wastes.

- Factors affecting Health.

- Genetic disease.
- Infections.
- Life style factors.

- Disease

It is a state or condition in which the functioning of one or more body organs adversely affected, showing certain signs or symptoms.

- Pathogen: disease causing agent:

It has to adapt itself according to the environment of host.

- Types of Diseases