

Health Organisations

- In India, the main cause of health problems can be poor living conditions, inadequate health care facilities, illiteracy, ignorance, etc.
- Some of the major causes of health problems in India are:
 - **Unsafe drinking water** – Many gastro-intestinal disorders and water borne diseases (cholera, jaundice, etc.) are due to the lack of safe drinking water.
 - **Malnutrition** – The main cause of poor health in developing countries is malnutrition. Adulteration is a major source of fatal diseases. Adulteration not only degrades the quality of food, but dangerous substances are added to the food, which proves to be a health hazard.
 - **Poor housing** – The high population and the availability of less space in countries such as India leads to poor health of people. People living in congested areas do not get sufficient sunlight, fresh air, safe drinking water, etc.
 - **Improper sewage disposal** – This problem is especially prevalent in village areas where sewage is not properly disposed off. Even the water is badly polluted. The village wells are contaminated and drinking water is not treated before drinking.
 - **Lack of medical care** – A major part of Indian population lives in villages, but the part of medical facilities is least in villages. In remote villages, people die of ignorance and lack of proper medical aid, vaccines, family planning, diagnostic facilities, etc.

| Common Diseases Among People of India | | |
|---------------------------------------|-----------------------------|-----------------------|
| Disease | Cause | Example |
| Communicable disease | Caused by pathogens such as | |
| | Virus | AIDS, jaundice |
| | Bacteria | Tuberculosis, cholera |

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| | Fungi | Ringworm, Athletes foot |
| | Protozoa | Giardiasis, malaria |
| | Helminthes | Ascariasis |
| Nutrition deficiency | Caused by deficiency of nutrients | |
| | Protein | Kwashiorkor |
| | Protein and carbohydrates | Marasmus |
| | Vitamin A | Night blindness |
| | Vitamin B | Beri-beri |
| | Vitamin C | Scurvy |
| | Vitamin D | Rickets |
| | Iron | Anaemia |
| | Iodine | Goitre |
| Allergies | Hypersensitivity of body to foreign particles such as dust, pollen grains, etc. | Asthma |
| Degenerative diseases | Malfunctioning of vital organs | Heart attack, diabetes |
| Cancer | Abnormal and uncontrolled tumour-like growth of a part of body | Lung cancer, leukaemia, etc. |
| Congenital or genetic diseases | These are present right from the birth. | Colour blindness, haemophilia, autism, etc. |

Several kinds of health organisations work throughout our country. These health organisations can be divided into three main groups – local organisations, national organisations, and international organisations.

- **Local organisations** – Municipalities, town area communities
- **Responsibilities of Local bodies:**
 - Sanitation
 - Supply of safe drinking water
 - Vaccination
 - Keeping statistical records
- **National organisations** – Indian governmental organisations, research centres, NGOs, etc. E.g. – Pulse polio programme
- **International organisations** – WHO, Red Cross, UNICEF