

The first case of AIDS was registered on 5th June 1981. The world was, then not aware of the seriousness of this disease, but its history shows that, in the beginning of the first half of 20th century many instances of the disease which is known today as AIDS were noticed. As the time passes on this disease goes on increasing by leaps and bounds. In the under developed and developing countries, its spread is much faster. In India also, it is being spread hazardously and terribly. Due to the adverse effects of this disease on progress and development of the society, it has become a challenge for the whole mankind. For prevention of this disease, the Government, the social institutions and all others individually need to join the movement of co-operation. In the whole world, 1st December is being celebrated as “World AIDS Day”.

● Definition of AIDS

AIDS is spread due to the infection of Human Immune Deficiency virus to white blood corpuscles T - lymphocytes.

This type of virus destroy the immunity of human body. Hence many types of illnesses can be caused.

● HIV - AIDS :

H - Human

I - Immuno Deficiency (producing defect in immunity)

V - Virus

A - Acquired

I - Immuno (in the immunity)

D - Deficiency (producing deficiencies)

S - Syndrome (Group of the characteristics of the disease.)

If in the blood - test of a person presence of these viruses is detected, that person is called HIV Positive. White blood corpuscles (WBC) protecting against diseases by providing immunity to the human body. But the viruses of this disease destroy the WBCs in the blood. HIV enters WBCs and attack the immunity system and make it weak. Thus they invite viruses of other diseases. After infected by HIV the time - duration of appearance of its characteristics can be from 6 months to 20 years. Such a person is known as bearer of AIDS and not a patient.

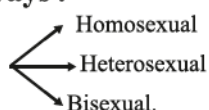
● Definition :

Group of diseases producing defect in the acquired immunity.

Entrance of HIV and AIDS in the body.

● HIV, AIDS enter the body mainly in the following ways :

(1) Sexual intercourse with the person already infected :



(2) Mixing of the blood of the infected person with the blood of the healthy person.

(3) By using the unsterilized needle already used by the infected person without being sterilized.

(4) From the body of the infected mother to her child in embryo.

(5) Collective use of the needle used by the infected person for taking intoxicants (intoxicating substances).

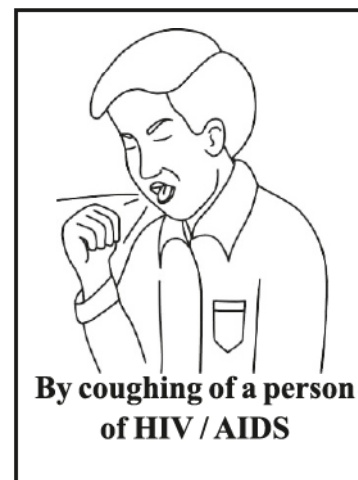
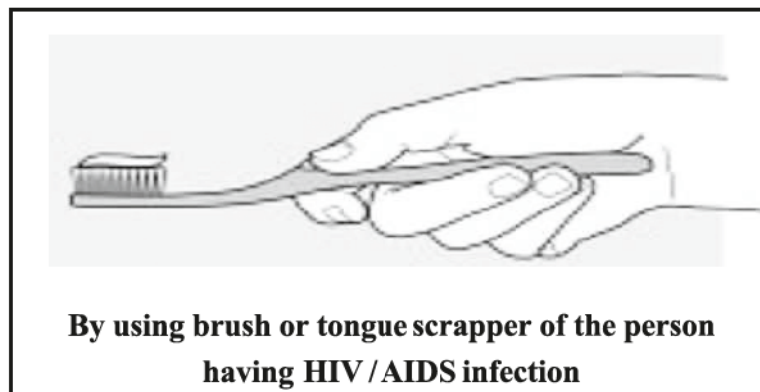
(6) The HIV viruses might have been mixed in the blade or needle. While shaving or setting 'tetu' made on the body.

In other infectious diseases medicines destroy bacteria, germs and thus it makes the person free from disease. But the medicines adverse to HIV viruses only stops the growth of these viruses, but they are not completely destroyed.

- **Patient of HIV infected / AIDS infected and society.**

There is no direct danger to the society from the patient of HIV or AIDS, infected because HIV present in his body does not spread in the other person, through the following social behavior.

HIV / AIDS do not spread like this



With the HIV / AIDS infected person :

- By staying in one house.
- Dining together.
- Using public latrines.
- By talking.
- By studying or playing together in the school.
- By donating blood with the sterilized needle.
- Embracing shaking hands or ordinary kissing.
- Using brush or tongue scrapper.
- Taking bath together in the swimming pool.
- By travelling together in bus, train etc.
- Working together in the office or factory.

HIV / AIDS do not spread like such social behaviors as stated above.

- **Remedies to prevent HIV and AIDS :**

There is no remedy to uproot (destroy) HIV / AIDS completely, or no vaccine against it is still found. Hence the only remedy to save from it is in prevention of its spreading. Proper information regarding HIV and AIDS and to provide medicines at proper time is considered as the only remedy of saving.

Remedies to prevent HIV and AIDS :

- (1) Control sexual life.
- (2) Don't indulge in sexual relation before marriage or other than marriage.
- (3) Make use of condom at the time of sexual intercourse.
- (4) Don't take blood from professional blood donors.
- (5) Take blood from that person only declared HIV free through HIV testing.
- (6) Insist on the needle / syringe disposable or sterilized.
- (7) Use germfree instruments for any operation.
- (8) Don't make collective use of syringe with persons using intoxicant material.
- (9) Take care that the woman having HIV infection does not become pregnant.
- (10) Insist on using things like razor, blade coming in contact with blood individually separate.

Healthy and hygienic life can be lived and enjoyed by keeping aside easily HIV / AIDS known as dangerous disease of this century by preventive measures for HIV / AIDS as stated above.

- **Unnatural sexual relation :**

There are mainly two types of sexual relations :

- (i) Natural sex relations.
- (ii) Unnatural sex relations.

(i) Natural sex relations :

The sexual relation undertaken with generative organs of woman and man physically is considered as natural sexual relation. Masturbation is a non - harmful and safe sexual activity. Discharge of semen in youths is natural. Due to that, neither any physical weakness, nor any disease is caused.

(ii) Unnatural sex relations :

Homosexual relation i.e. sexual relation between man - man and woman - woman is called unnatural sexual relation. Even between woman-man anus sexual intercourse is unnatural.

A person keeping such unnatural sexual relation gets his partner changed, then danger of AIDS - infection increases.

- **Intoxicating substances and HIV AIDS :**

In adolescence stage, sexual organs develop and it creates attraction for different sex, but social controls make hindrance. Hence they experience mental stress. For them this period proves to be critical. In this stage they are put in confused state. Due to sexual dissatisfaction they take shelter of intoxicating substances to get release from that dissatisfaction, and get caught in addiction to intoxicating substances. At last it carries them to the path of destruction - physical, mental and social i.e. in all the three areas.

Intoxicating substances are taken many a times through injection. Many persons in a group take such injections through only one needle and that too without sterilization. Even if one person only of this group has AIDS, then the whole group is entrapped in it. Hence danger of AIDS increases for persons taking intoxicating substances this way.

- **Information regarding sexual relations pertaining the age :**

Adolescence stage is such a stage in which young boys and girls have strong sexual attraction naturally. Due to lack of proper guidance children, young boys-girls any how get knowledge, half knowledge, ignorance, distorted knowledge, from improper source. As a result they have to suffer its evil result after long time. In exactly half instances out of total instances of HIV infection, the infection is caused in the age group 15 to 24 years. So in adolescence stage, when physical maturity is taking place, they should then get true sexual education. The defect can be removed mostly through sex education (sexual science education). Moreover in order to control dangerous disease like HIV / AIDS education of sex - relations is inevitable.

Having got true education, young boys and girls would be free from some wrong beliefs spread in the society, and they would come to know that sexual relations out of marriage and unnatural sexual relations harmful to the person as well as to society.

By imparting education about sexual relations at proper time and in a proper way healthy and balanced development of youngsters takes place and they stop being victims of disorder.

- **Sexual Health**

Care should be taken as follows for maintaining sex - health. (sexual health).

- (1) Take bath every day at least once with pure water.
- (2) Boys should cleanse white thick discharge collected on penis by lifting up the skin over it.
- (3) Girls should keep clean the private part while taking bath by opening external and internal os.
- (4) Girls, while washing urine-excreta - passage, should take care to clean by moving hand front to back. Due to lack of this care, girls get infection and complain about continuous vaginal discharge. This endangers their general physical health as well as health of reproduction system.
- (5) At the time of menstruation period, girls should take care of sex health. Sexual organs should be washed and cleansed with soap and water.
- (6) At the time of menstruation period cloth - pad or sanitary napkins used for absorbing discharge should be clean and they should be properly disposed of.
- (7) Underwear clothes should be of cotton and clean. Change them every day and clean them properly and then dry under heat of the sun.

Some confusions regarding sex organs :

In adolescence period youngsters are curious about topics pertaining to sexuality. These young boys - girls know somewhat about organs of the body, which they might have attained through friends, superfluous things, books read. Such knowledge is not scientific. As a result youngsters attaining such rubbish knowledge become victims of sexual disorders. Moreover, youngsters have many confusions due to wrong beliefs prevalent, about sexual organs. Wrong thoughts endanger their sexual health. Information regarding some of the confusions are as follows :

(1) Confusions regarding fixed time and internal discharge at the time of menstruation :

Physical development of every girl is not the same. Hence, there remains some difference of few days in menstruation period. Generally menstruation occurs during 28 days to 34 days. There may be difference of two three days, here and there. Days of menstruation discharge are generally three to five, some meager change may be. In the same way discharge may be also less or much more. i.e. in the case of discharge among girls some difference is common. In that case feeling that one is regular and well organized and the other defective need not prevail.

(2) Semen - discharge in boys means waste of energy :

Some illusions prevail in the society regarding semen-discharge. A drop of semen means hundred drops of blood'. This thing is quite unscientific and illusive. If semen does not flow out, it gets itself destroyed

in the body. Hence if there is no discharge, then it obviously wastes away and disposed of. Question of its collection and thereby strength - accumulation does not arise. In adolescence stage semen - discharge during sleep is very natural and non - harmful. It is not any sexual disorder.

(3) Confusions regarding size of sexual organs :

There is no relation of any type between size of sexual organs and sexual capacity. Process of sexual relation and reproduction takes place with the same capacity even with sexual organs of any size - rather small or big.

(4) Masturbation is a harmless process. It does not create any type of weakness in the body :

Masturbation is one type of copulation. In adolescence stage youngsters experience strong sexual force. In order to satisfy these sexual emotions youngsters take shelter of masturbation. Masturbation is one non-harmful and safe copulation process, through which youngsters are saved from infection of HIV / AIDS, as well as any sexual diseases. Masturbation neither causes any type of physical weakness nor any disease. Production of semen in the body occurs continuously. If it (semen) is not disposed of, it wastes away any how even during sleep. Thus through semen discharge it gets disposed of.

Exercise

1. Answer the following questions in one or two sentences :

- (1) Give definition of AIDS.
- (2) What is meant by unnatural sexual relations ?
- (3) Why sexual education according to age should be imparted ?
- (4) State any two cares to be taken, regarding sexual health.
- (5) In adolescence boys semen - discharge means waste of energy - This is an illusion - belief - How ?

2. Write short notes :

- (1) Ways of entrance of HIV AIDS into the body.
- (2) Activities not spreading HIV AIDS.
- (3) Remedies of preventing HIV AIDS.
- (4) Sexual Health.
- (5) Confusions regarding sexual organs.

3. Answers the following questions by selecting correct option from the options given below :

- (1) When was the first case of AIDS - disease registered ?
(A) 5th June, 1981 (B) 5th June, 1982 (C) 15th June, 1981 (D) 15th June, 1982
- (2) When is the 'World AIDS Day' celebrated ?
(A) 1st October (B) 1st November (C) 1st December (D) 1 January.
- (3) In which age-group this infection of HIV is caused in exactly half instances of total instances ?
(A) 13 to 25 years (B) 14 to 25 years (C) 14 to 24 years (D) 15 to 24 years.
- (4) Generally after how many days menstruation occurs in women ?
(A) Twenty eight days to thirty one days. (B) Twenty eight days to thirty two days.
(C) Twenty eight days to thirty three days. (D) Twenty eight days to thirty four days.

