



Human Health and Diseases

Health is the state of being free from illness. Humans fall ill due to infections and allergies caused by the agents like virus, bacteria, fungi, etc. Let us explore them one by one.

The diseases in human beings are of two types

1. Communicable Diseases
2. Non-communicable Diseases

1. Communicable Diseases

The diseases caused by microorganisms, spread from infected person to healthy persons by several methods. These are called communicable, diseases, e.g. Viral, bacterial, fungal diseases.

Examples of some communicable diseases caused by bacteria and virus are given in the following tables.

Bacterial Human Diseases

Name of the disease	Affected body parts	Transmitted by
1. Tuberculosis (TB)	Respiratory system	Person to person by contact, food, water etc.
2. Pneumonia	Respiratory system	Air, water, contact with infected person.
3. Diphtheria	Throat, nose, respiratory track	Infected to healthy person by contact.
4. Cholera	Stomach upset, digestive system	Food, water, eatables
5. Typhoid	Low grade fever	Food, water, eatables
6. Plague	Whole body, skin	Rat, fleas

Viral Human Diseases

Disease	Affected Body Parts	Transmitted by
1. Dengue fever	Whole body specially head, eyes, joints	Mosquito
2. Ebola virus disease	Whole body	Dogs
3. Swine flu	Whole body specially respiratory organs	Person to person
4. Rabies	Nervous system	Dogs
5. Polio	Nervous system specially legs	Food and water
6. Influenza	Whole body	Infected person to healthy person
7. Hepatitis	Liver	Food, water
8. Small pox and chicken pox	Whole body	From infected to healthy person
9. AIDS (HIV)	Whole body	From infected to healthy person

2. Non-communicable Diseases

These diseases are caused by factors other than bacteria, virus, etc. These do not spread from diseased person to healthy person. *Few non-communicable diseases are listed in the table given below*

Name of the disease	Affected body parts	Cause of the disease
1. Night Blindness	Eyes	Deficiency of vitamin-A in the diet on daily basis
2. Beri-beri	Nervous system	Deficiency of vitamin-B
3. Scurvy	Gums, rashes on skin	Deficiency of vitamin-C
4. Rickets	Bones and teeth in children	Deficiency of vitamin-D.
5. Goiter	Neck	Deficiency of Iodine
6. Cancer	Any part of the body	Malfunctioning of organ due to many factors
7. Heart failure/ attack	Heart	Many factors cause heart failure

Practice Exercise

- Which of the following diseases are communicable?
(a) Allergies
(b) Infectious diseases
(c) Deficiency diseases
(d) Degenerative diseases
- Communicability of a disease depends upon the availability of a
(a) parasite
(b) pathogen
(c) healthy person
(d) susceptible person
- The organism which carries a disease from one organism to another is called
(a) host
(b) vector
(c) parasite
(d) None of these
- Cholera, leprosy and diphtheria are
(a) viral diseases
(b) fungal diseases
(c) bacterial diseases
(d) functional diseases
- Which of the following applies to scarlet fever?
(a) It is a viral disease
(b) It is a fungal disease
(c) It is caused by *Streptococcus pyogenes*
(d) It is caused by *Corynebacterium* species
- Diphtheria is caused by
(a) *Bordetella*
(b) *Clostridium*
(c) *Treponema*
(d) *Corynebacterium*
- DPT vaccine is given for
(a) tetanus, polio, plague
(b) diphtheria, pneumonia, tetanus
(c) diphtheria, whooping cough, tetanus
(d) diphtheria, whooping cough and leprosy
- The organism that causes pertussis is a
(a) virus
(b) fungus
(c) Gram-positive bacillus
(d) Gram-negative bacillus
- Typhoid fever is caused by
(a) bacteria
(b) virus
(c) Protozoa
(d) None of these
- Common intestinal bacterium of humans is
(a) *Salmonella*
(b) *Clostridium*
(c) *Entamoeba coli*
(d) *Escherichia coli*
- A water-borne disease is
(a) malaria
(b) cholera
(c) small pox
(d) tuberculosis
- Diarrhoea causes
(a) whooping cough
(b) dehydration
(c) typhoid
(d) All of these

- ## Answers

[illegible]