

Maintaining health



The soundness of body and mind is called Health.

A healthy person is one who is physically and mentally fit in all respects.

Person may get diseases like Viral fever, Malaria etc.

The illness(or sickness) is called disease.

Definitions of Health States

- **Health**: a state of complete physical, mental, and social well being, not merely the absence of disease (WHO)
- **Illness**: the unique response of a person to a disease
- **Wellness**: an active state, oriented toward maximizing the potential of the individual

Characteristics of good health.

- The person has capability to do work.
- The person feels himself efficient to take decisions and work accordingly .
- The person remains in sound mental condition.
- The person remain free from any disease.
- The person does not suffer from mental tension.

The Human Dimensions of Health

- **Physical dimension** — genetic inheritance, age, developmental level, race, and gender
- **Emotional dimension** — how the mind affects body function and responds to body conditions
- **Intellectual dimension** — cognitive abilities, educational background, and past experiences
- **Environmental dimension** — housing, sanitation, climate, pollution of air, food, and water

Cont. Human Dimensions of Health

- **Sociocultural dimension** — economic level, lifestyle, family, and culture
- **Spiritual dimension** — spiritual beliefs and values

Requirements of good health

1. We all know that , Good health essential for Leading purposeful life.

For maintaning a good health following conditions are essential.

1. Nutrition
2. Exercise and rest
3. Good habits



Nutrition

Nutritive materials provide energy to work.

A man should take care of following factors for maintaining his good health:-

- 1. Taking rest in time.**
- 2. Eating balanced diet.**
- 3. Should take bath daily.**
- 4. Food should be fresh. etc**

- **Nutrition** may be defined as the science of food and its relationship to health. It is concerned primarily with the part played by nutrients in body growth, development and maintenance .



- **The word nutrient** or “food factor” is used for specific dietary constituents such as proteins, vitamins and minerals.
- **Dietetics** is the practical application of the principles of nutrition; it includes the planning of meals for the well and the sick. Good nutrition means “maintaining a nutritional status that enables us to grow well and enjoy good health.”

CLASSIFICATION OF FOODS

- ***Classification by origin:***
 - Foods of animal origin
 - Foods of vegetable origin
- ***Classification by chemical composition:***
 - Proteins
 - Fats
 - Carbohydrates
 - Vitamins
 - Minerals



NUTRIENTS

- Organic and inorganic complexes contained in food are called nutrients. They are broadly divided in to:
 - **Macronutrients:**
 - -proteins
 - -fats
 - -carbohydrates
 - **Micronutrients:**
 - -vitamins
 - -minerals



There are three reasons why following a healthy diet is important:

- to maintain health by preventing loss of muscle strength, bone mass, and vitamin deficiency states
- to prevent diseases such as heart attacks, strokes, obesity,osteoporosis, and certain cancers
- to help control and/or treat chronic diseases and conditions such as high blood pressure, diabetes mellitus, sleep apnea, and celiac disease.

Factors affecting Health:-

- 1. Social and economic factors**
- 2. Environmental factors**
- 3. Personal factors**
- 4. Hereditary factors**



Social and economic factors

There are many social factors which affects our health.

For example,superstition,religious and social beliefs etc.

In absence of proper treatment and care, effect of disease can make the patient serious.

Environmental factors

*The environment in which a man lives,
can also affect his health.*

*Environmental factors may be further
divided into two parts:-*

(a) Internal factors

(b) External factors



Personal factors

Some personal factors also affects our health.

Ex- eating and sleeping, tension, refrain from taking regular exercise etc.can make a healthy person ill.



Hereditary factors

Some diseases like colorblindness, haemophilia

Diabetes etc. transfer from one generation to other Generation, these situations called hereditary-factors.



Deficiency diseases

lack of various minerals and vitamins in our food brings various disease, these diseases called deficiency diseases.

or

Diseases caused by malnutrition called Deficiency diseases.

<u>Components</u> <u>Of food.</u>	<u>Disease</u> <u>caused</u>	<u>Symptoms</u>	<u>Sources</u>
<i>Proteins</i>	<i>Kwashiorkor</i> <i>And</i> <i>marasmus</i>	<i>Dull look,</i> <i>dry and</i> <i>rough skin</i>	<i>Rice , idli,</i> <i>Potato, honey</i> <i>etc.</i>
<i>Carbohydrates</i>	<i>Kwashiorkor</i> <i>And</i> <i>marasmus</i>	<i>Dull look,</i> <i>dry and</i> <i>rough skin</i>	<i>Rice , idli,</i> <i>Potato, honey</i> <i>etc</i>

<u>Vitamins</u>	<u>Deficiency diseases</u>
<u>A</u>	<u>Night blindness</u>
<u>B₁</u>	<u>Bery-Bery</u>
<u>B₂</u>	<u>Cracking of skin</u>
<u>B₁₂</u>	<u>Anaemia</u>
<u>C</u>	<u>Scurvy</u>
<u>D</u>	<u>Rickets</u>
<u>K</u>	<u>Hemorrhage</u>
<u>E</u>	<u>Sterility</u>

Now,

We should take care of our health.

So, that we can be healthy.

