

UNIT-I

CONCEPT OF HEALTH AND DISEASE



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CONCEPT OF HEALTH



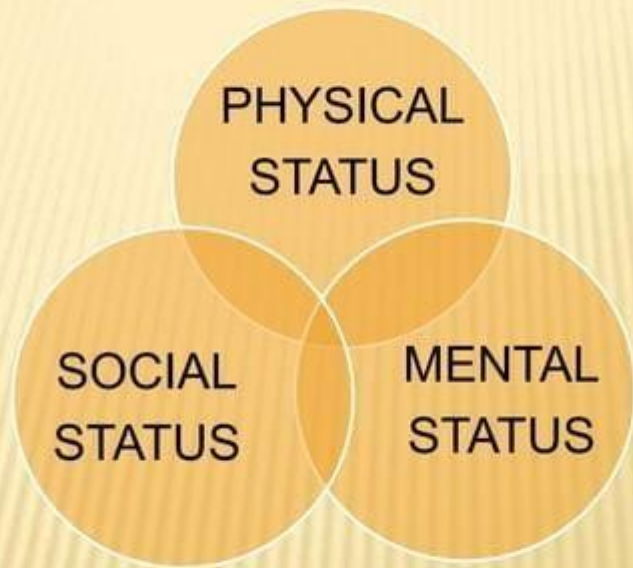
- 1. Health** is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity.(WHO 1948)
- 2. Operational definition of Health by WHO** – a condition or quality of the human organism expressing the adequate functioning of the organism in given conditions, genetic or environmental.

HEALTH AND WELBEING

Positive health – it implies the notion of perfect health in body and mind. It cannot become a reality, it always remain a dream because everything in our life is subject to change.

“**Wellness** is a multidimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being.”

GOOD HEALTH TRIAD



A combination of above three conditions defines the good health

DETERMINANTS OF HEALTH



WALSHA 1988

FOUNDATION—LEVEL III

DETERMINANTS OF HEALTH

Determinants are defined as those predisposing factor, which influence the health of a particular community.

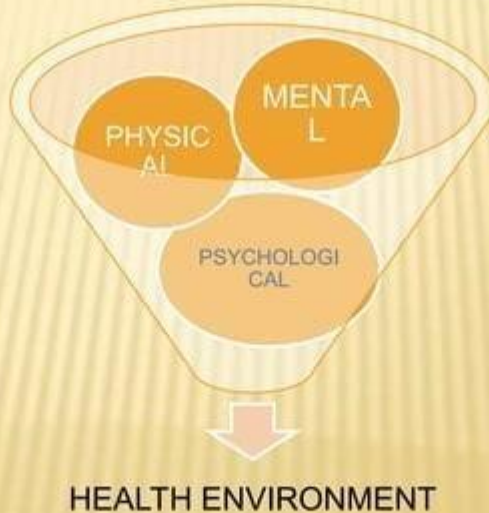
1.Host factor (intrinsic)-

Host is 'soil' and disease agent is 'seed'. Host predisposing factors are:-

- i)It includes age, sex, ethnicity, biological characteristics such as genetic factors, blood groups, etc,
- ii)Socio-economic factors such as status, education, occupation, stress, etc
- iii)Life style such as personality traits, drugs, alcohol, smoking, behavior patterns

2.Environmental factors (extrinsic)-

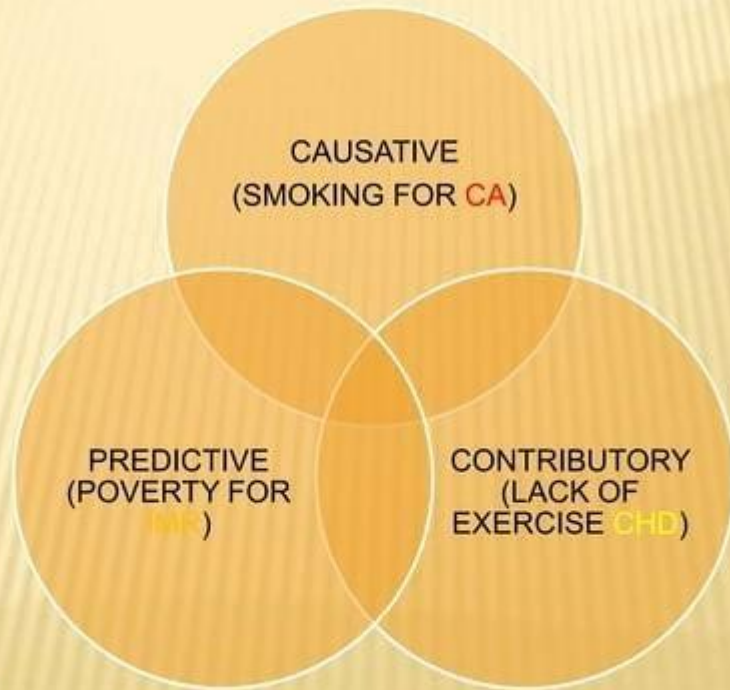
It is complex and defined as all that which is external to individual human host, may be living or non living and with which he is in constant interaction. Environment of man is divided into three components – **physical, biological and psychological.**



3.Risk factors-

- Defined as an attribute or exposure that is significantly associated with the development of the disease.
- Risk factors are often suggestive, ie, presence of a risk factor does not imply that the disease will occur, and in its absence diseases will not occur.
- Risk factors may be causative (eg, smoking for CA lung), contributory (lack of physical exercise for CHD) or predictive (eg, illiteracy for prenatal mortality).

RISK FACTORS



CAUSATIVE
(SMOKING FOR CA)

PREDICTIVE
(POVERTY FOR CHF)

CONTRIBUTORY
(LACK OF EXERCISE CHD)

DIMENSIONS OF HEALTH

Health is multidimensional- mainly physical, mental and social (also spiritual, emotional, vocational, political, cultural, socioeconomic, environmental, philosophical, educational, nutritional, curative and preventive dimensions).



DIMENSIONS OF GOOD HEALTH



SOURCE: INTERNATE

6 DIMENSIONS OF GOOD HEALTH & WELL BEING

1.Physical

A healthy body maintained by good nutrition, regular exercise, avoiding harmful habits, making informed decisions about health and seeking medical assistance when necessary.

2.Emotional

The ability to understand your own feelings, accept your limitations, achieve emotional stability and become comfortable with your emotions.

3.Spiritual

The sense that life is meaningful and has a purpose; the ethics, values and morals that guide us and give meaning and direction to life.

DIMENSIONS OF GOOD HEALTH & WELL BEING

4. Intellectual

A state in which your mind is engaged in lively interaction with the world around you. It involves continued learning, problem solving and creativity.

5. Environmental

It reflects the fact that personal health depends on the health of the planet. Environmental wellness also requires learning about and protecting yourself against environmental hazards.

b

6. Social

The ability to relate well to others, both within and outside the family unit. It encourages contributing to a healthy community by supporting a healthy living environment and initiating better communication with others.

Dimensions of Wellness

Wellness is a multidimensional state of the existence of positive health in an individual . It is exemplified by quality of life and a sense of well-being.

- 1.Social Wellness
- 2.Occupational Wellness
- 3.Spiritual Wellness
- 4.Physical Wellness
- 5.Intellectual Wellness
- 6.Emotional Wellness
- 7.Environmental Wellness
- 8.Financial Wellness
- 9.Mental Wellness
- 10.Medical Wellness

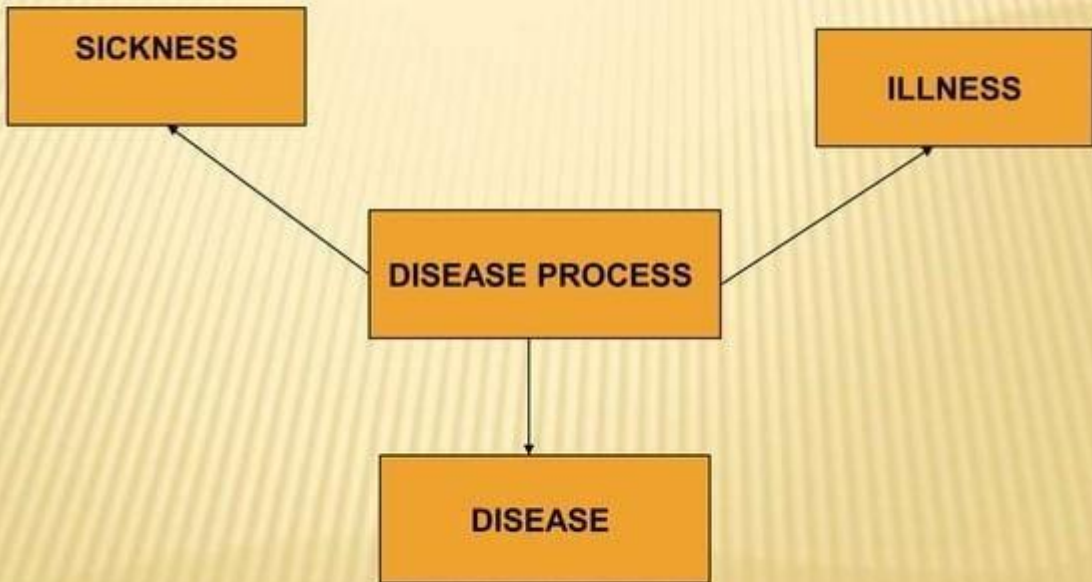
WHO DIMENSIONS OF HEALTH AND WELLNESS

1. Overall good health and wellness are inter-dependent on five dimensions, namely physical, intellectual, emotional, social and spiritual.
2. These good health parameters have been set by the World Health Organization (WHO) in 1948.
3. Our body and mind are tuned to send us signals for any nonfunctional activity, generally called as symptoms.
4. It's important to read and understand them in time, to ensure balance of mind, spirit and body



WHO

CONCEPT OF DISEASE

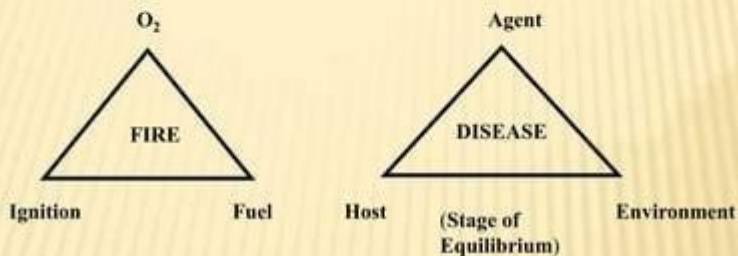


❖ **Sickness is a state of social dysfunction. Likes to remain away from social activities.**

❖ **Illness is a subjective state of person who feels aware of not being well with evident sign and symptoms.**

❖ **Disease is maladjustment (Physiological/ Psychological of the human being to its environment.)**

EPIDEMIOLOGICAL TRIAD



The concept of disease is based on the concept of fire. Fire occurs when there is a interaction between these above factors.

Similarly disease process starts, when there is an interaction between 'Agents', Hosts and Environment.

Classification of factors of triad of epidemiology

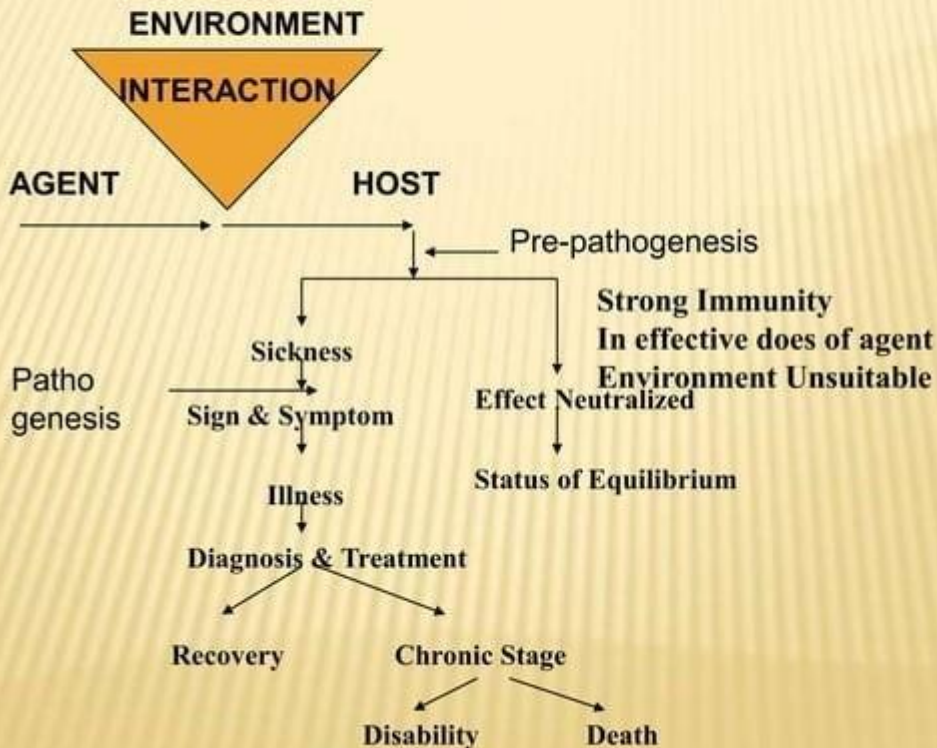
Agent Factors

a) biological	Bacterium, virus, fungi, protozoa etc
b) Nutritional	Iron deff, Iodine deff, high fluoride- etc cholesterol
c) Physical	Heat, Frost, Humidity, Altitude sound, electrify
d) Chemical	Endogenous- lime acid, calcium, oxalates
	Exogenous- Allergens, insecticide
f) Mechanical	Friction, accident, trauma
g) Hereditary	Polycystic disease, sickle cell, thalassemia
h) Social	Poverty. Illiteracy, alcohol drug abuse.

Host Factor: Age, sex, race, religion, behavior, beliefs and practices.

Environmental Factor: Physical, Social, Climatic, Economic
Biological.

NATURAL HISTORY OF DISEASE



Concept of Prevention

Prevention is always better than cure. As per the natural history of disease, epidemiology has derived 4 levels of prevention of Disease.

Level of prevention

Primordial Prevention	Primary Prevention	Secondary Prevention	Tertiary Prevention
1. Prevent Emergence, or Development of risk factor	1. Health Promotion 2. Specific Protection	1. Early Diagnosis 2. Prompt Treatment 3. Prevent Complication	1. Disability Limitation 2. Rehabilitation

DISEASE PREVENTION

- a) Primordial Prevention: It is a new concept emerging out, where efforts are made to prevent emergence development of risk factor, through change of food habits, smoking, exercise, naturopathy and yoga.
- b) Health Promotion: Through Health education, nutritional intervention, life style behavioral changes, regular exercises
- c) Specific Protection: Through Immunization, Chemo-prophylaxis, Nutritional Supplements, Pollution free environment carcinogen noise control and standardization of consumer product control accident
- d) Early diagnosis and Prompt treatment: Regular Health Checkup of community, check up of children pregnant mothers and elder people. Health checkup of high risk groups like smokers, obese alcoholic sedentary worker and factory worker.
- e) Disability Limitation: Through proper exercise physio and occupation therapy. Corrective, plastic surgery to improve mobility.
- f) Rehabilitation: - Mental and Physical makeup to become productive.
 - a) Occupational therapy depending on the nature and extend of disability.
 - b) Establishing independence and status in the society

Preventive medicine strategies are classified into the primary, secondary, tertiary and quaternary prevention levels. In addition, the term "primal prevention" has been used to describe all measures taken to ensure fetal well-being and prevent risk factors in any long-term health consequences.

LEVEL	DEFINITION
PRIMARY PREVENTION	Primary prevention strategies intend to avoid the development of disease. Most population-based health promotion activities are primary preventive measures.
SECONDARY PREVENTION	Secondary prevention strategies attempt to diagnose and treat an existing disease in its early stages before it results in significant morbidity
TERTIARY PREVENTION	These treatments aim to reduce the negative impact of established disease by restoring function and reducing disease-related complications
QUARTERNA RY PREVENTION	This term describes the set of health activities that mitigate or avoid the consequences of unnecessary or excessive interventions in the health system

GORDON'S (1987) CLASSIFICATION

Gordon (1987) in the area of disease prevention, and later Kumpfer and Baxley in the area of substance use proposed a three-tiered preventive intervention classification system. (Wikipedia)

TYRE	DEFINITION
Universal prevention	Addresses the entire population (national, local community, school, district) and aim to prevent or delay the <u>abuse of alcohol</u> , tobacco, and other <u>drugs</u> . All individuals, without screening, are provided with information and skills necessary to prevent the problem.
Selective prevention	Focuses on groups whose risk of developing problems of alcohol abuse or dependence is above average. The subgroups may be distinguished by characteristics such as age, gender, family history, or economic status. For example, drug campaigns in recreational settings.
Indicated prevention	Involves a screening process, and aims to identify individuals who exhibit early signs of substance abuse and other problem behaviours. Identifiers may include falling grades among students, known problem consumption or <u>conduct disorders</u> , alienation from parents, school, and positive peer groups etc.

THANK YOU....