

HEALTH

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

TYPES OF HEALTH

The Core Pillars of Health & Wellness

1. Physical Health

Your body stays **strong and full of energy** when you eat well, move often, and rest enough.



2. Mental Health

Your mind stays **clear, focused, and creative** when you challenge yourself and keep learning.



3. Emotional Health

You feel **balanced and at peace** when you understand your emotions, express yourself, and handle stress in healthy ways.



HOW CAN WE STAY HEALTHY

1. MAINTAINING HEALTHY LIFE STYLE



2. KEEP ENVIRONMENT CLEAN



- AIR QUALITY INDEX

HOW DO WE KNOW THAT WE ARE UNWELL

Difference Between

BIO
with
Akhshak

Sign

Can be observed by others

Objective in nature

Estimated visibly or using instruments
Example. Temperature, pulse rate, B.P. Sugar,
Fracture, Cancer, Aids, TB



Symptom

Experienced by patient only

Subjective in nature

Cannot be estimated. Only patient can
express how he feels



Syndrome

What is Syndrome?

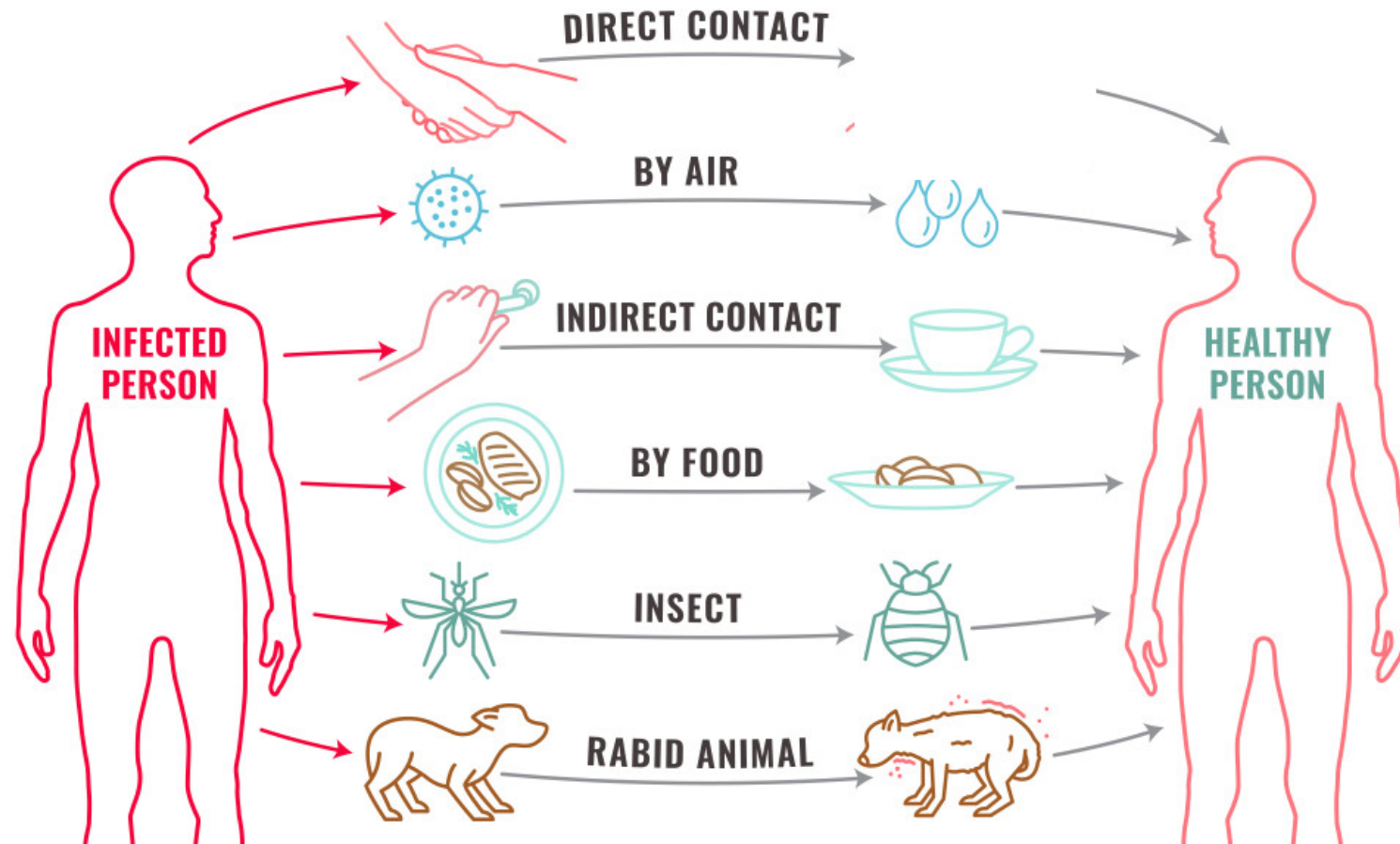
The collection of signs and symptoms associated with a particular disease or abnormality

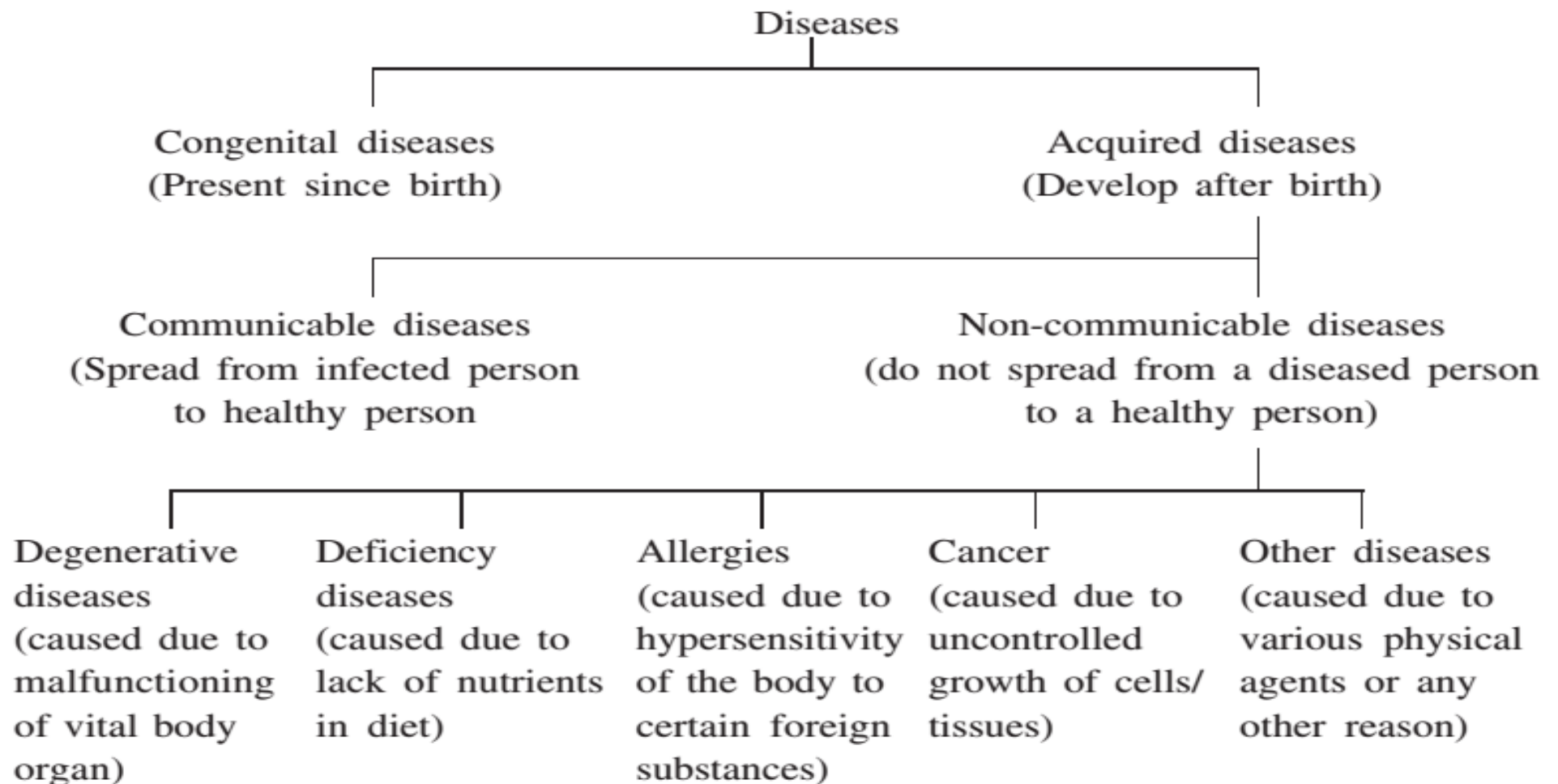


• IRRITABLE BOWEL SYNDROME -
SIGNS & SYMPTOMS INCLUDE
ABDOMINAL PAIN, BLOATING,
GASSINESS, DIARRHEA &/OR
CONSTIPATION

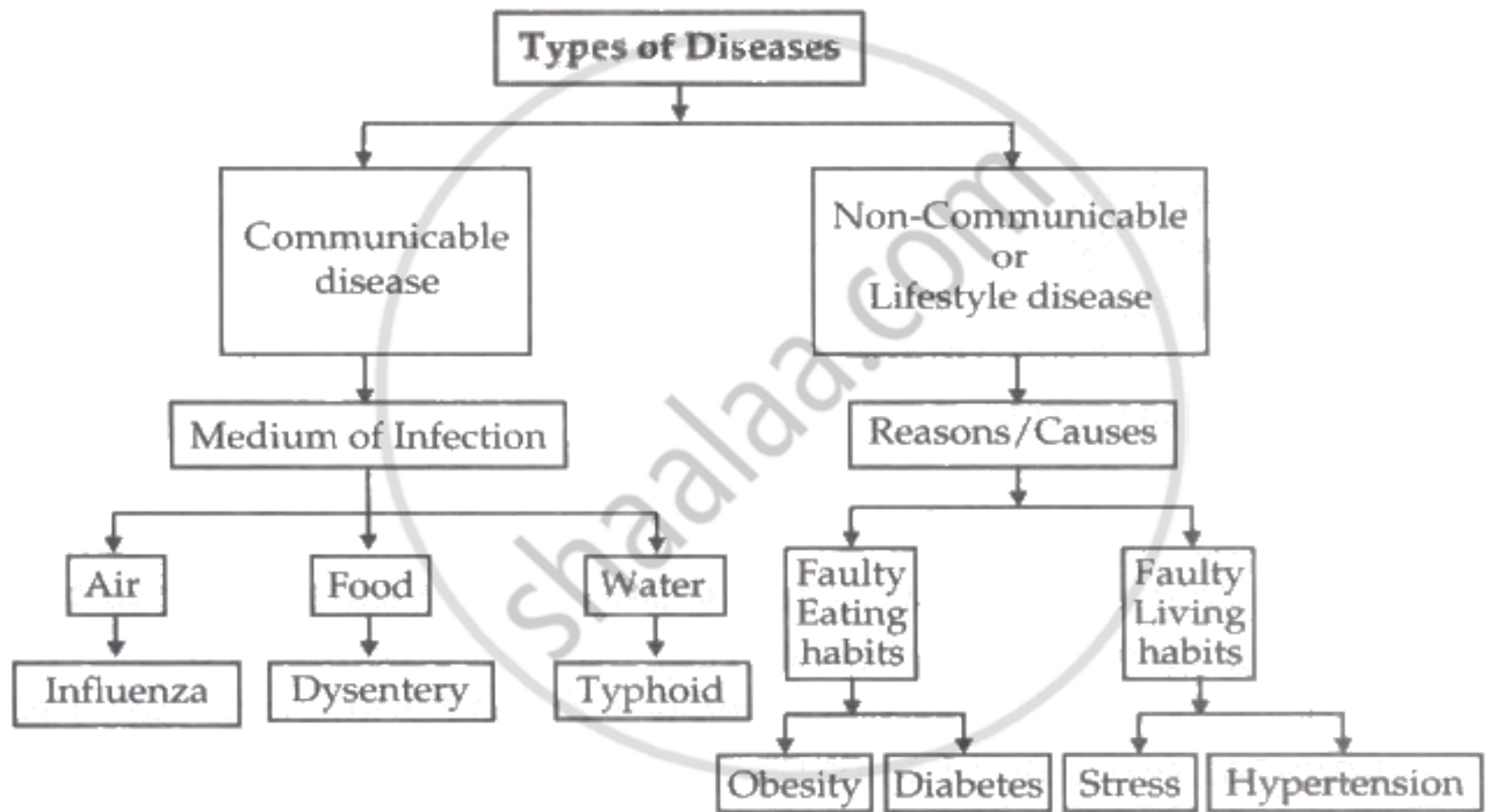


TYPES OF DISEASE TRANSMISSION





SOME OTHER LIFE STYLE RELATED DISEASE LIKE OBESITY, DIABETES, HIGH BLOOD PRESSURE, POLY CYSTIC OVARY



Types of disease

B. Acute and Chronic disease

Acute Diseases

- **Duration** • Last for a small duration
- **Intensity** • Severe
- **Effect on health** • Less due to shorter duration
 - Very short term effect
 - No loss of weight
 - No tiresome effect
- **Example** • Common cold, food poisoning etc.

Chronic Diseases

- Lasts for larger duration
- Less severe
- High dur to longer duration
 - Drastic long term effects
 - Loss of weight
 - Tired all the time
- TB, diabetes, AIDS etc.

HOW TO PREVENT AND CONTROL DISEASE

1. BODY'S ABILITY TO FIGHT WITH DISEASE

