# **Health is Not Merely the Absence of a Disease**

In our everyday society people tend to believe that being healthy means that one is ‘Physically OK and they show no signs of any disease since they don’t show any symptoms such as vomiting, headaches diarrhea or any other physical disturbance. This assumption has led to many people losing their lives suddenly and when tests are done they are found to be suffering from an underlying condition although they appeared “healthy” to someone.

In 1948 the World Health Organization(WHO), described health as a *state of complete physical, mental and social well-being and not merely the absence of disease or infirmity*. This indicates that being healthy does not only mean being physically ok but also being mentally and socially well. Also, WHO indicated that being healthy is does not generally mean the absence of a disease or physical/mental weakness.

So what is a disease? any harmful deviation from the normal structural or functional state of an organism, it is generally associated with certain signs and symptoms and differing in nature from physical injury. A diseased person commonly exhibits signs or symptoms indicative of its abnormal state.

In this modern day we cannot just say one is healthy since they lack a disease because ‘eradicating/managing the disease’ is not the only goal in determining if one is healthy or not. especially in the old population and in people suffering underlying conditions such as hypertension where the disease cannot be fully eradicated but only properly managed in order to maximize one’s function and proper medication. Hence having a disease and feeling healthy do not remain exclusively mutual anymore

As the World Health Organization indicated there are different types of health but the commonly discussed are physical health, mental health and social health. In general, none of this types of health are independent from one another since if one is affected it may lead to one of the other being affected.

Physical Health-This is a type of health in which a person’s body is working at a normal function not only due to the absence of a disease but also due to how they manage their body through exercise and consumption of a balanced diet. For example, a person developing Obesity may be physically unhealthy but does not know it yet since they are not developing any symptoms or diseases yet. For a peak physical health, treatment is sought when necessary, to maintain balance

Mental Health

Type of health that refers to the emotional, psychological, social and psychological wellbeing of an individual. According to the World Health Organization mental health is more than just the absence of mental disorders i.e. Depression. And it’s determined by a range of socio-economic, biological and environmental factors.

In a person suffering from an illness especially the chronic diseases not only are their physical health being affected but also their mental health since they start having doubts of whether they are going to be the same again. This also applies to people suffering from mental health i.e. depression, it will also affect their physical health hence, both Physical Health and Mental Health are dependent on each other.

According to WHO there are factors which determine the health of individuals in a community