

Health and Diseases

1. What is Disease?

Ans. A disease is an abnormal condition of an organism or a part of it.
In other words, it is the departure from normal health due to disorders in the body.

2. What is Health?

Ans. According to WHO (World Health Organization), health is a state of complete physical mental and social well-being and non-merely an absence of diseases or infirmity.

3. Diseases are how many types?

Ans. Based on the possibility of the transmission of Diseases can be categorized into two basic types

- a. Communicable Diseases
- b. Non-Communicable Diseases

4. What are the characterizes of Communicable Disease?

Ans. The characteristics of Communicable Diseases are:

- a. These diseases can be communicated from a diseased person to a healthy individual.
- b. These are caused by certain microorganisms called pathogens.
- c. Pathogens can be transmitted from one person to another by means of air, water, food and physical contact. These are also known as infectious diseases.
Ex: Cholera, Typhoid, Measles and Malaria.

5. What are the characteristics of Non-communicable Diseases?

Ans. The characteristics of Non-communicable Diseases are

- a. These diseases do not spread from an infected person to a healthy person.
- b. These are not caused by any germs.
- c. Instead, these occur due to some disorders or malfunctioning in the body.
Example: Cancer, Diabetes, Heart attack, asthma etc.

6. What are the differences between Communicable and Non-Communicable Disease?

Ans.

Features	Communicable Disease	Non-Communicable Disease
Possibility of Transmission	Can be transmitted	Cannot be transmitted
Cause of disease	Infection by germs or pathogens	Disorder or malfunctioning in body
Mode of transmission	Air, water, Food and Physical Contact	None
Example	Chicken Pox, Measles, malaria etc.	Deficiency of vitamins, heart problems etc.

7. Give the examples of diseases which are caused by Bacteria?

Ans. The following diseases are caused by Bacteria

- a. Tuberculosis
- b. Cholera
- c. Typhoid
- d. Diphtheria
- e. Pneumonia
- f. Tetanus

8. How Tuberculosis can spread?

Ans. Tuberculosis is commonly known as TB and it is considered as a disease of lungs. It can spread to other parts of the body. It spreads by sputum of infected person.

9. What are the symptoms of Tuberculosis?

Ans. Common symptoms of Tuberculosis are constant coughing, chest pain and difficulty in breathing.

10. How Cholera is spread?

Ans. Cholera is spread by contaminated food and water.

11. What are the symptoms of Cholera?

Ans. Common symptoms of Cholera are loose motion, vomiting, and weight loss.

12. What are the symptoms of Typhoid?

Ans. The symptoms of Typhoid are high fever, headache, stomach pain, loss of appetite and body rashes.

13. What are the symptoms of Diphtheria?

Ans. The symptoms are sore throat, pain, and fever.

14. What is Pneumonia?

Ans. It is a bacterial disease of lungs. It leads to coughing fever, and difficulty in breathing.

15. What is Tetanus?

Ans. Tetanus is a disease of muscles. Due to this disease jaws are locked which leads to death.

16. Give some examples of Diseases which are caused by virus?

Ans. The following diseases are caused by virus:

- a. Influenza
- b. Mumps
- c. Poliomyelitis
- d. Smallpox
- e. Measles
- f. Jaundice
- g. AIDs
- h. Dengue

17. What is Influenza?

Ans. It is the disease of respiratory tract, and is speeded through respiratory droplets. Some common symptoms are Sneezing, and coughing.

18. What is Poliomyelitis?

Ans. Poliomyelitis is a muscular disease which can spread through contaminated food and water.

The symptoms are initial stiffness and paralysis of legs.

This disease is commonly known as Polio.

19. How can Mumps Spread?

Ans. This disease can spread through respiratory droplets, and items used by infected persons. Such as towel, utensils etc.

20. What are the symptoms are Mumps?

Ans. In mumps there is swelling and acute pain in the salivary glands present below the ears.

21. What is Small Pox and how it spreads?

Ans. Smallpox is a serious disease in which the patient develops rashes and boils over body. It can spread by contact and discharges from boils, and obtain leads to death.

22. How Measles can spread?

Ans. In measles patient develops rashes over body and also spread by contact.

23. What is Jaundice?

Ans. It is a virus contaminated disease which can be spread through contaminated water and food and affects the liver. The symptoms are the eyes, skin, and urine of the patient become yellowish in color.

24. What is AIDs?

Ans. It is a disorder which affects the immune system of the body. Due to this patient becomes prone to other infections and catches them easily.

25. How AIDs can transmit?

Ans. AIDs can transmit through sexual contact, blood transfusions and use of contaminated needles, blades or razors.

During pregnancy infected mother can pass the infection to the child via blood.

26. What are the symptoms of Dengue?

Ans. Dengue is a common viral disease which causes high fever, headache, rash, and muscle and joint pain.

It is transmitted by the bite of female Aedes Mosquito.

27. Which diseases are caused by Protozoa?

Ans. The following Diseases are caused by Protozoa

- a. Malaria
- b. Amoebiasis

28. What is Malaria?

Ans. Malaria is caused by protozoan Plasmodium, which is transmitted by Female Anopheles Mosquito.

The symptoms of the disease are Chills, High Fever and profuse sweating.

29. What is Amoebiasis?

Ans. This disease is also known as Amoebic dysentery.

It affects out large intestine. It spreads through contaminated food and water.

The symptoms are Stomach Pain and loose motion with mucus discharge. It spreads through contaminated food and water.

30. Which diseases are caused by Worms?

Ans. The following Diseases are caused by Worms

- a. Ascariasis
- b. Taeniasis

31. What is Ascariasis?

Ans. Ascariasis is due to Ascaris which is found in our small intestine.

It spreads through consumption of contaminated food and water.

The symptoms of this diseases are abdominal pain, weakness, vomiting, headache, and dizziness.

32. What is Taeniasis?

Ans. Taeniasis is due to Taenia which lives in our intestine. It spreads through consumption of raw or undercooked pork or beef.

The symptoms of this diseases are abdominal discomfort, excessive appetite, indigestion, weight loss and lose motion.

33. How Diseases can transmit through Lice?

Ans. Lice are the small insects that live on the scalp and hair. They can spread by direct contact with their infected person or with their personal objects. Such as hats, combs etc.

34. What is Conjunctivitis?

Ans. It is an inflammation of the conjunctive. It can be easily spread through direct contact with infected secretion from the eye, nose and throat. It can also be spread when two persons share the same towels or handkerchief.

35. How disease can transmit through air?

Ans. Some disease can easily transmit through air.

When an infected person sneezes or coughs, he releases germs in the air along with moisture droplets. These germs then inhaled by another person and causes illness.

Some common diseases which can transmit through air are tuberculosis, common cold, diphtheria etc.

36. How diseases can be transmitted through food and water?

Ans. Diseases can be easily transmitted through food and water which can be contaminated by-

- Bathing or washing in water
- Defecating in open areas
- Keeping food uncovered and
- Storing water and food under unhygienic conditions.

When the contaminated water and food are consumed by a healthy person, it leads to health problems. Eating food with unwashed hands can cause sickness leading to many health problems.

37. How Houseflies can transmit diseases?

Ans. Houseflies breed in garbage, decaying matter etc. and pick up germs from there. When these flies sit on uncovered food items, water etc. they leave germs there, causing infection.

38. How diseases can transmit through Mosquito, bedbugs and lice?

Ans. Mosquitoes, bedbugs and lice suck blood of human being. When they take the blood from an infected person they also ingest germs. When these organisms bite healthy individuals they inject these germs into them resulting in illness.

39. What is called Deficiency Diseases?

Ans. The diseases which are due to lack of an essential nutrients in diet are called Deficiency diseases.

Ex: Protein-Energy Malnutrition (PEM)

40. What is Protein-Energy Malnutrition (PEM)?

Ans. This disease can occur due to deficiency of protein in infants and children between 1 and 5 years of age.

The affected children show the following abnormalities:

- a. Mental retardation
- b. Anemia
- c. Low resistance to diseases
- d. Body fails to gain growth in height as well as weight.

41. What are the common forms of PEM prevalent in India?

Ans. Two common forms of Protein-Energy Malnutrition prevalent in India are:

Kwashiorkor

Marasmus

42. What is Kwashiorkor?

Ans. It is a childhood disease that is caused by protein deprivation. The signs of this disease are dry skin and thin limbs. It also leads to swelling of the body due to excessive retention of water resulting in large pot-like belly.

43. What is Marasmus?

Ans. It is a childhood disease that is caused by protein deprivation. The signs of this disease are body shrinks and results in weak muscles, thin face and sunken eyes. Ribs become prominent while the limbs get thinner in this disease.

Chart of the diseases which can occur due to deficiency of Vitamins

Types of Vitamins	Deficiency Diseases
A (Retinol)	Night blindness
B (Thiamine)	Beri-Beri
C (Ascorbic acid)	Scurvy
D (Calciferol)	Rickets
K (Phylloquinone)	Hemorrhage

44. What happen due to deficiency of minerals in human body?

Ans: Deficiency of minerals causes poor development, impaired metabolism, and general weakness.

45. What happen due to deficiency of calcium, phosphorus and fluorine?

Ans. Due to deficiency of calcium, phosphorus and fluorine bones become weak and teeth become brittle.

46. What happen due to deficiency of Iron?

Ans. Due to deficiency of Iron hemoglobin is reduced in blood called Anemia.

47. What happen due to deficiency of Sodium, potassium and chlorine?

Ans. Due to deficiency of sodium, potassium and chlorine poor muscle contraction and abnormal nerve conduction can occur.

48. What happen due to deficiency of Iodine?

Ans. Due to deficiency of iodine Goiter (abnormal growth in the neck region) can happen.

49. What is Diabetes Mellitus?

Ans. This disease can occur due to decrease in secretion of a hormone, insulin from pancreas.

The symptoms are increase in sugar content in blood and urine.

50. Why Heart Attack can occur?

Ans. Heart attack is due to poor blood supply to heart muscles and blockage in arteries.

The symptoms are pain in arms and chest, difficulty in breathing.

51. What is Cancer?

Ans. The uncontrolled growth of body cells is called Cancer.

This is a non-communicable disease.

52. What is called Allergy or Asthma?

Ans. Sensitivity to a particular substance, such as dust and certain food items is called Allergy or Asthma.

This is a non-communicable disease.

53. What is Arthritis?

Ans. Arthritis is inflammation of joints, most commonly in knees because of degeneration of tissues during old age.
This is a non-communicable disease.

54. What is Cataract?

Ans. Unable to see properly due to defect in eyes is called Cataract.
This is generally occurring in old age.
This is a non-communicable disease.

Short Questions

1. Communicable Diseases are caused by _____.
2. Due to deficiency of iodine _____ can happen.
3. The career of Dengue, chikungunya, Zika is _____.
4. Two common forms of Protein-Energy Malnutrition prevalent in India are _____, _____.
5. The uncontrolled growth of body cells is called _____.
6. Sensitivity to a particular substance, such as dust and certain food items is called _____.
7. The career of Typhoid is _____.
8. _____ is due to poor blood supply to heart muscles and blockage in arteries.
9. Inflammation of joints because of degeneration of tissues during old age is called _____.
10. Mental retardation of children is due to _____.
11. _____ is a disease of muscles.
12. Ascariasis is due to parasite _____.
13. Reduction of hemoglobin in blood called _____, this is due to deficiency of _____.
14. Unable to see properly due to defect in eyes is called _____.
15. _____ is a disease of stomach and intestine.
16. Female Culex mosquito is the career of _____.
17. _____ disease can occur due to decrease in secretion of a hormone, insulin from pancreas.
18. _____ is caused by bacterial infection of intestine.
19. Tuberculosis can spread through _____.
20. Female Anopheles mosquito is the career of _____.
21. Lice and Flea are the career of _____.
22. Low resistance to diseases in children body is due to the deficiency of _____.
23. _____ disease is also known as Amoebic dysentery.
24. Dry skin and thin limbs are the signs of _____.
25. _____ disease is affecting the throat.
26. Malaria is caused by protozoan _____.
27. Taeniasis is due to parasite _____.
28. _____ disease can transmit through contaminated needles.
29. _____, _____ diseases can spread through respiratory droplets.
30. _____ disease is commonly known as Polio.
31. _____ disease can occur due to deficiency of Vitamin A
32. Due to the deficiency of Vitamin B _____ disease can occur.
33. _____ disease can occur due to deficiency of Vitamin C.
34. Due to the deficiency of Vitamin D _____ disease can occur.
35. _____ disease can occur due to deficiency of Vitamin K.

- 1) Pathogens
- 2) Goiter
- 3) Female Aedes mosquito.
- 4) Kwashiorkor, Marasmus
- 5) Cancer
- 6) Allergy or Asthma
- 7) Housefly
- 8) Heart attack
- 9) Arthritis
- 10) Protein-Energy Malnutrition (PEM)
- 11) Tetanus
- 12) Ascaris
- 13) Anemia, Iron
- 14) Cataract.
- 15) Typhoid
- 16) Encephalitis
- 17) Diabetes Mellitus
- 18) Cholera
- 19) Air
- 20) Malaria.
- 21) Typhus Fever
- 22) Protein
- 23) Amoebiasis
- 24) Kwashiorkor.
- 25) Diphtheria
- 26) Plasmodium
- 27) Taenia
- 28) AIDs
- 29) Influenza, Mumps
- 30) Poliomyelitis
- 31) Night blindness
- 32) Beri-Beri
- 33) Scurvy
- 34) Rickets
- 35) Hemorrhage