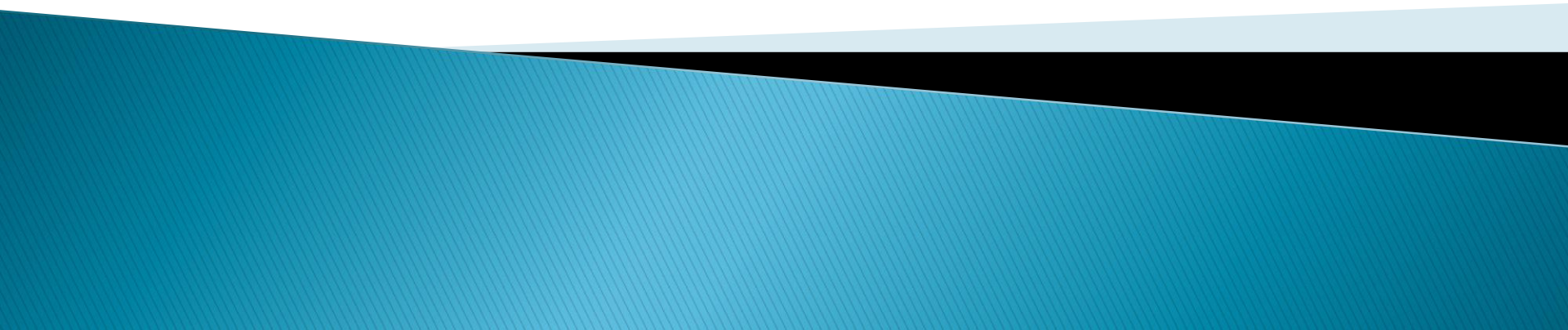


CONCEPT OF HEALTH

CHAPTER-1



WHO DEFINITION OF HEALTH

- ▶ *“Health is a state of complete physical and mental and social well being and not merely an absence of disease or infirmity”.*

DEFINITION BY DUBOS

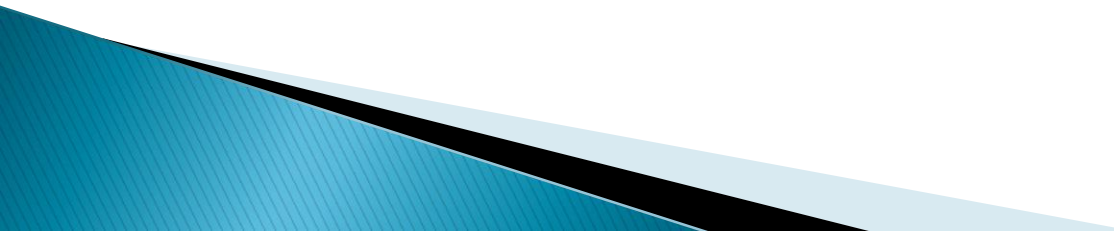
- ▶ *“Health implies the relative absence of pain and discomfort and a continuous adaptation and adjustment to the environment to ensure optimal function”.*

CONCEPT OF HEALTH

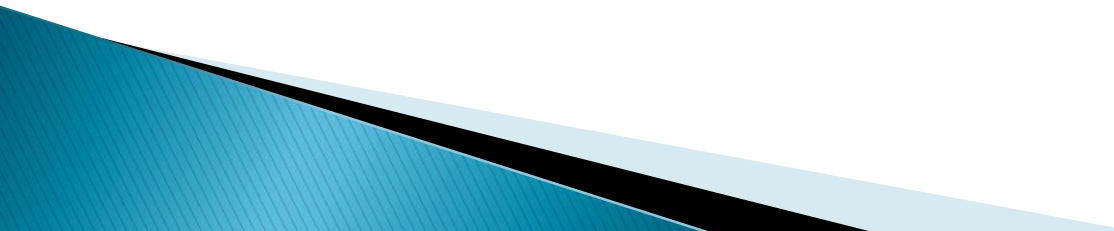
Biomedical concept

- ▶ Traditionally, health has been viewed as an “absence of disease”, and if one was free from disease, then the person was considered healthy.
- ▶ This concept has its basis in the “germ theory of disease”.
- ▶ According to this concept, the medical profession viewed
 - the human body as a machine,
 - disease as a consequence of the breakdown of the machine
 - doctor’s task as repair of the machine
- ▶ Criticism of this concept: It has minimized the role of the environmental, social, psychological and cultural determinants of health.
- ▶ This concept was found inadequate to solve some of the major health problems of mankind e.g.,
- ▶ Chronic diseases / malnutrition / accidents / drug abuse / mental illness / environmental pollution / population explosion

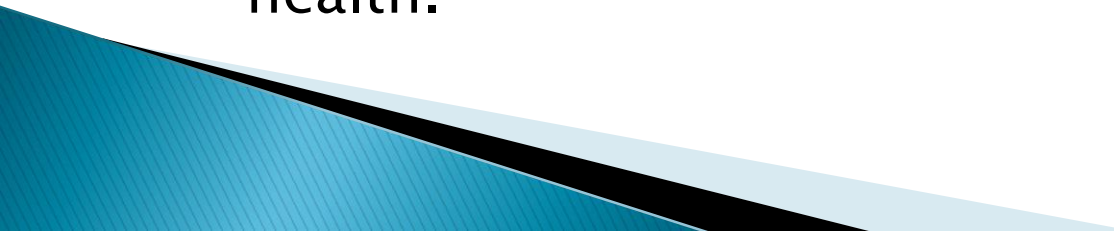
Ecological concept

- ▶ The ecologists put forward an attractive hypothesis which viewed health as a dynamic equilibrium between man and his environment, and disease a maladjustment of the human organism to environment.
 - ▶ The ecological concept raises two issues, viz, imperfect man and imperfect environment.
 - ▶ History argues strongly that improvement in human adaptation to natural environments can lead to longer life expectancies and a better quality of life — even in the absence of modern health delivery services.
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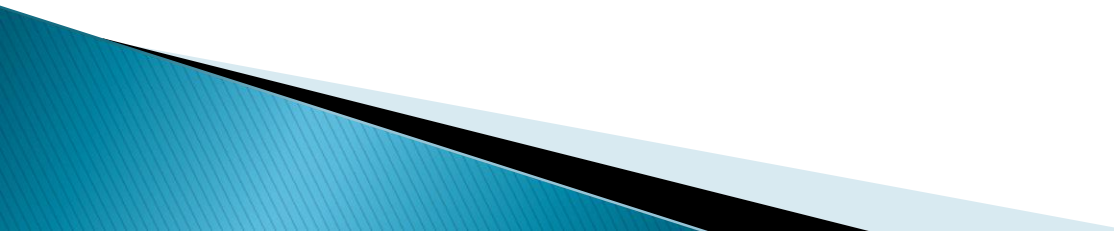
Psychosocial concept

- ▶ The various developments in social sciences revealed that health is not only a biomedical phenomenon, but one which is influenced by social, psychological, cultural, economic and political factors of the people concerned .These factors must be taken into consideration in defining and measuring health.
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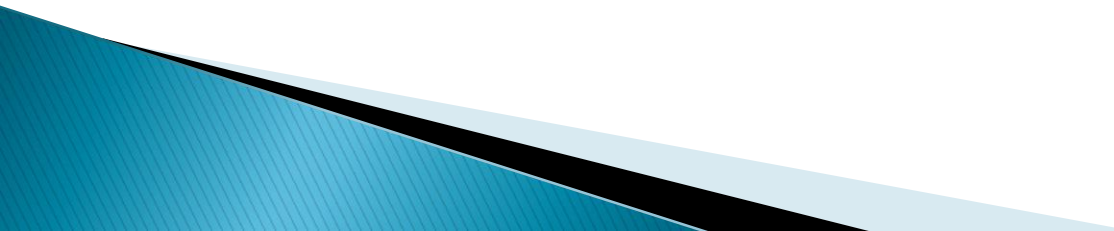
Holistic concept

- ▶ The holistic model is a synthesis of all the above concepts.
 - ▶ It recognizes the strength of social, economic, political and environmental influences on health.
 - ▶ This view corresponds to the view held by the ancients that health implies a sound mind, in a sound body, in a sound family, in sound environment.
 - ▶ The holistic approach implies that all sectors of society have an effect on health, in particular, agriculture, animal husbandry, food, industry, education, housing, public works, communications and other sectors.
 - ▶ It emphasis on the promotion and protection of health.
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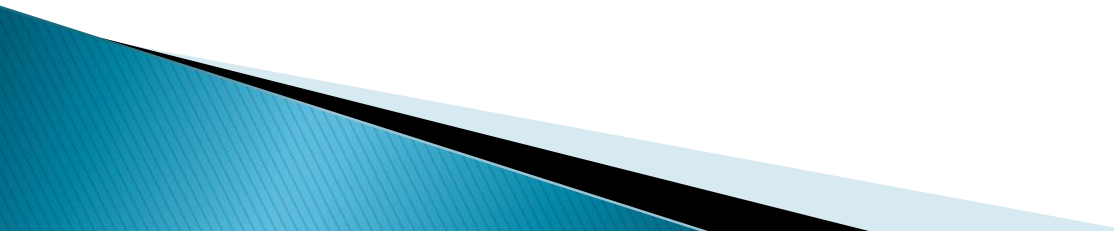
NEW PHILOSOPHY OF HEALTH

- ▶ Health is a fundamental human right.
 - ▶ Health is the essence of productive life, and not the result of ever increasing expenditure on medical care.
 - ▶ Health is inter-sectoral.
 - ▶ Health is an integral part of development.
 - ▶ Health is central to the concept of quality of life.
 - ▶ Health involves individuals, state and international responsibility.
 - ▶ Health and its maintenance is a major social investment.
 - ▶ Health is worldwide social goal.
- 

FACTORS AFFECTING HEALTH

- ▶ Physical environmental factors
 - ▶ Social environmental factors
 - ▶ Public cleanliness
 - ▶ Supply of balanced diet for good health
 - ▶ Good economic conditions
 - ▶ Personal hygiene
 - ▶ Regular exercise and yoga
 - ▶ Relaxation by regular, adequate and undisturbed sleep
 - ▶ Healthy habits and avoiding the addiction
 - ▶ Awareness about diseases and their effect
 - ▶ vaccination against infectious diseases
 - ▶ proper disposal of wastes
 - ▶ control of vectors
- 

CHARACTERISTICS OF GOOD HEALTH

- ▶ Free from sickness and diseases
 - ▶ Free from unnecessary anxiety
 - ▶ Free from social and psychological tensions
 - ▶ Self confidence
 - ▶ Feeling of joy in living
 - ▶ Ability to work efficiently and at his best
- 

IMPORTANCE OF GOOD HEALTH

- ▶ A healthy person is always cheerful, active, willing worker and energetic.
 - ▶ Good health increases one's efficiency for doing work.
 - ▶ This contributes to his own progress, the progress of his family, his community and the progress of the nation as a whole.
 - ▶ Good health increases productivity and brings economic prosperity.
 - ▶ It also increases longevity of people and reduces infant and maternal mortality.
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