

Class-VI

Subject: Biology

Chapter: 7

Disease and Hygiene.

Teacher: Nimrita.

Good Morning Children! This lesson is of class-VI, Subject: Biology, Chapter-7, Disease and Hygiene of your textbook Concise Biology, Neha Publications. It is being submitted to you on 9th December, 2024

Today, we are going to study about Disease and Hygiene.

Health: Health is defined as a state of complete physical, mental and social well-being.

Disease: It means not being in a comfortable state.

Categories of diseases:-

a) Non-communicable diseases:- These do not spread from one person to another. Example: Rickets, Diabetes etc.

b) Communicable diseases:- These diseases spread from an infected person to a healthy person. Example: Viral fever, Malaria.

Non communicable diseases (types):-

Dietary deficiency diseases:-

(i) Protein deficiency diseases: Kwashiorkor

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is caused due to protein deficiency and marasmus is caused due to deficiency of proteins, carbohydrates and fats.

(ii) Vitamin deficiency diseases:- Vitamins are required in small amount in the body. Lack of vitamins in the body lead to disease.

(iii) Mineral deficiency disease:- Lack of minerals also lead to disease.

2) Allergy:- It is caused due to response to an allergen. Example are asthma, diarrhoea etc.

3) Diseases caused due to physical and chemical agents. Sunburn and heat stroke are examples of some diseases caused by physical agents. Chemical agents also causes diseases.

Spread of Communicable Diseases:-

- Direct contact with an infected person.
- touching and sharing items.

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- consuming contaminated food or water
- Houseflies, mosquitoes, rodents also spread the disease.
- Diseases caused by viruses:-
 - Cold: It is most common infectious disease. It spreads through water droplets introduced into the air during sneezing and coughing.
 - Mumps:- develop due to the swelling of parotid glands below the ears.
 - Smallpox:- is a serious disease which is marked by small pustules all over the body.
 - Poliomyelitis:- causes paralysis of the limbs. It spreads by contact through discharge from the nose and throat and through faecal matter.
 - Measles:- spread by contact. Its symptoms are nasal discharge, redness of eyes and coughing.

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- Rabies:- is a disease caused by the bite of a rabid dog, fox or some other animals. It affects the central nervous system.
- Jaundice: It is the disease of the liver. In this disease, the skin, eyes and urine turn yellow.
- Diseases caused by bacteria:-
 - Tuberculosis:- It is the disease of the lungs. The bacteria is spread through the sputum of an infected person.
 - Diphtheria:- It affects the throat.
 - Tetanus:- In this disease, the jaws get locked. Germs enter through open and unclean cuts and wounds.
 - Whooping cough (Pertussis)
It spreads through a discharge from the throat of an infected person.
 - Pneumonia:- It is a disease of the lungs caused by bacteria.
 - Cholera:- It is due to infection in intestines.

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It spreads through contaminated food and water.

3) Diseases caused by Protozoa:-

• Malaria: It is caused by bite of female *Anopheles* mosquito. Its symptoms are chills and fever.

4) Amoebic dysentery:-

It is caused by *Entamoeba* and attack large intestine. It is caused by consuming contaminated food.

• Diseases caused by worms:-

• Elephantiasis:- Its symptoms are swollen legs. It spreads by bite of female *Culex* mosquito.

• Ascariasis:- Its parasite lives in intestine and absorbs digested food.

• Taeniasis:- Its parasite is found in intestine. It is caused by eating improperly cooked meat.

Preventive measures for diseases:-

1) One should consume hygienic food,

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- 2) Food should be properly covered.
- 3) Drinking water must be boiled.
- 4) Maintain a clean environment.
- 5) Garbage should be kept in covered bins.
- 6) Regular bathing, trimming of nails, brushing of teeth, washing eyes and 6-8 hours of sleep is needed daily.

I am ending today's topic. Kindly read it from your book.

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