

Health Organisations

- In India, the main cause of health problems can be poor living conditions, inadequate health care facilities, illiteracy, ignorance, etc.
- Some of the major causes of health problems in India are:
- **Unsafe drinking water** – Many gastro-intestinal disorders and water borne diseases (cholera, jaundice, etc.) are due to the lack of safe drinking water.
- **Malnutrition** – The main cause of poor health in developing countries is malnutrition. Adulteration is a major source of fatal diseases. Adulteration not only degrades the quality of food, but dangerous substances are added to the food, which proves to be a health hazard.
- **Poor housing** – The high population and the availability of less space in countries such as India leads to poor health of people. People living in congested areas do not get sufficient sunlight, fresh air, safe drinking water, etc.
- **Improper sewage disposal** – This problem is especially prevalent in village areas where sewage is not properly disposed off. Even the water is badly polluted. The village wells are contaminated and drinking water is not treated before drinking.
- **Lack of medical care** – A major part of Indian population lives in villages, but the part of medical facilities is least in villages. In remote villages, people die of ignorance and lack of proper medical aid, vaccines, family planning, diagnostic facilities, etc.

Common Diseases Among People of India		
Disease	Cause	Example
Communicable disease	Caused by pathogens such as	
	Virus	AIDS, jaundice
	Bacteria	Tuberculosis, cholera

	Fungi	Ringworm, Athletes foot
	Protozoa	Giardiasis, malaria
	Helminthes	Ascariasis
Nutrition deficiency	Caused by deficiency of nutrients	
	Protein	Kwashiorkor
	Protein and carbohydrates	Marasmus
	Vitamin A	Night blindness
	Vitamin B	Beri-beri
	Vitamin C	Scurvy
	Vitamin D	Rickets
	Iron	Anaemia
	Iodine	Goitre
Allergies	Hypersensitivity of body to foreign particles such as dust, pollen grains, etc.	Asthma
Degenerative diseases	Malfunctioning of vital organs	Heart attack, diabetes
Cancer	Abnormal and uncontrolled tumour-like growth of a part of body	Lung cancer, leukaemia, etc.
Congenital or genetic diseases	These are present right from the birth.	Colour blindness, haemophilia, autism, etc.

Several kinds of health organisations work throughout our country. These health organisations can be divided into three main groups – local organisations, national organisations, and international organisations.

- **Local organisations** – Municipalities, town area communities
- **Responsibilities of Local bodies:**
 - Sanitation
 - Supply of safe drinking water
 - Vaccination
 - Keeping statistical records
- **National organisations** – Indian governmental organisations, research centres, NGOs, etc. E.g. – Pulse polio programme
- **International organisations** – WHO, Red Cross, UNICEF