

Concept of Health and Disease

By

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- Health is not mainly an issue of doctors, social scientists and hospitals, it is an issue of social justice. Health is a fundamental human right and a world-wide social goal. Modern medicine is often accused for its preoccupation with the study of disease and neglect of the study of health.

- An understanding of health is the basis of all health care. A brief account for the changing concepts of health is given below:

- I- Biomedical Concept: Health has been viewed as an absence of disease and if one is free from disease, then the person is considered healthy.
- The concept has minimized the role of the environment, social, psychological, and cultural determinants of health.

- **II- Ecological Concept:** Health is a dynamic equilibrium between man and his environment, and disease is a maladjustment of human to environment.
- Human ecological and cultural adaptation to determine not only the occurrence of disease but also the availability of food and the population explosion.

- **III- Psychosocial Concept:** Health is influenced by social, psychological, cultural, economic, and political factors of the people concerned.

- **IV- Holistic Concept:** This model is a synthesis of all the above concepts, This approach implies that all sectors of society have an effect on health and the emphasis is on the promotion of health.

Definitions of Health:

- Health is one of those terms which most of people find it difficult to define.
- Therefore, many definitions of health are offered from time to time including the following:

- I. The condition of being sound in the body and mind , especially freedom from physical disease or pain. Its derived from old English word (hole means whole)
- II. A state of relative equilibrium of body form and function which results from its successful dynamic adjustment to forces tending to disturb it.
- III. A state of equilibrium between humans and the physical, biological, and social environment compatible with full functional activity.

- The ideal definition for health of **WHO** is:
- **The health is the state of complete physical, mental, and social well-being and it does not merely mean the absence of disease or infirmity.**

The Environment:

- The total environment of human beings includes all the living and non-living elements in their surroundings. The simplest definition of Environment: every things surround us affected us and affected by us .
- It consists of three major components: physical, biological, and social. The relationship of human beings to their environment is reciprocal in that the environment has a profound influence on them and they in turn make extensive alterations to the environment to meet their needs and desires.