

# Why Do We Fall Ill? Notes PDF

## The Significance of Health

The first topic of why do we fall ill class 9 notes is the significance of health. While studying the key factors for why do we fall ill, it is important to understand the fundamental concept of health and well-being. Health is a term that is often used to indicate one's physical, mental and social condition. It implies the idea of being well. In simple terms, health can be elaborated as "*the state of physical, mental and social well-being*" considering that the diseases and any infirmity are absent. It depends upon the physical surroundings, environment, and economic condition of the individual. Health often gets compared to the notions of diseases. But there is a difference between being healthy and disease-free. The word diseases mean "disturbed ease", it indicates a condition of being uncomfortable. Thus, a person may be considered as healthy but not diseases-free if he/she is suffering from any ailments or disorders.

## Causes of Disease

A disease is an abnormal condition that causes discomfort and affects the function of either all or part of an organism concerning certain symptoms and signs. Some diseases can occur suddenly and last for a few days, while some diseases occur over a while and can last longer. Depending on the duration, diseases are classified as acute or chronic. To understand the key causes behind why do we fall ill, let's explore the meanings of Acute and Chronic Diseases.

**Acute Diseases:** This type of diseases occur suddenly but are majorly cured within a short period of time. It is not a fatal one and does not cause any severe harm to the body. E.g. Common cold, Jaundice, Strep throat, etc.

**Chronic Diseases:** This type of diseases span over a prolonged period and lasts longer, in some cases, even for a lifetime. Any acute disease can also turn into chronic diseases if it persists for a longer duration and is left uncured. These diseases are fatal and can cause severe harm to the body. E.g. HIV, Cancer, Elephantiasis, etc.

## Infectious & Non-Infectious Causes of a Disease

Another important factor to consider for the question of Why do we fall ill is the infectious and non-infectious causes for a diseases. It is easier to identify the type of diseases, but it is difficult to identify the cause of such diseases. Diseases may occur due to infectious and non-infectious causes. A disease that is caused by

microorganisms like viruses, bacteria, etc. and can spread from one person to another is considered as infectious diseases. E.g. Cholera, Malaria, etc.

Non-infectious diseases are not easily spread from one to another and are mostly caused by pathogens in the absence of any infectious agents. E.g. Cancer, Asthma, etc.

## Principles of Treatment

Whenever we fall sick, we take certain steps to treat the diseases based on the severity and health condition. Now that you are familiar with the causes and types of diseases pertaining to why do we fall ill, it is imperative to know about the various treatments which can be utilised. Principles of treatment suggest two ways to treat an infectious disease, i.e. reduce the effect of the diseases or kill the cause of the diseases.

Reducing the effect of the diseases involves taking appropriate medicines to reduce the pain and impact of the diseases. It focuses on reducing the symptoms. E.g. taking medicines to bring down fever, reduce pain or loose motions.

On the other hand, killing the cause of disease focuses on killing the pathogens to cure the diseases. It involves taking medicines that help in killing microorganisms and helps in further preventing the progression and recurrence of diseases. E.g. malaria.

## Principles of Prevention

The chapter why do we fall ill explains the importance of “prevention is better than cure.” The principles of prevention focus on preventing diseases beforehand so that it doesn't enter the body and cause any harm. There are two ways for preventing disease, i.e. general way and a specific way.

The general way focuses on hygienic conditions like safe drinking water and clean environment that limits the exposure of diseases. While specific ways focus on peculiar properties of the immune system to fight off infections.

## Why Do We Fall Ill Class 9 Extra Questions

Once you have learned the key concepts and factors for Why Do We Fall Ill, here are the commonly-asked exam questions you must prepare for.

- Describe immunization?

- Why personal and community issues both matter for health?
- State any three conditions that are essential for a good health
- Differentiate between acute and chronic diseases
- What is the significance of personal and community issues in terms of health?
- Why the principle of prevention is more important than the principle of treatment?

## Why Do We Fall Ill? Class 9 MCQ

1. Which one of the following is not a viral disease?

- (a) Dengue
- (b) Malaria
- (c) Typhoid
- (d) Influenza

Answer: Typhoid

2. Which one of the following is not a bacterial disease?

- a) Cholera
- (b) Tuberculosis
- (c) Anthrax
- (d) Influenza

Answer: Influenza

3. Which one of the following diseases is not transmitted by mosquitoes?

- (a) Brain fever
- (b) Malaria
- (c) Typhoid
- (d) Dengue

Answer: Typhoid

4. Which one of the following has a long-term effect on the health of an individual?

- (a) Common cold
- (b) Chickenpox
- (c) Chewing tobacco
- (d) Stress

Answer: Chewing tobacco

5. Which one of the following causes kala-azar?

- (a) Ascaris
- (b) Trypanosoma
- (c) Leishmania
- (d) Bacteria

Answer: Leishmania

## Why Do We Fall Ill? Class 9 Worksheet with Answers

What are Chronic Diseases?

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What are acute diseases?

This type of diseases occur suddenly but are majorly cured within a short period of time. It is not a fatal one and does not cause any severe harm to the body. E.g. Common cold, Jaundice, Strep throat, etc.

What are infectious diseases?

Non-infectious diseases are not easily spread from one to another and are mostly caused by pathogens in the absence of any infectious agents. E.g. Cancer, Asthma, etc.