

How to Manage Disease

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Short Article

Humans as living being cannot maintain healthful condition constantly throughout their lifespan. Disease, reverse of 'ease', when something is wrong with a bodily function, is a physiological/psychological dysfunction. [1] The origin, nature, type, severity, duration, risk of any disease, illness, sickness differ both in the age of the patient and the life span of the agent or cause of the disease. Many times, we may not be aware of the causative agent and the condition of the disease in human lives. The factors like origin of man's life, duration of lifespan have made the management of disease in any individual a complex phenomenon. This article emphasizes the general management of disease in the human population.

Life started when a system of encapsulated polymers was able to capture energy and nutrients from the environment thereafter utilizing energy to grow and reproduce. [2] Human body interacts with the environment and it is usual to express itself in the form of normal and abnormal behavior. Diseases must be attributable either to unfavorable exchanges with the external environment, or to failures of the design of organisms, or both. [3] The complexities of the diseased person, disease itself, and environment demands a more transparent but continuous effort to manage the disease in humans. The poly-

etiological origin of any disease requires to be dealt with a diverse management technique to alleviate suffering.

The effective management of resources - human or non-human such as health professionals, drugs, diagnostic equipments and reagents, hospitals and health institutions etc. is crucial to take care of patients/diseased/sick persons. An individual family, local and global community approaches can be considered the best in managing the disease effectively and timely. Human illness management started since early civilization and several innovations and subsequent discoveries have facilitated the present disease management. The impacts of any disease on the body may not be the same in all thereby individualized therapeutic measures to cure, care and prevent such ailments are required. A personalized approach in managing a specific disease is an important aspect of disease management on one occasion. Nevertheless, it may not be so in managing the same disease in the next occurrence in the same person or other persons or in the community. Thus, inclusive and effective scientific basis is mandatory in the management of any disease.

Rest, exercise, balanced diet and fluids, adequate sleep, safe and healthy habits and behavior, medical and surgical treatment, correct utilization of the products of technological development and innovation, environmental care, positive thinking, cultural understanding, helping each other etc. are

some of the essential components of general measures of managing disease prior to causing unwanted and unexpected harm to the body.

Interactions among 'man-ecology-remedies' are the gamut of most of the health problems/diseases in individual and community at local or global level. Disease that disturbs physical health can be better assessed by various parameters and can be managed in better and superior methods. However, the management of mental and social ailments require broad-spectrum measures. Varied possibilities of positive and negative factors play a role in managing diseases mainly of non-specific origin and multifactorial nature. Solving such health problems require huge participatory collective actions based on family embroidered in diverse ecologic factors, cultures and the products of scientific observations, innovations and discoveries. The broad knowledge of disease and accommodating human nature and culture are the keys to prevent and treat the diseases of highly infectious, transmissible, hazardous nature such as pandemics (for example Covid-19), nuclear explosion, water and food contamination and air pollution. Moreover, lifestyle related conditions such as hypertension, atherosclerosis, diabetes etc. need multispectral approaches to manage and prevent life threatening consequences. The quality and joy of life definitely lies on the proper management of disease.

Integrated and broad-spectral components of care of disease requires individual, family and community of various strata

participation for their own health and safety at all levels which is the essential principle in managing diseases in the human population.

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