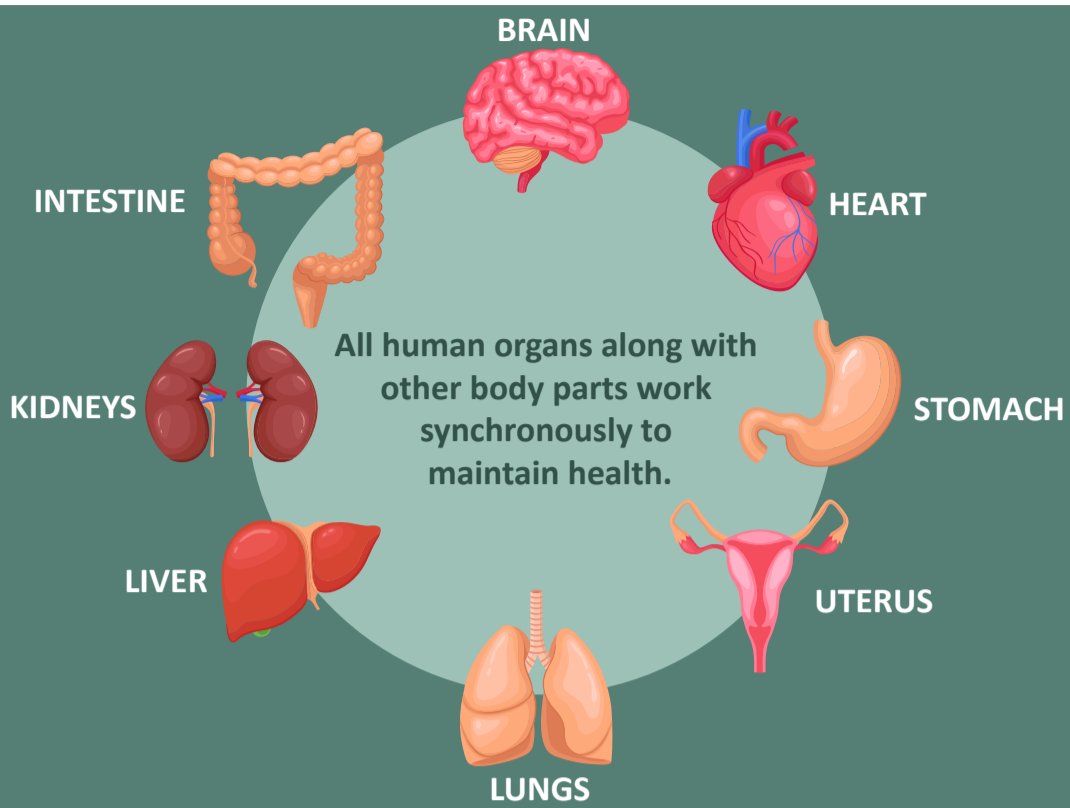


Health & Immune System



Health is the state of complete physical, mental & social well-being & not merely the absence of disease or infirmity.



Healthy population is more energetic & leads to surge in productivity & economic prosperity and also lowers infant and maternal mortality rates.

Mental Health

→ Factors that play role in maintaining good health:

- * Balanced nutritious diet, regular exercise, healthy lifestyle practices, etc. – Physical health
- * Meditation or yoga help maintain a better mental health

→ Mental Health Act, 2017 aims at providing health services to those suffering from mental illnesses and remove the stigma associated with it

Diseases

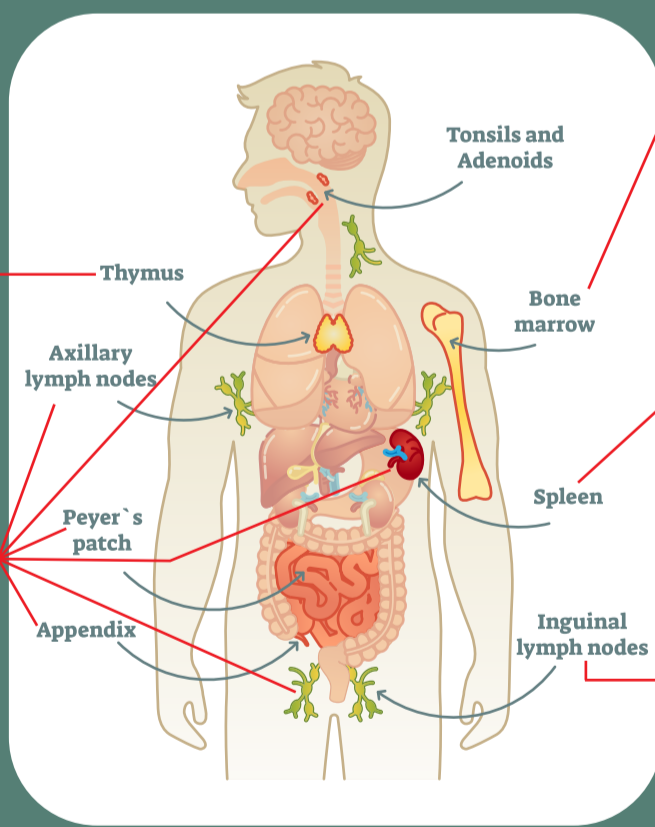
- Failure of any organ, organ system or body part may lead to diseases
- Sometimes microbes cause infections
- Signs & symptoms act as indicators of ruining health
- Diseases are of several types & some may lead to life-threatening & even fatal consequences in absence of appropriate medical guidance

Immune System

- Body has a unique immune system to protect us against diseases & infections
- Consisted of tissues, cells, soluble molecules like antibodies & lymphoid organs

* Immature lymphocytes differentiate to become antigen-sensitive lymphocytes
* They migrate to secondary lymph organs upon maturation

Secondary lymphoid organs
* Lymphocytes interact with the antigen & proliferate to become effector cells



* Major lymphoid organ
* Produces blood cells including lymphocytes
* Immature lymphocytes develop

* Contains lymphocytes and phagocytes
* Filters blood and traps microbes

* Trap microbes present in lymph or tissue fluid

Cells of Immune System

