

- (c) about her relation with her husband during pregnancy and the period to follow it.
- (vi) Adolescent age is very crucial from mental health point of view because during this period lot of changes take place in body, sex, behaviour and personality. Youth has a tendency not to accept the ways in which their parents or seniors expect them to behave, and had a tendency to manage their own affairs themselves. This tendency leads to protest, unrest, sex and drugs etc. They are exposed to mass media which aggravate on their desires and expectations and if not fulfilled lead to frustrations. They are also exploited by politicians. Students in our country are overburdened with studies because of faulty examination system which lead to depression and frustrations.
- (vii) Youth welfare programmes, social welfare programmes, opportunities for creative work, recreational facilities, happy family and social life all play an important role in maintaining and promoting normal mental health.
- (viii) In old age so many problems arise regarding health and family affairs so proper medical facilities, old age homes and rehabilitation centers should be provided.

3. SOCIAL HEALTH

Man is a social animal, he cannot live individually, he will have to depend on each other to fulfil his basic necessities. In the primitive age he used to live singly and in the primitive society of tribal era. But now he is not merely a member of a family but a member of a locality, society, a city, a country or the world. The problem of an individual is considered as the problem of the area, city, country or even of the world. Therefore necessity arose for creating world organisations like World Health Organisation, United Nations Organisation, Agriculture Organisation etc. Similarly or these patterns local, district, state and national organisations are formed.

The health of the people depends primarily on the social and environmental conditions under which they live and work. Undesirable habits, traditions and living conditions are equally responsible for the sufferings of an individual and community as a whole. Economic

Although all precautions and care is taken to prevent the diseases but even then the causative factor succeeds in inducing the diseased state in the person. Now-a-days a number of vaccines have been developed to prevent various diseases but we do not have vaccines for preventing all types of diseases. For diseases like cancer, diabetes, epilepsy, leprosy, syphilis and malaria etc. there is no vaccine available. In such cases early diagnosis and treatment is the only solution. The earliest identification and diagnosis of the disease will be in the benefit of the patient as well as doctor. Earlier diagnosis will help the physician in preventing the disease with proper treatment and to control further progress of the disease.

Some of the methods by which early diagnosis or identification of the disease can be made include screening surveys, periodic examination and special examination of people who are at high risk of disease.

Secondary prevention is often more expensive and less effective than primary prevention in controlling the transmission of diseases.

(C) TERTIARY PREVENTION

If primary prevention fails the person gets disease. The early diagnosis and proper treatment helps the patient for early recovery. But in certain cases due to typical nature of the disease, it cannot be diagnosed at its early stages. Under such circumstances if the disease is not handled properly or the patient is not attended properly it may lead to various complications which may result in permanent disability or death of the patient. The aim of the tertiary prevention is to reduce further complications or permanent disability in the patient. It includes disability prevention and rehabilitation of the patient.

Permanent disability can be prevented by immunising the infants against polio, tuberculosis etc. Disability due to industrial accidents can be prevented by wearing goggles, gloves, hoods etc. Surgical operations can limit the disability to a great extent. Adequate treatment and physiotherapy alone can reduce the duration of disability.

Rehabilitation of the handicapped persons is very important which can be brought about by medical, social, educational and vocational measures. He should be rehabilitated in such a way that he does not feel ignored, earns his livelihood and becomes a useful member

kinds of fats. Some fats such as groundnut oil and vegetable oil are liquid at room temperature and some fats such as ghee or butter are semisolid or solid in nature. Chemically fats are composed of glycerol and fatty acids. The latter may be saturated or unsaturated. In general animal fats contain saturated fatty acids and glycerin. It is found in eggs, meat, cheese, milk, butter and oily fishes. The vegetable fats contain the unsaturated fatty acids and glycerin. It is found in margarine and vegetable oils.

Fats are also called concentrated sources of heat and energy as 1 gm of fat yields 4 calories of heat on oxidation thus yield more than double the energy as compared to carbohydrates. Human body can synthesize triglycerides and cholesterol endogenously but those fatty acids which cannot be synthesized in the body are known as essential fatty acids which must be incorporated in the diet. Examples include linoleic acid and linolenic acid etc. which are mostly found in vegetable oils.

As fats are insoluble in water, during the process of digestion they are converted into an emulsion for their absorption into the body. Liquid fats and those which melt at body temperature are better digested than those which are much harder. A fat rich diet slows the process of digestion and gives a feeling of heaviness and fullness. In the body, the fat which cannot be immediately used is partly deposited as adipose tissue under the skin and the rest unabsorbed is excreted along with the faeces.

Sources of Fats

- (a) Animal sources include ghee, butter, meat, fish oils etc.
- (b) Vegetable sources include various vegetable oils such as groundnut oil, mustard oil, cottonseed oil, sunflower oil, coconut oil etc.

Functions of Fats

The functions of fat are :

1. They are the concentrated source of energy and provide double the energy than that of carbohydrates and proteins. They provide energy especially in starvation.
2. They act as carriers for fat soluble vitamins e.g. vitamins A, D, E & K.

44 Health Education and Community Pharmacy

It is essential for the normal growth and health of the body and also plays an important part in carbohydrate metabolism.

Sources

Thiamine is widely distributed in small amounts in all natural foods. The main sources are rice polishing, unmilled cereals, pulses, nuts, yeast, egg yolk, fish, meat etc. It has been synthesised and has been obtained in crystalline form from rice polishings and wheat embryos.

Thiamine is readily lost during milling of rice, wheat and cereals and also during the process of washing and cooking of pulses.

Deficiency

Deficiency of vitamin B₁ leads to beri beri, neuritis, loss of appetite, atony (muscles lacking their normal elasticity) of G.I.T; mental depression, anaemia, enlarged heart and increased palpitation on slight exertion etc.

The daily requirement of vitamin B₁ is 2 mg which increases in shock, haemorrhage, regular haemodialysis and serious illness. The body content of thiamine is 30 mg and if more than this is given it is merely lost in urine.

(b) Vitamin B₂

Vitamin B₂ is also known as riboflavin. It is a water soluble yellow pigment closely related to flavins. It is concerned with normal protein, carbohydrate and fat metabolism. It is associated as coenzyme in tissue oxidation and respiration.

Sources

Vitamin B₂ is found in yeast, milk, eggs, liver, kidney and green vegetables. Wheat, millets and pulses also contain good amount but rice is a poor source of vitamin B₂. Germinating pulses also provide this vitamin. Vitamin B₂ is synthesised by bacteria in the large intestine which is an additional source.

Deficiency

The deficiency of riboflavin leads to angular stomatitis, glossitis (soreness of the tongue), redness and burning sensation in the eyes,