

AFCAT SCIENCE

HUMAN HEALTH & DISEASES – ONE LINE APPROACH

Category / Concept	One-line Explanation	Example / Info
Congenital Diseases	Diseases present by birth and inheritable.	Haemophilia, Colour blindness
Acquired Diseases	Develop during lifetime due to infection or lifestyle.	AIDS, Cancer, Diabetes
Infectious Diseases	Caused by pathogens, spread person-to-person.	Tuberculosis, Measles
Non-Infectious Diseases	Not transmitted between individuals.	Diabetes, Cancer
Contagious Diseases	Spread by direct contact.	Smallpox, Chickenpox
Communicable Diseases	Spread by any means - direct or indirect.	Malaria, Cholera
Epidemiology	Study of disease spread and control.	Public health science
Pathogen	Microorganism causing disease.	Bacteria, Virus, Protozoa
Immunity	Body's ability to resist infection.	Natural or acquired
Vaccine	Preparation providing immunity.	Polio vaccine
Vector	Organism transmitting disease.	Mosquito - Malaria
Carrier	Harbours pathogen, no symptoms.	Typhoid Mary
Pandemic	Disease spread across countries.	COVID-19
Epidemic	Sudden disease outbreak regionally.	Cholera outbreak
Endemic	Constant disease in a region.	Malaria in tropics
Deficiency Disease	Due to lack of nutrients.	Scurvy - Vitamin C deficiency
Cancer	Uncontrolled cell growth.	Metastasis
Diabetes Mellitus	Insulin deficiency, high sugar.	Pancreas malfunction
Jaundice	Liver disorder, yellow skin/eyes.	Excess bilirubin
Malaria	Protozoan disease via mosquito.	Plasmodium vivax
Dengue	Viral disease via Aedes mosquito.	High fever, joint pain
Cholera	Bacterial disease via water.	Vibrio cholerae
Tuberculosis	Bacterial lung infection.	Mycobacterium tuberculosis
AIDS	Viral immune deficiency disease.	HIV virus
Polio	Viral paralysis disease.	Affects nervous system

Rabies	Viral disease via dog bite.	Affects brain and spine
Hepatitis	Liver inflammation by virus.	Types A-E
Ringworm	Fungal infection of skin.	Trichophyton
Amoebiasis	Protozoan intestinal disease.	Entamoeba histolytica
Pneumonia	Lung infection by bacteria/virus.	Breathing difficulty

