




CULTURE INFLUENCING HEALTH AND DISEASE

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- Culture plays an important role .
 - It is refers to the way of living which includes ideas, attitude, practices, customs, etc is called culture.
 - All people whether rural or urban, have their own beliefs and practices concerning Health and disease.

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- It now Widely recognized that culture Factors are deeply involved in all the affairs of man , including health and disease.
- A breif amount of the culture Factors relating to health and disease as observed are concept of cure , environmental sanitation , food habits , mother – child healthcare , personal hygiene, sex and marriage.

FOOD HABITS

- Some people eat spicy food so they got gastric.
- Brahmins are vegetarian so they don't get balanced nutrition.
- Practice of bad habits.

OCCUPATIONAL CONDITION

- Cervical spondylosis and Arthritis are more common among manual labours (factories, company, workers etc.)
- Consanguineous (marriage b/n two family members) marriage causes for weak physical and mental condition, mental retardation and other health problems.
- Getting up early in the morning and taking bath.
- Drinking water everyday will give good health.
- Early to bed and early to rise.

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- Polygamy (marriage in which two or more women share a husband is accepted social phenomenon in certain religion.
 - Superstitious beliefs.