

# Unhealthy Human Life Style Invites the Life Threatening Diseases

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## Abstract

The human good health depends upon the healthy lifestyle. The unhealthy lifestyle encounter illness, disability and even death. The present investigation conducted to know the healthy and unhealthy life style of twenty working people of Raichur city using the questionnaire. The data captured using the questionnaire comprises employed or unemployed, nature of intense or non-intense walking or sitting or standing work. smoking or non-smoking, alcoholic or non-alcoholic and sensual drug habits, balanced or unbalanced nutritious diet, with or without physical exercise, inherited or uninherited hereditary diseases and with or without regular health check up. The obtained data helps to understand the healthy lifestyle and also lifestyle diseases of the people in the study area.

**Keywords:** Human Life style, Life style diseases, Harmful drugs, Stressful workload, Health check up,

## Introduction

Good health of the human beings depends upon the healthy lifestyle. The unhealthy lifestyle encounter illness, disability and even death. The healthy life style comprises healthy diet, healthy weight, balanced nutritious food, physical exercise and mental activeness, avoidance of tobacco, alcohol and sensual drugs and regular preventive screening. The unhealthy life style comprises prolonged exposure to modifiable lifestyle behaviours such as smoking, consumption of alcohol, chewing of tobacco, unhealthy diet, and physical inactivity leads to the development of chronic diseases, specifically heart disease, stroke, diabetes, obesity, metabolic syndrome, chronic obstructive pulmonary disease, respiratory diseases. and some types of cancer. *These human Lifestyle diseases can have life-threatening or life taking consequences in near future. These illnesses used to be considered the diseases of industrialized countries, so-called 'Western diseases' or 'diseases of affluence'; however, internationally they are known as non-communicable and chronic diseases, part of the degenerative diseases group. Chronic disease can result in loss of independence, years of disability, or death, and impose a considerable economic burden on health services.*

At present, chronic diseases are a major public health problem worldwide. In 2005, the World Health Organization (WHO) estimated that 61 per cent of all deaths and 49 per cent of the global burden of disease were attributable to chronic diseases. To know the health condition based on life style either the people are healthy or suffering from any life style diseases primarily based on the day to day habits of the people.<sup>1</sup> Thus, The present investigation conducted to know the healthy and unhealthy life style of twenty working people of Raichur city using the questionnaire.

### Methods and Methodology

The survey conducted at Raichur city and the data captured using the questionnaire comprises employed or unemployed, nature of intense or non-intense, walking or sitting or standing work. smooking or non-smoking, alcoholic or non-alcoholic and sensual drug habits, balanced or unbalanced nutritious diet, with or without physical exercise, inherited or uninherited hereditary diseases and with or without regular health check up.

### Results

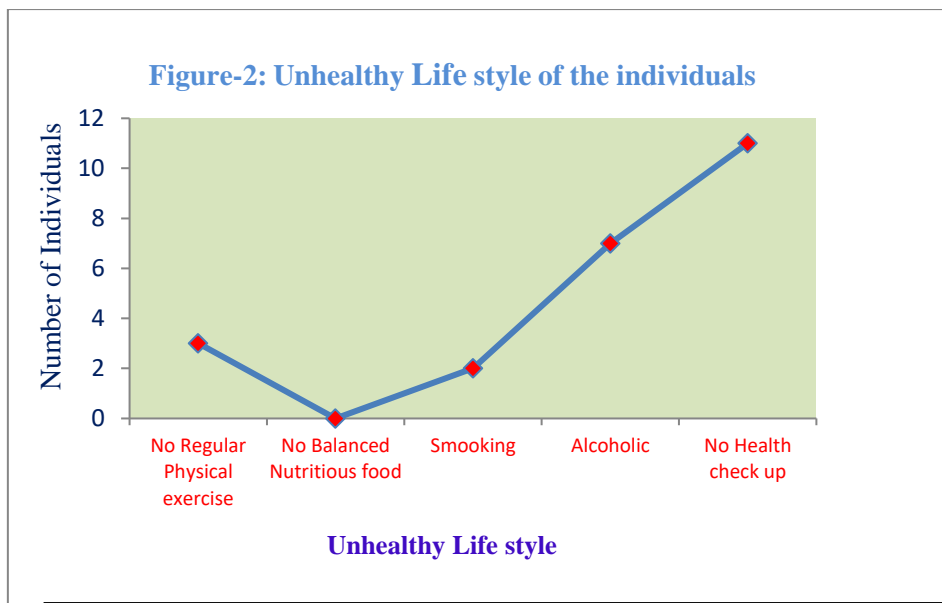
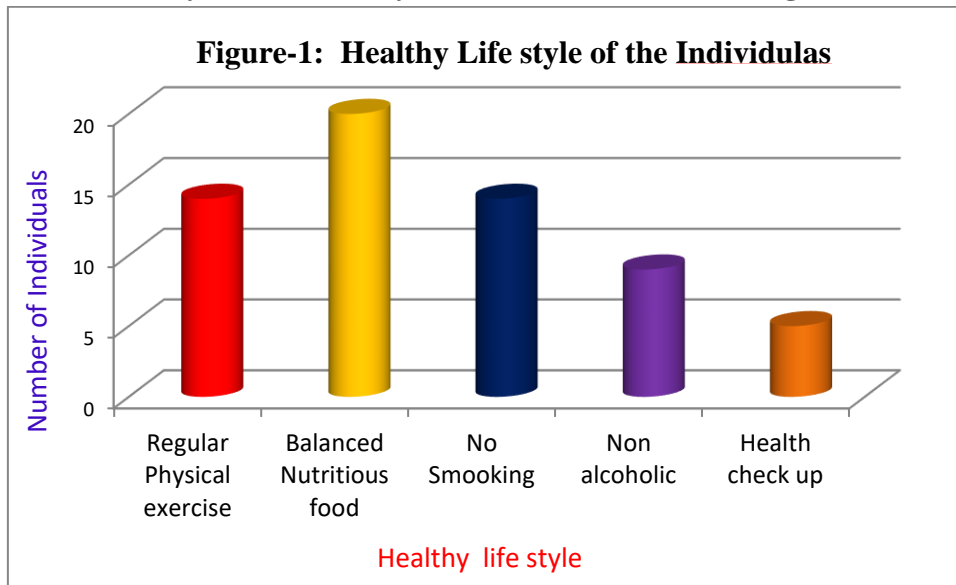
Twenty people interogated, out of which 16 people donot have any lifestyle diseases but remaining 04 people have lifestyle diseases mainly due to no exercise, smooking and alcohol drinking habits, poor consumption of balanced food and no regular health check up. These 4 people have diabetic disease (Table-1, Figure1,2,3).

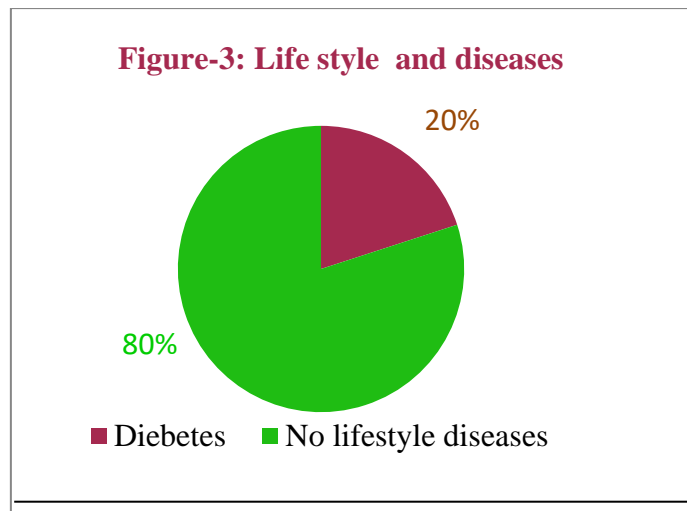
**Table-1: Unhelthy life style invites the life threatening diseases**

Sl. No	Name	Fathers name	Healthy/Unhealthy Life style among the people of Raichur city					Life style disease s
			Physica l exercise	Balance Nutritiou s food	Smookin g	Alcoholi c	Regula r Health Check up	
1	Nagaraj	Chidanandappa	No	Yes	No	No	No	No
2	Veeresh	Bheemappa	Yes	Yes	No	Yes	No	No
3	Anjanayya	Yellappa	Yes	Yes	No	Yes	No	No
4	Jeelan Pasha	GousaMainuddi n	Yes	Yes	No	Yes	No	Diabete s
5	Mahadev	Narasappa	Yes	Yes	No	No	No	Diabete s
6	Venkatesh	Narasappa	No	Yes	Yes	Yes	Yes	Diabete s
7	Srinivas	Shivappa	No	Yes	No	Yes	No	No
8	D.Narasimal u	Mallayya D.	Yes	Yes	No	No	Yes	No
9	Suresh	Hanamantappa	Yes	Yes	No	Yes	Yes	Diabete s
10	Srinivas	Tammareddy	Yes	Yes	No	Yes	Yes	No
11	Mallikarjun	Nagappa	Yes	Yes	No	No	Yes	No
12	Raghavendr a	Ramakanth	Yes	Yes	No	No	No	No
13	Tippesha	Lokesh	Yes	Yes	No	No	No	-
14	Ramesh	Balaji Singh	Yes	Yes	No	No	No	No
15	Balaji	Bharat	Yes	Yes	No	No	No	No

16	Srinivas	Laxminarayana	Yes	Yes	No	No	No	No
17	Malaram	Girdhariram	Yes	Yes	No	No	No	No
18	Saleempasha	Gousamainuddin	No	Yes	Yes	No	No	-
19	Ambaresh	Tikkayya	No	Yes	No	No	No	-
20	Shivakumar	Tikkayya	No	Yes	No	No	No	-

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### Discussion

The present survey reveals that healthy life style can keep away the life style diseases and the life style modifications are the key to manage the diabetes.<sup>2</sup> There are number of relevant reports of human life style such as Influence of Individual and Combined Health Behaviors on Total and Cause-Specific Mortality in Men and Women.<sup>3</sup> The global burden of disease: a comprehensive assessment of Mortality and disability from diseases, injuries, and risk factors.<sup>4</sup> Healthy living is the best revenge: Findings From the European Prospective Investigation Into Cancer and Nutrition-Potsdam Study.<sup>5</sup> A survey conducted “Adherence to Healthy Lifestyle Habits in United States from 1988 to 2006.”<sup>6</sup>

### Conclusion:

Healthy life style can create happy environment in the family and also at the working place. but those who knowingly or unknowingly suffering from unhealthy life style diseases creates unhappy enviroment in the family and also at working place. In addition they have huge economic burdon and reduced social interference. To promote physical activity both government and general public is equally responsible. But, more extent individual action for physical activity is influenced by the environment, sports and recreational facilities, and national policy. It requires coordination among many sectors, such as health, sports, education and culture policy, media and information, transport, urban planning, local governments, and financial and economic planning.

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