

People in India: Health and Disease

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ABSTRACT In this paper an attempt is made to give an overview of health of Indians, as well as, essential aspect of their environment. India is a multi-ethnic, multi-linguistic and multi-religious state. Most of the people who are at a disadvantage due to nutritional handicaps are found in developing countries and India is no exception. Nutrition or rather lack of good food coupled with a stress filled environment can place the population at a disadvantage. The maintenance of ill health across generations result from a complex interplay of social, economic, cultural and biological factors. The complexity of relationship provides many points at which the passage of ill health from generation to generation can be interrupted. Similarly, protecting the health of infants and young children also protects the health of the next generation of adults.