



CLASS IX

HOME SCIENCE

CHAPTER 3

UNIT IX

SOME COMMON AILMENTS OF CHILDREN

NOTES

Indigestion

- Indigestion is usually caused by food which is too heavy for the child to digest.
- The normal signs of indigestion are stomach upset, gas formation, etc.
- To overcome indigestion light food, plain water, gripe water should be given.

Diarrhoea

- It is defined as the passing of loose, and watery stools. It is characterised by an increase in the frequency and fluidity of stool.

Causes

- Gastrointestinal allergy, infection of stomach, intestine, feeding left over milk in the bottle, unhygienic food.

Preventive measures

- Administration of Oral Rehydration Therapy,
- Encouraging breast feeding,
- Boiling the bottle, utensils, keeping the flies away, covering the dustbins, flushing the toilets after use, and washing hand with soap etc.

Dysentery

- It is the illness of passing unformed stools accompanied by the blood and mucus.
- **Types of dysentery** – Amoebic Dysentery and Bacillary Dysentery.

Symptoms

- Gripping pain in the abdomen, passing stools with mucous stained with blood, offensive odour motion, pain in colon area of abdomen, inflammation of the large intestine.



Constipation

- When a person passes hard stool making him uncomfortable during defecation that condition is called constipation.

Causes

- Irregular bowel habits
- Lack of fluids intake
- Lack of potassium in the diet
- Mental stress

Common Cold

- Common cold is due to infection by germ. It is infectious. Infants catch cold by exposure to chill breeze, from wet napkins not being removed and changed quickly. It is also caused from staying in a room which is too moist or through wet clothes hung inside the room where the child is cradled.

Colic pain

- Spasm accompanied by pain is called colic pain.
- **Causes-** Vigorous crying and sucking, eats rapidly and swallowing air, no burping done after feeding.

Jaundice

- **symptoms** – Yellow colouration of eyes, skin and urine.
- **Treatment** – Washing hand with soap and water after toilet and food, avoiding contaminated food and water, for drinking purpose using boiled water.



Convulsion

- Convulsion or fits means uncontrolled twitching or jerking movements of arms, and legs with twitching and upturning of the eyeballs, the child may clench his teeth and become unconscious.

Measles

- It is caused by virus. The disease is accompanied by cold, cough, watery eyes and high fever for 3- 4 days. Then rash appears on different parts of the body starting from the face.

Nappy Rash

- It is caused by soiled nappy as the skin remains for a long time in contact with urine and faeces inside the soiled nappy.

Immunization

- It is one of the most practical way to prevent diseases. Immunizing agent is specific for a particular disease. It protects the body for the particular diseases only. In spite of immunization a child may get the diseases but in the mild form.

Vaccination

- It is the process of introducing vaccine into human body to give protection against diseases.

