

# Handbook of Preventive and Social Medicine

Seventeenth Edition

Community Health | Community Medicine

- Sanitary Inspectors • Public Health Workers • Allied Health Services Staff
- Medical Laboratory Technical Staff • Physiotherapists • Occupational Therapists
- Rehabilitationists • Social Workers • Epidemiologists • Dieticians • Nutritionists • Pharmacists

Preventive and social medicine, comprising community health and community medicine, is a vast developing discipline on which there are a large number of textbooks. This popular Handbook clearly has its own individuality and characteristics carrying the stamp of Dr Yash Pal Bedi. Eleven editions of this book were compiled by Dr Yash Pal Bedi himself. Subsequently, three editions were edited, revised and enlarged by Dr SM Marwah, Professor and Head, Department of Preventive and Social Medicine, Benaras Hindu University, Varanasi. This (Seventeenth) edition has been extensively rewritten, revised and enlarged by Dr Pragya Sharma.

Certain obsolete portions in the previous edition have been deleted and new ones incorporated without losing original characteristics of the *Handbook*. All the chapters in this edition have been thoroughly updated. The text of the book adequately covers all the requirements of students of courses for sanitary inspectors, public health workers, allied health services staff, medical laboratory technical staff and social workers. Besides, the handbook will serve as a useful text for undergraduate students in physiotherapy, occupational therapy, epidemiology, dietetics, nutrition and pharmacy.

In addition, it will fully serve the requirements of doctors in general practice and public health who are today expected to be integrating preventive, promotive and national health services much more than before.

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Nutritionists

Pharmacists

Yash Pal Bedi

Editor  
Pragya Sharma



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*Sanitary Inspectors, Public Health Workers, Allied Health Services Staff, Medical Laboratory Technical Staff, Physiotherapists, Occupational Therapists, Rehabilitationists, Social Workers, Epidemiologists, Dieticians, Nutritionists, and Pharmacists*

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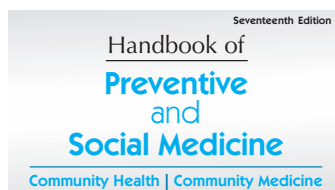


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# Preface

## to the Seventeenth Edition

**I**n a vast developing discipline which today claims a large number of textbooks by authors both within and outside India, every textbook will have its own individuality and characteristics. Eleven editions of this book were compiled by the author Dr Yash Pal Bedi himself. Subsequently, three editions were edited, revised and enlarged by Dr SM Marwah, Professor and Head, Department of Preventive and Social Medicine, Benaras Hindu University, Varanasi. This new edition has been further revised and enlarged by me. Certain obsolete portions in the previous edition have been deleted and new ones incorporated without losing original characteristics of the *Handbook*.

All the chapters in the Seventeenth Edition have been thoroughly revised and made up-to-date. It is reasonably hoped that the book in its present form will adequately cover all the requirements of medical and public health students as well sanitary inspectors, health visitors and other auxiliary health workers, besides being of interest to general readers, as was originally planned by the author. In addition, it will serve the requirements of general practitioners who are today integrating preventive,

promotive and national services much more than before.

In a work like this it is not possible to acknowledge cooperation of all those whose direct and indirect interactions get incorporated through an author's write-ups. However, I acknowledge with thanks the most willing assistance of Dr Harsavardhan Nayak and Dr Akanksha, Senior Residents, Department of Community Medicine, Maulana Azad Medical College, New Delhi, for their work in making valuable contribution, repeated revision and proofreading to give this book a final shape.

I would also like to thank Dr S Garg, Director Professor and Head, Dr GK Ingle, Director Professor, and senior colleagues, Department of Community Medicine, Maulana Azad Medical College, New Delhi, for their immense unconditional support and faith, which has been a constant source of motivation behind this mammoth task. Last but not the least, I would also like to acknowledge my family and friends for being a source of constant inspiration in my life.

Besides, I am indebted to the publishers for their general excellence in the production of this edition.

**Pragya Sharma**  
*Editor*





# Foreword

## to the First Edition

It was with great pleasure that I have gone through the manuscript of *Handbook of Preventive and Social Medicine* sent to me by Dr Yash Pal Bedi, Professor of Hygiene and Public Health, Medical College, Amritsar. At present more attention is paid to the preventive aspect than before. Sir George Newman rightly observed, "It is not the event of death which we can escape but the incident of avoidable invalidity and premature death", that gives, in a nutshell, the object of studying hygiene.

Health is not merely absence of disease, the conception of health envisages the full development of physical, mental and spiritual powers with which an individual is endowed. In order to attain this ideal attention is now being paid in different countries, especially in England and America, to what is known as "social medicine". The World Health Organization is playing an important part in this respect. Most of the diseases are preventable, specially those caused by some specific organisms, which are carried by different agencies like air, water or through some intermediaries like the insects. It has, therefore, been possible to adopt preventive measures according to the nature and

method of spread of the different diseases. Since impure air and water, pollution of soil, bad disposal of refuse and excretal matter, errors in diet and improper cleanliness of the house and its surroundings has an important role in the spread of disease and thus require to be carefully studied. On the other hand, the individual himself, being an important unit of the community, should be properly educated to enable him to appreciate the value of sanitation not for his own health, but also for the community in general.

It is essential that all these different factors should be properly dealt with in a book. And judging from this angle, the handbook which Dr Bedi has written will, I am sure, be of great value in inculcating the fundamental principles of hygiene. Apart from environmental hygiene, personal hygiene, village sanitation, sanitation of fairs and melas as also the main principles of prevention of communicable diseases so common in India, have been dealt with succinctly, though nothing of importance has been left out.

I am sure that Dr Bedi's book will meet with all the requirements of the students who, I have no doubt, will read it with interest and profit.

**BN Ghosh**

Author of  
*Treatise on Hygiene of Public Health*







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