

HISTORY OF COMMUNITY MEDICINE

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MAN AND MEDICINE

**TOWARDS HEALTH
ALL**

MEDICINE IN ANTIQUITY

PRIMITIVE MEDICINE (ABOUT 500 BC)

“Supernatural Theory of Disease”

- **Concept of disease:**
 - Human sufferings were attributed due to wrath of invasion of body by evil spirits and influence of planets and stars
 - Appeasing God by prayers, rituals and sacrifices, driving out evil spirits by witch crafts and other crude means.
- **Medicine in Prehistoric time :**
 - Intermingled with superstition, religion, magic and witchcraft.
 - Herbs and drugs.
 - Stone and flint instruments

MEDICINE IN ANTIQUITY

INDIAN MEDICINE

‘Ayurveda & Siddha Systems’

- Ayurveda means: “knowledge of life” or knowledge of prolonging life.
- Mythological figures like Sages and seers
- Schools of Medicine and Public hospitals.
- **Susruta**- Father of Indian Surgery.

‘Tridosha Theory of disease’

- **Disease was explained:** Disturbance of equilibrium of humors or Doshas: Vata (wind), Pitta (gall), Kapha (mucus).
- Hygiene, sanitation and engineering.
- Unani Tibb and homeopathy.

MEDICINE IN ANTIQUITY

EGYPTIAN MEDICINE (2000 BC)

- Oldest civilization.
- Art of medicine was mingled with religion.
- Physicians co-equals of priests.
- Picture writing and Papyrus recording.
- Specialization.
- Prescriptions (800 based on 700 drugs).
- Planned cities, Inoculation against smallpox.

MEDICINE IN ANTIQUITY

MESOPOTAMIAN MEDICINE

- Cradle of civilization.
- Basic concepts of medicine were religious, practised by herb doctors, knife doctors and spell doctors.
- Magic, necromancy, demons, geomancy.

‘Code of Hammurabi’

- **Hammurabi**- Great King of Babylon formulated strict and drastic laws for conduct of physicians.
- Oldest medical prescription.

MEDICINE IN ANTIQUITY

CHINESE MEDICINE (2700 BC)

- First organized body of medical knowledge.

‘Yang and Yin’-Two Principles

- **Yang:** Active masculine principle.
- **Yin :** Negative feminine principle.
 - The balance of these two opposing forces meant good health.
 - Hygiene, dietetics, hydrotherapy, massage, drugs were used by physicians.
 - Early pioneers of Immunization.
 - Acupuncture.

MEDICINE IN ANTIQUITY

GREEK MEDICINE

- Civilizers of the ancient world.
- They taught man to think 'why' and 'how'.

'Aesculapius bore two daughters'

- **Hygiea** : Goddess of health
- **Panacea**: Goddess of medicine
 - Dynasty of healers (Curative medicine)
 - Hygienists (Preventive medicine).

MEDICINE IN ANTIQUITY

GREEK MEDICINE (CONT'D)

'Hippocrates- Father of medicine'

- **Hippocrates-** An epidemiologist
- Book; Corpus Hippocraticum, 72 Volume :
- Classification of diseases. Introduced clinical method in medicine.
- **Greeks belief:** Matter made up of four elements - Earth, fire, water. Represents in body as four humors; Phlegm, yellow bile, blood, black bile.
- Alexandria huge museum, first University in the world
- Hippocrates schools and libraries.

MEDICINE IN ANTIQUITY

ROMAN MEDICINE

- More powerful and practical minded than Greeks.
- Sense of sanitation.
- Public health awareness: baths, sewers, roads, pure hospitals, and malaria treatment.
- **Galen-** A medical dictator.
- Speciality in anatomy and physiology.
- Standard textbooks of medicine for 14 centuries.
- Disease was due to: Predisposing, exciting and env factors.

MEDICINE IN ANTIQUITY

MIDDLE AGES

‘With the fall of the Roman Empire, The Dark Ages of Medicine began’

- Europe was ravaged by disease and pestilence like plague, smallpox, leprosy, tuberculosis.
- Practice of medicine was reverted back to primitive medicine dominated by superstition.

‘Unani system of Medicine’

- Once Europe was passing through dark ages Arabs stole the medicine over the rest of civilization and preserved the ancient knowledge.
- **Ibn-e-Sena (Avicenna)**- 21 volume encyclopaedia ‘Canon of Medicine’.
- Pioneers in the field of pharmacology.
- Introduced number of drugs, herbal and chemical. Invented the prescription writing.

DAWN OF SCIENTIFIC MEDICINE

REVIVAL OF MEDICINE

This was an age of individual Scientific Endeavour

- **Paracelsus-** Revived medicine, attacked superstition and medicine turn towards rational research.
- **Fracastorius-** “Theory of contagion”. Transfer of infection by minute invisible particles and explained the cause of epidemic.
- **Andreas Vesalius-** “First man of modern Science”. Raised the status of Anatomy.
- **Ambroise Pare-** “Father of surgery”.
- **Thomas Sydenham-** True clinical methods.
- Circulation of blood, microscope, and vaccination against smallpox .

DAWN OF SCIENTIFIC MEDICINE

SANITARY AWAKENING

- Took place in England & spread to other countries.
- Era of Public Health. Behaviour modification of people.
- ‘Great cholera epidemic of 1832’*
- **Edwin Chadwick**- A land mark in history of Public Health in Great Britain -Report on “sanitary conditions of the labouring population” led to improve housing and working conditions.
- New thinking began - State has a direct responsibility for the health of the people.

DAWN OF SCIENTIFIC MEDICINE

RISE OF PUBLIC HEALTH

- **John Snow**- Epidemiology of Cholera. Cholera is called “father of public health”. Appeared repeatedly in the western world.
- **William Budd**- Discovered Typhoid fever- cause, Person-to-person, drinking water and not by miasma and sewer gas.
- **John Simon**- First Medical Officer in London- Responsible for sanitary reforms. Built up a system of public health. The early phase of public health is often called the “disease control phase”.

DAWN OF SCIENTIFIC MEDICINE

GERM THEORY OF DISEASE

- **Louis Pasteur**- French bacteriologist. He advanced “germ theory of disease”. Demonstrated presence of bacteria in air.
- **Robert Koch**- “Golden Age of Bacteriology”. Anthrax caused by bacteria.
- Microbes were discovered e.g. Gonococcus, typhoid bacillus, cholera vibrio, diphtheria bacillus
- Medicine finally shed the rags of dogma and superstition and put on the robes of scientific knowledge.

DAWN OF SCIENTIFIC MEDICINE

BIRTH OF PREVENTIVE MEDICINE

- **James Lind**-The prevention of scurvy, advocated the use of fresh vegetables and fruits.
- **Edward Jenner**- Vaccination against smallpox.
- Later part of 19th century – Discoveries in Preventive medicine e.g. anti-rabies treatment, cholera vaccine, antiseptics and disinfectants, yellow fever prevention, purification, pasteurization of milk, protection of food, proper disposal of sewage and destruction of insects

MODERN MEDICINE

“MULTI FACTORIAL CAUSATION: CONCEPT AND FACTORS EVALUATION”

Curative Medicine:

Middle of 20 century: Revolution in “Allopathic medicine”
Introduction of antibacterial and antibiotic agents. Specialties and sub-specialities emerged .

Preventive Medicine:

- Early triumphs of preventive medicine was in the field of vaccines, antisera, quarantine, nutrition, synthetic insecticides for control of vector borne diseases.
- Discovery of sulpha drugs, anti-malarials, antibiotics, tubercular and anti-leprosy drugs.
- Concept of disease eradication, screening of disease a factors, population explosion.

- ***Social Medicine:***

- **Neumann and Virchow-** Medicine is a social science.
- **Alfered Grotjahn-** Revived the concept of social medicine stressed the importance of it in the aetiology of disease, called “social pathology”.
- **Professor Crew-** Social medicine stands on two pillars- medicine and sociology.
- These developments represent a forceful bid for the expansion of the concept of medicine. However social medicine was criticized because it was virtually isolated from the service world and confined to academic study of health services and chronic disease.

MODERN MEDICINE

CHANGING CONCEPTS IN PUBLIC HEALTH

- 1. Disease Control Phase (1880-1920)*
- 2. Health Promotional Phase (1920-1960)*
- 3. Social Engineering Phase (1960-1980)*
- 4. Health For all Phase (1981-2000)*

CHANGING CONCEPTS IN PUBLIC HEALTH

(1) DISEASE CONTROL PHASE **(1880-1920)**

- Public health was largely a matter of sanitary legislation and sanitary reforms aimed at the control of man's physical environment.
- These measures were not aimed at the control of any specific disease.
- However, it vastly improved the health of the people and disease and death control.

CHANGING CONCEPTS IN PUBLIC HEALTH

2) HEALTH PROMOTIONAL PHASE (1920-1960)

- Health promotion was initiated as personal health services such as mother & child health services, school health services, industrial health services, mental health and rehabilitation services
- **Winslow-** Defined Public health.
- Since the state had assumed the direct responsibility for individual health, two great movements were initiated
 - a- Provision of basic health services.
 - b- Community development programme.

CHANGING CONCEPTS IN PUBLIC HEALTH

3) SOCIAL ENGINEERING PHASE **(1960-1980)**

- Many of the acute illness problems have been brought under control. New health problems in the form of chronic diseases began to emerge like cancers, hypertension, alcoholism, diabetes and drug addiction.
- New concepts of “risk factors” as determinants of diseases came into existence.
- Social and behavioural aspects of disease and health were given a priority.

CHANGING CONCEPTS IN PUBLIC HEALTH

4) HEALTH FOR ALL PHASE (1981-2000)

- The global new awakening that the health gap between rich and poor within countries and between countries should be narrowed and ultimately eliminated.
- In 1981 the members of WHO pledged themselves to an ambitious target; “**Health for All by the year 2000**” that is “attainment of level of health to enable all people to lead a socially and economically productive life”.

MEDICINE REVOLUTION

1. *State of the Art.*
2. *Failure of Medicine.*
3. *Social Control of Medicine.*
4. *Family and Community Medicine.*

MEDICINE REVOLUTION

1) STATE OF THE ART

- Medicine has acquired new capabilities to modify and control the activities of man by direct intervention into manipulation of bodies and minds
- viz, genetic counselling, genetic engineering, prenatal diagnosis of gender, prospect of cloning, organ transplants etc.

2) FAILURE OF MEDICINE

- Modern medicine as a threat to health.
- Technology seems to be leading health systems in the direction for the many and towards expensive treatment for the few.

MEDICINE REVOLUTION

3) SOCIAL CONTROL OF MEDICINE

- As the cost of medicine advanced two kinds of medical care came into existence - one for rich and the other for poor. Gap between rich and poor was developed, so to bridge it charitable and voluntary organizations established.
- “Socialization of medicine” was the solution.
- What was required was “Community participation” as envisaged by WHO and UNICEF.

MEDICINE REVOLUTION

(4) FAMILY AND COMMUNITY MEDICINE

- **Dr. Francis Peabody**- Rapid return of the general practitioner (family physician) who would give comprehensive personalized care.
- The emergence of family and community medicine represents a counterforce to the direction which medical science has taken during the past 20 years.
- These two specialties overlap and strengthen each other.

HEALTH CARE REVOLUTION

“Health for All”

- 30 th World Health Assembly resolved in May 1977 – 1 social targets of governments and WHO in the coming decades should be the attainment by all citizens of the world by the year 2000 of the level of health that will permit them to lead a socially and economically productive life. This culminated in the international objective of “*Health for All by year 2000*” .

The goal has two perspectives;

- The attainment by all people of the highest possible level of health.
- Removal of obstacles of health.
- Health for all has been described as a revolutionary concept and a historic movement.

HEALTH CARE REVOLUTION

“Primary Health Care”

- WHO-UNICEF Joint international conference was held in 1978 in Alma-Ata (USSR). The governments of 134 countries and many voluntary agencies called for a **“revolutionary approach”** to health care .
- Acceptance of the WHO goal for Health for all by 2000 and proclaimed primary health care as way to achieving “Health for all”.
- Primary health care is a new approach to health care, which integrates at the community level all the factors required for improving the health status of the population.
- It has eight elements described as **“Essential health care”**.

HEALTH CARE REVOLUTION

“The Millennium Development Goals”

- In Sep 2000, representatives from 189 countries met at the Millennium Summit in New York to adopt the United Nations Millennium Declaration.
- Specific commitments in seven areas. The Road map established goals and targets to be reached by year 2015 in each of seven areas.
- The goals in the area of development and poverty eradication are now referred to as *“Millennium Development Goals”*- (eight goals, 18 targets and 104 indicators).



THANKS.