Introduction :

- Level of Prevention (Concept of Prevention) का मुख्य उद्देश्य Health को Promote, Preserve और Restore करना, इसके साथ suffering और Distress को कम करना है।

Types of Level of Prevention :

1. Primordial Prevention
2. Primary Prevention
3. Secondary Prevention
4. Tertiary Prevention

1. Primordial Prevention :-

- Action taken Prior to development of Risk factors in Population.
- Source Reduction
- Life Modification (Avoidance of Smoking & Alcohol, Exercise & Yoga, Nutrition)
- उदाहरण:- Smoking or High cholesterol food से Obesity और Hypertension होने का खतरा होता है इसलिए Person को Obesity, Hypertension से बचाने के लिए उन्हें smoking छोड़ने व Healthy dietary Pattern और Exercise की सलाह देते हैं।

2. Primary Prevention :-

- Action taken Prior to the Onset of the Disease, which removes the Possibility that a Disease will ever occur.
- There are Two Components of Primary Prevention
  1. General Health Promotions (Health Education)
  2. Specific Protection
- Ex. :- Vaccination
3. Secondary Prevention:-

- Action taken to Interrupt disease Progress.
- There are Two Components of Secondary Prevention
  1. Early **Diagnosis** (eg. Screening tests, Case finding programmes) and
  2. **Treatment** of Disease

**Screening :-**
- To detect Potential Disease Indicators.
- On large Number of Asymptomatic but Potential at Risk Individual.

**Diagnostic Test:-**
- To establish Presence or Absence of Disease.
- On symptomatic individuals to establish Diagnosis.

4. Tertiary Prevention :-

- Action taken in Later Phase of Disease.
- To Reduce impairments and Disabilities.
- Rehabilitation Services.

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**Summary (Short Review)**

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