

A Holistic Approach is the Secret

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ABSTRACT

Tuberculosis is a bacterial infection caused by mycobacterium tuberculosis, is an airborne disease. TB is a contagious infection usually affects lungs is called pulmonary TB. It can also affect other organs and other part of the body is called extrapulmonary tuberculosis. Insufficient knowledge about TB is a main cause of more incidences in the people. Moreover, that the stigma attached to TB is causing more burdens to the TB patients especially in girls. Promotion of knowledge and elimination of stigmatization are good measures to control TB in young adult. The sharing of experience with TB also will help others to cope up with treatment and other consequences of TB. In human life certain things will happen without our knowledge or consent, certain things will happen with our knowledge or by our choice. The sudden occurrence of disease, accidents, tragedies each person will go through a process of labelling, stereotyping, separation, loss of status and discrimination in a power situation, will call it as a stigma. Stigma is increasingly recognized as having a major impact on human life especially if one person is contract with certain communicable disease like TB, HIV and AIDS. Stigma and discrimination usually hinder from seeking health services, prolonged risk of transmission, poor adherence and increased risk of disability. In the case of women, the stigma causes more burden in their life.

Keywords: Tuberculosis (TB), Contagious infection, Health education, Stigmatization

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