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## Editorial

# Practices of health and hygiene

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A global massive disease burden is associated with deficient hygiene, sanitation, and water supply and is preventable through enhanced literacy and awareness levels as education is the cornerstone of poor sanitation and ill health.

Hygiene springs from “Hygeia” the deity of health in Greek mythology. It is outlined as the science of health and embraces all factors that contribute to healthful living.<sup>1</sup> Personal hygiene includes water provider in the community, cleansing of water containers, water-born unwellness, loosely lying excretory material, important times of hand washing, type of hand wash, effluent discharged, waste management, bathing, and clothing, hand washing after use of the toilet, care of nails, feet, and teeth. Private hygiene aims to push standards of private cleanliness at intervals for the setting of the condition wherever individuals live. Each year, roughly 15,00,000 youngsters under five years of age die from diarrhea due to unsafe water and poor sanitation.<sup>2</sup> Globally, water and sanitation, hygiene practices could be blamed for about 90% of diarrhea-related mortality, which is way above the combined mortality from protozoal infection and HIV/AIDS.<sup>3</sup> Despite the very fact that these easy personal hygiene practices will enter preventing plenty of diseases, this subject has been neglected each in everyday life and within the literature.<sup>4</sup> We, therefore, need to ensure that our healthcare educators are continuously trained and provided with the essentials to comprehensively care for

the personal hygiene of women. Furthermore, follow-up evaluations should be performed regularly in the clinical environment and re-training should be administered where required.<sup>5</sup>

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### Conflict of Interest

None.


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