

What is Disease?

Disease is a particular quality, habit, or disposition regarded as adversely affecting a person or group of people. It affects our physical, mental, and spiritual wellness and is not due to any immediate external injury. The root of the word "dis", meaning discomfort, inconvenience, distress, trouble," is from the Old French word *desaise*, which means "lack, want; discomfort, distress; trouble, misfortune," the French words "des" means "without, or away" and "aise" meaning "ease". Literally this word means without or away from ease.

