World Tuberculosis Day

Prelims: *Current events of national and international importance | Health*

Why in News?

World Tuberculosis Day observed across the globe recently.

- **Tuberculosis (TB) –** It is a ***serious infectious disease*** caused by the bacterium ***Mycobacterium tuberculosis.***
- **Types of TB**
  - **Active TB -** The bacteria are multiplying, causing symptoms (fever, night sweats, weight loss, cough, chest pain), and can be spread to others.
  - **Latent TB (Inactive) -** The bacteria live in the body but are controlled by the immune system.
  - People with latent TB are not sick, do not have symptoms, and cannot spread the disease, though they may develop active TB later.
- **Symptoms -** Persistent cough (sometimes with blood), chest pain, fatigue, weight loss, and fever/night sweats.
- **Transmission** - Spread through the air when a person with active lung/throat TB coughs, speaks, or sings. It is not spread by sharing food, shaking hands, or touching surfaces.
- **Risk Factors -** People with weak immune systems, such as those living with HIV, are at higher risk of developing active TB.
- **Treatment** - Active TB is treated with a combination of antibiotics for at least 6to nine months. Latent TB can also be treated to prevent it from becoming active.
- TB is ***preventable and curable,*** yet remains one of the deadliest infectious diseases.

India accounts for approximately 27% of global TB cases.

World Tuberculosis Day – Key Details	
Purpose	Raise awareness about TB, its global impact, and efforts to eliminate it
Date	24 March (marks Dr. Robert Koch's discovery of the TB bacterium in 1882)
Theme, 2026	*"Yes! We Can End TB"* – Led by countries, powered by people.
Coordinating Body	World Health Organization (WHO) & Stop TB Partnership.
Global Burden (2024)	10.7 million people fell ill with TB; 1.23 million deaths worldwide.

India's TB Elimination Efforts

- **TB Mukt Bharat Abhiyan -** National campaign to eliminate TB by **2025**.
- **Nikshay Portal-** Digital platform for TB patient management and monitoring.
- **Nikshay Poshan Yojana -** Nutritional support scheme providing Rs.500/month to TB patients.
- **Private Sector Engagement-** Mandatory notification of TB cases by private practitioners.
- **Community Participation -** Awareness drives, door-to-door screening, and treatment adherence programs.
- **Research & Innovation -** Adoption of new diagnostic tools and shorter drug regimens.
- **Challenge -** *Drug-resistant TB* is a growing challenge requiring stronger innovation and adherence strategies.

Global efforts in tuberculosis (TB) diagnosis and treatment have saved an estimated 83 million lives since 2000.

References

1. PIB | World Tuberculosis Day
2. WHO | World Tuberculosis Day



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