

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

## India's TB Elimination Efforts

- **TB Mukht 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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