

History of the Conquest of Peru: Pivotal Decisions for Health

The conquest of Peru by the Spanish conquistadors in the 16th century was a watershed moment in the history of the Americas. It led to the downfall of the powerful Inca Empire and the imposition of Spanish rule over a vast territory.



History Of The Conquest Of Peru (Decisions for Health)

by William Hickling Prescott

★★★★☆ 4.2 out of 5

Language : English

Paperback : 38 pages

Item Weight : 4 ounces

Dimensions : 8.5 x 0.09 x 11 inches

File size : 4055 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Word Wise : Enabled

Lending : Enabled

Print length : 544 pages



The conquest also had a profound impact on the health of the indigenous population. The Spanish brought with them new diseases, disrupted traditional foodways, and introduced new forms of social and economic organization that all contributed to a decline in the health of the Inca people.

In this article, we will explore the key decisions made by the Spanish that shaped the health outcomes of the Inca people. We will consider the impact of these decisions on disease transmission, nutrition, and mortality.

Disease Transmission

One of the most significant impacts of the conquest was the of new diseases to the Americas. These diseases, such as smallpox, measles, and influenza, had never been seen before by the indigenous population and they had devastating consequences.

The Spanish were not immune to these diseases either, but they had developed some resistance to them over time. The Inca people, however, had no such resistance and they were decimated by these new diseases.

The Spanish made several decisions that contributed to the spread of disease among the Inca people. First, they forced the Inca people to work in close proximity to each other in mines and plantations. This created ideal conditions for the transmission of disease.

Second, the Spanish disrupted traditional Inca social and economic organization. This led to the breakdown of family and community ties, which further weakened the Inca people's resistance to disease.

Third, the Spanish introduced new animals to the Americas, such as horses and pigs. These animals carried new diseases that further spread among the Inca people.

Nutrition

The Spanish conquest also had a significant impact on the nutrition of the Inca people. The Spanish introduced new crops to the Americas, such as wheat, rice, and sugar. These crops were not as nutritious as the traditional crops grown by the Inca people, and they led to a decline in the nutritional status of the Inca population.

In addition, the Spanish disrupted traditional Inca foodways. The Inca people traditionally ate a diet that was high in protein and carbohydrates. The Spanish, however, introduced a diet that was high in fat and sugar. This change in diet led to an increase in obesity and other health problems among the Inca people.

The Spanish also made several decisions that exacerbated the nutritional problems of the Inca people. First, they forced the Inca people to pay tribute in the form of food. This led to a decrease in the amount of food available to the Inca people.

Second, the Spanish disrupted traditional Inca agricultural practices. This led to a decline in agricultural productivity and a further decrease in the amount of food available to the Inca people.

Mortality

The combination of disease, malnutrition, and social disruption led to a sharp decline in the mortality rate of the Inca people. In the years following the conquest, the Inca population declined by as much as 90%.

The Spanish made several decisions that contributed to the high mortality rate among the Inca people. First, they forced the Inca people to work in

dangerous conditions in mines and plantations. This led to a high number of deaths from accidents and injuries.

Second, the Spanish enslaved the Inca people and forced them to work long hours in harsh conditions. This led to a high number of deaths from overwork and exhaustion.

Third, the Spanish introduced new forms of capital punishment that were more severe than those used by the Inca people. This led to a high number of deaths from executions.

The conquest of Peru by the Spanish conquistadors had a profound impact on the health of the indigenous population. The Spanish made several decisions that contributed to the spread of disease, the decline in nutrition, and the increase in mortality among the Inca people.

These decisions had a lasting impact on the health of the Inca people. The Inca population never fully recovered from the devastation caused by the conquest.



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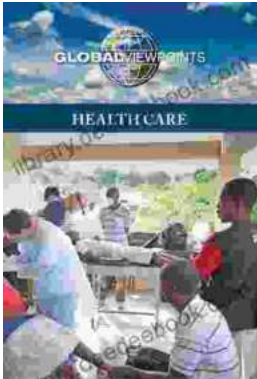
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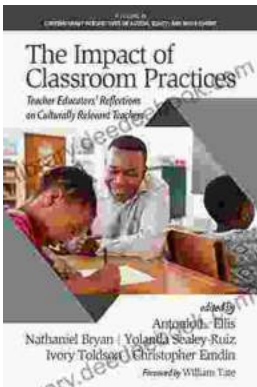
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