As a form of international law, international human rights law is primarily made up of treaties, agreements between nations. The obligations and duties of states to protect and respect human rights are enshrined in the International Bill of Human Rights and in other international human rights instruments. These treaties and agreements are part of customary international law, which is derived from consistent and general state practice and the consensus of the international community of states. The obligations and duties of states under international human rights law are binding on all states, regardless of whether they have signed or ratified the treaties that create these obligations.

International human rights law is made up of a number of different sources. These include:

- **Treaties and agreements**: These are legally binding agreements between states, such as the Universal Declaration of Human Rights (1948) and the International Covenant on Civil and Political Rights (1966).
- **Customary international law**: This is derived from the consistent and general state practice of states. The practice must be widespread and followed without reservation by a significant number of states. Customary international law is considered to be equivalent to a treaty.
- **General principles of law**: These are foundational principles that are recognized by the international community of states. They are derived from the principles of justice recognized by all communities of civilized nations.
- **Juristic conventions**: These are special agreements that are intended to regulate a particular area of international law, such as trade or investment.
- **Case law**: This includes the decisions of international courts and tribunals, such as the International Court of Justice and the European Court of Human Rights.

International human rights law is primarily concerned with the protection of human rights. It seeks to ensure that all individuals are treated with dignity and respect, regardless of their race, gender, sexual orientation, religion, or other characteristics. It is based on the principle that all human beings are entitled to certain fundamental rights and freedoms, which are protected by the state.

The main sources of international human rights law are the international covenants and the Optional Protocols, which are binding international agreements that member states are required to adopt and implement. These agreements lay down a broad range of human rights, including the right to life, the right to liberty and security, the right to equality, the right to freedom of expression, the right to education, the right to peaceful assembly and association, and the right to freedom from discrimination.

International human rights law provides a framework for the protection of human rights, but it is not always effective in practice. States may fail to implement their obligations under international human rights law or may interpret the law in a way that undermines its protections. The effectiveness of international human rights law is also limited by the lack of a global enforcement mechanism, which means that violations of human rights can often go unpunished.

The effectiveness of international human rights law is also influenced by the political and economic power of states. Some states may be reluctant to comply with international human rights standards, particularly if it would undermine their national security interests or economic development.

In conclusion, international human rights law is a fundamental body of law that seeks to protect and promote human rights at the international level. It is an important tool for promoting justice and human dignity, and it is essential for the protection of human rights in a rapidly changing world.