



THE ENVIRONMENTAL EFFECTS ON HUMAN HEALTH AND POSSIBLE PREVENTION

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ABSTRACT

Environment and health are the two basic need of the human being. The environment is getting worst day by day. Today, we are getting advanced in each and every field but when we come in phase of environment we are not too good. Today, the government is launching the many schemes for the development. The roads and highways are constructed at very high speed but the plantation is zero. That's why the environment is not good in India. Environmental health focuses on the natural things and make environment more comfortable for the humans and makes the health very good of the human being. An ecosystem also known as the environment which is not the single thing only but it is a natural unit consisting of plants, animals and some microorganisms also. Health is totally dependent on the environment. If the environment is good then the health will definitely be good and vice-versa. Environment plays an important role in the development of the human body. In earlier times, the young children use to play with the mud and even eat it also but today due to excessive pollution the mud is also not good so that even small child can't play in it and may skin disease takes place. Today the green vegetables which we eat is not pure many pesticides are used for killing the pest which is creating the bad impact on the human health. Today we are doing many tasks against the environment. We are self-ruining the environment and in back the nature is giving the punishment to us. We are destroying our health. We can be fit and healthy by doing the proper and regular exercise but now a day's people are doing the exercise in their houses only because the pollution is increasing day by day. In this paper, we present the old and modern life style of human being. This paper also presents how the environmental affects the human health and all their possible preventions.

Keywords: Sundarbans, Climate Change, Oral Histories, Landscape, West Bengal, Ecosystem, Environment.

INTRODUCTION

The term "environment" refers to the aggregate of all living and non-living elements, and their consequences on human life (Environmental health, 2021). It maintains biodiversity that provides food, shelter, air, and fulfills all the human needs whether big or small as well as sustainability (Ashok, 2016; Verma, 2019). A clean and green environment with rich biodiversity is needed for ecological balance and survival of entire biota including human beings (Ashok, 2017; Verma, 2018). Moreover, the

entire life of human depends upon the environmental factors. "Health can be promoted by encouraging healthful activities, i.e. regular physical exercise and adequate sleep. It also aids in the preservation of many life cycles on the planet.

One of the most important catalysts is the growing awareness of the need for the better environmental management, the environmental challenges that influence human health. In every aspect, the human activities had caused changes in our environment, which have influenced

our health patterns (Human Health and the Environment, 2001).

Economic growth is the only indicator of human progress which is incorrect. We expect urbanization and industrialization to bring happiness and prosperity, but it also brings diseases connected to overcrowding and bad drinking water, leads to increase in water-borne diseases such as infectious diarrhea and air-borne bacterial infections such as tuberculosis (Paul, 2004). Asthma and other respiratory illnesses are more common in high-density metropolitan traffic. Agricultural chemicals are used to boost food supplies during the green revolution that harmed have the farm workers as well as us who eat the vegetables. Antibiotics promised to cure many health problems, particularly those related with infectious diseases, but bacteria have found ways to generate resistant strains and even change their behavior in the process, necessitating the development of new antibiotics.

Many medications have been discovered to have dangerous adverse effects. The remedy can often be as harmful as the disease process itself (WHO, 2002). As a result, development has resulted in a number of long-term health issues. Better health care has resulted in longer life spans and lower infant mortality, but it has also resulted in unprecedented population expansion, which has significant consequences for environmental quality. A greater societal health condition will only result in a better way of life if it is combined with population growth stability.



Fig. 1: Environment and human life.

The World Health Organization (WHO) defines health which means a complete physical, mental, and social well-being, rather than simply the absence of sickness and infirmity (Jaiswal, 2018). Health can be improved by supporting healthy behaviours such as frequent physical activity and getting enough sleep. In underdeveloped countries, 5 children die every minute from malaria or diarrhea. Every hour, 100 additional children die as a result

of solid-fuel-related indoor smoke. Every day, almost 3000 persons in low- and middle-income countries die because of road accidents, with pedestrians accounting for the majority of these deaths in the poorest countries. Nearly 19,000 individuals die each month in poor nations as a consequence of unintentional poisoning, frequently as a result of exposure to harmful chemicals and pesticides at work or at home. Every year, millions of people die due to environmental risks and illnesses (WHO, 2002). While the victims share a common fate, their problems are not often linked in today's policy agendas or in decision-makers' ideas and actions.

Public health is concerned with dangers to a community's population's general health. It focuses on infectious illness surveillance control, as well as the promotion of healthy behaviours. Although it has ancient roots, public health is essentially a modern notion in many aspects. It was vital for governments to obtain some understanding of the causes of disease in order to design public health policies and programmers. Polluted water and improper garbage disposal were identified early as factors in the spread of vector-borne diseases. By the time of the Romans, it was clearly established that appropriate waste disposal was a necessary component of public health in urban areas (Melse and Hollander, 2001).

Environmental health, as defined by the World Health Organization, refers to characteristics of human health, i.e. quality of life, which was influenced by physical, chemical, biological, social, and psychosocial factors in the environment. It also refers to the idea and practice of analyzing, correcting, managing, and preventing environmental conditions that have a negative impact on current and future generation's health. Our surroundings have wide range of effects on our health. Climate and weather have an impact on human health. Food of acceptable quality, safe drinking water, and enough shelter are all essential for public health. Every year, natural disasters such as storms, hurricanes, and floods kill a large number of people. Unexpected rainfall causes epidemics of malaria and water endured diseases (Fewtrell *et al.*, 2003).

FACTORS AFFECTING OUR HEALTH AND ENVIRONMENT

Human activities pollute the water we drink, the air we breathe, and the soil in which we grow plants. All of them have a negative impact on the environment. Despite the fact that the industrial revolution was a huge success in terms of technology, society, and the provision of a wide range of services, it also resulted in the discharge of large amounts of pollutants into the air that are harmful to human health. Without a doubt, global environmental degradation is seen as a multifaceted international public health issue. This issue is linked to social, economic, and legislative



Fig. 2: Factors affecting human life and environment.

concerns, as well as lifestyle behaviors. Urbanization and industrialization previously are at unheard levels and offensives copes worldwide in our time as show in fig. 2. Today the development is going on everywhere except the rural areas, which creates the imbalance in the society and in the environment as the population is increasing and everyone is moving towards cities. The use of much fossil fuel is creating bad impact on the environment as well as the human health. The use of refrigerator and air conditioner is creating the huge impact on ozone layer due to which it is depleted very rapidly. The glacier are melting due to which the sea level rise.

The pollution is increasing very rapidly which make adverse effect on human health and people are getting physically and mentally unfit. The farmers are used to burn the fields which increases the air pollution and factories are releasing the chemical water in the river so which is getting the worse and people living on bank of river are used to drink as underground water (Ioannis *et al.*, 2020).

RELATION BETWEEN HEALTH AND ENVIRONMENT

The state of the environment has a direct impact on human health and well-being Clean (Human Health and the Environment, 2001; Jaiswal, 2018) air and water, fertile land for food production, and energy and material inputs for production are all provided by good natural surroundings. Green infrastructure also aids in temperature control and flood prevention. Green and blue landscapes also provides vital recreational possibilities and promote well-being.

At the same time, the environment is a major source of human exposure to pollutants such as air pollution, noise, and dangerous chemicals. The World Health Organization (WHO) believes that environmental stresses are responsible for 12–18% of all fatalities in the 53 nations of the WHO Europe Region in their study on disease

prevention through healthy settings. Improving the environment's quality in important areas including air, water, and noise can help to avoid disease and promote human health.

POSSIBLE PREVENTION

Prevention for health

Be active daily and do regular exercise and take a balanced diet. Try to avoid taking unusual things or food which is bad for health. Try to avoid living in that area which is affecting badly our physical and mental health. Time to time regular checkups of the body which is most important for the diagnosis of the body. Always use the mask while going out as the air pollution is affecting our chest and creating breathing problems (WHO, 2020). We should have green vegetables, which are good for our health and mind will be active and fit. We should drink always mineral water and the people who are living on the bank of the river use to drink the underground water get a serious disease.

Prevention for Environment

We should stop using excessive use of air conditioners because the excess amount of heat is released and is creating a bad impact on the environment. We should move towards renewable energy resources so that a large amount of energy can be saved which is affecting the environment (WHO, 2020). We should have more and more trees so that we can get the fresh air and make our earth less warm. We should avoid using LPG cars and bikes we should use the CNG car so that the environment can be protected. Construction should be done in a limited way so that the ecological balance can be made.

CONCLUSION

From all the above views it is clear that if today we will not take creative steps to save the environment, then the conditions will be very worse in next 10-20 years. We have to avoid using the AC as much as we can because we even cannot think also how much it is creating the bad impact on the ozone layer. The plantation is needed each and every place this will create a good impact on the environment. If the industry stop releasing the pollutants in the river then the water will be pure for drinking. If the people avoid using the heavy horn in their vehicles will maintain the noise pollution too. All the mean, is to say that we should avoid doing that task which is not good for health and environment.

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