

# Environmental pollution and its impact on Human Health

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**Abstract-** The Living environment role in the health of individuals evolves the world changes & it is important to analyze the the relevance of the environment to health at the light of diff factors. As environmental, Education, also deals with rules & phenomena with a significant impact on human health. The theoretical bases for healthy living.

**Keywords:** Environment human, health, pollution.

## Introduction:

Environmental pollution increasing gradually & causing a serious. Impact on living organism, Including Humans, As it even endangers the stability of the earths support systems & threatens the contining survival of human societies. Adverse air Quality can kill many organisms, including Humans.

Ozone Pollution can cause respiratory disease, cardiovascular disease threat inflammation, chest pain & congestions, Human have always clean affected by the natural environment changes in climate & any extreme weather conditions affect us.

A change in the season brings more pollen in the air & cause respiratory problems in susceptible peoples.

Sometimes the harmful feclestance& organisms like viruses & Bacteria get into the body & cause discomfort or disease. They enter the body through the air, food or water.

Normally the body's , immune system handles the invading organisms. When the health is weak or the invading organism is strong the body succumbs to the diseases.

Since the beginning of the scientific & industrial Revolutions, however human activities have been affecting human health in a big way.

WHO defines environmental health as Comprising those aspects of Human Health that are determined by physical, chemical, Biological , Social & Psychosocial features in the einvironment, The term also refers to the theory & Practice of assessing correcting controlling & preventing those factors in the environment that can potentially affect the health of present & future generation.

The area covered by environmental pollution on health includes:

- 1) Water & sewage pollution.
- 2) Indoor & outdoor air pollution.
- 3) Noise pollution.
- 4) Nuclear Contamination.
- 5) Electro magnetic fields .
- 6) Contamination caused by hazards substances.

**1) Water & sewage pollution:** Discharge of domestic & industrial effluents wastes , leakage from water tanks , Marine dumping, radioactive waste & atmosphere desposition are major causes of water pollution , Heavy metals that are disposal off & industrial waste can accumulate in lakes & river causing suppression of immune, reproductive failure & acute poisoning , kidney problems, cholera typhoid, gastroenteritis, diarrhea etc are some of the disease caused by water & sewage pollution.

**2) Indoor & outdoor air pollution:** Indoor air pollution is caused by smog, tobacco smoke & household products, at is found in higher level compared to outdoor air pollution. Man made & natural sources such as fossil fuel combustion & agricultural activities can cause outdoor air pollution. As it increase an individual risk for Morbidity & mortality from a variety of different conditions in Multiple & Mortality from a variety of different conditions in Multiple organ systems. These exposures cause & / or ecacerlrate respiratory diseases systems.

**3) Noise pollution:** The propagation of noise with ranging impacts on the activity of human or animal life Most of which are harmful to a degree . The source of outdoor Noise worldwide is mainly caused by machines, transport & propagation systems. Industrial noise pollution damages the hearing ability to around 20%.

**4) Nuclear Contamination:** Radioactive contamination occurs when Radioactive materea is deposited on or in an, object or a person, Radioactive materials Released into the environment can cause, air water surfaces, soil, plants buildings people or animals to become contaminated.

**5) Electro Magnetic field:**The main effects are the heating of body tissues. There is no doubt that short term exposure to very high levels of electromagnetic field can be harmful to health.

**6) Contamination Caused by hazardous substances:** Exposure to hazardous substances can occur through various pathways including breathing in contaminated air & dust. Ingesting contaminated water & food, skin exposure to chemicals. Some hazardous substances can cause far more severe health effects. Including.

- Behavioral abnormalities.
- Genetic mutations
- Physiological Malfunctions.
- (eg.reproductive impairment, kidney failure.
- Physical deformations
- Birth defects.

#### **Review of Related Literature.**

1) Any substance that causes harmful effects or uneasiness in the organisms, than that particular substances may be called as the pollution, environment pollution is the addition of contaminants into the Natural environment that causes detrimental effects to Nature Natural resources & mankind.

#### **Objectives:**

- 1) To study the impact of environmental pollution on the Human Health.
- 2) To be aware about the Health related issue by environment pollution.

#### **NEED & IMPORTANCE OF THE STUDY**

1) Environmental health is a fact of public health that focuses on the relationship of humans save with the einvornment fresh air, clean water, shelter, & a stable climate are just a few reacurements for human health that link directly to the environment.

As environmental education helps in creating.

Awareness and understanding about environmental problem among pupils & its letal effect & impact on the healthy of human beings.

1) Findings: Environmental pollutants have various adverse .

1) Health effects from early life some of the most important harmful effects are perinatal disorders, infant mortality, respiratory disorders allergy, malignancies cardio vascular, disorders, increase, in stress, oxidative, endothelial dysfunction, mental disorders.

#### **Suggestions:**

Due to the environmental pollution there is an adverse impact on the health of human beings hence to overcome their should be Remedial measures adopted to overcome I,e their should be affordable due to which their will lesser impact of pollutants on the health & environment.

#### **Conclusion:**

New types of interventions are necessary when considering the different ways of environment & health are connected it is important that public awareness programme all problems associated with presents situation is necessary hence environmental sustainability is very important for the well being of all the human individual .

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