

Polluted Environment 'N' Health

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Abstract

The propose of this study was to find out the effect on Physical and mental health of the polluted environment. **Methodology** -According to nature of this study literature survey method was adopted. High level literature and research papers were thoroughly studied to duly complete the research study presented. **Conclusion** 1- Polluted environment is very harmful for physical and mental health. 2- Nowa days India's environment does not live up to its ideals. 3- All these toxic elements go in to our body and harm the mechanism of our body.4-Many diseases are happening in India due to Polluted environment. 5-Many people die prematurely due to polluted environment. 6-The Government of India has enough data that India's environment has reached a very dangerous level. 7-Nowadays the capital of India Delhi is not breath able due to the polluted environment.8-All efforts of the Government of India regarding the polluted environment are not sufficient. 9-Modern lifestyle is the main cause of polluted environment. Suggestion the Government of India should take important steps immediately declaring a health emergency.

Keywords: Polluted Environment, Health Emergency, Physical And Mental Health, Harmful, Many Diseases.

Introduction

Polluted environment means an environment that has been pollute. In which the dust has been a mixture of smoke and poisonous gases. This type of environment is considered very bad for humans. An environment that reduces the average age of a human being. The environment in which breathing is considered very harmful.

Environment pollution is defined as "The contamination of the physical and biological components of the earth/atmosphere system to such an extent that normal environmental processes are adversely affected."

As we all know that we are all humans dependent on oxygen. If we do not get sufficient amount of pure oxygen from our environment then it is considered very harmful.

Health

The world health organisation (W.H.O.) defines health as " A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity (W.H.O., 1948)"

In the modren perspective, only such person is considered healthy who is physically and mentally active. Who does not have any disease. Who live well in the society.

According to Smith – 2008- "A major criticism of this view of health is that it is unrealistic, because it leakes most of us unhealthy most of the time".

According to See Godlee – 2011- " Few if any people will have complete physical, mental and social wellbeing all the time, Which can make this approach unhelpfull and counterproductive.

Aim of the Study

The main purpose of present study is to find out the effect on physical and mental health of the polluted environment.

Methodology

According to nature of this study literary survey method was adopted for making the research paper. High level Literature and research papers were thoroughly studied to duly complete the research study presented. Attempt was made to avoid copying any one. But the basic spirit of literature and research papers has been adopted literature and research papers are presented along with their authors.

Observations and Discussion

Polluted environment has a very harmful effect on our physical and mental health. When we breathe in polluted environment, then along

with this breath, many harmful elements in our body also reach. such as dust, mites, smoke and many harmful gases.

We breathed because we could get enough oxygen in our body. But it happened the opposite. While breathing, we did not get enough oxygen but some poisonous elements were definitely found.

All these toxic elements go into our body and harm the mechanism of our body parts. When our body parts do not work well, then they start getting sick. This is where diseases arise. if diseases arise due to any reason, then it is not possible to stop it due to polluted environment. This can also result in death.

Breathing in the polluted environment causes us many types of physical diseases. For example – asthma, suffocation, difficulty in breathing, swelling in the yes, eyes are heavy, eyelids are heavy, many types of infections diseases etc.

Polluted environment also has very negative effect on our mental health Due to the Polluted environment, the capacity of human nervous system is reduced. Human nature becomes irritable. Due to the polluted environment, human ability to understand is also negatively affected.

Due to the polluted environment, It does not take a human mind to work. By breathing in polluted environment, human feels that he/she will become ill because he/she is not getting enough and pure oxygen. Human mind to work. By breathing in polluted environment, human feels that he/she will become ill because he/she is not getting enough and pure oxygen. Human satisfaction disappears due to this. He/She feels drawbacks.

Human's tolerance and patience are destroyed by polluted environment. If due to some reason, humans have to live a polluted environment for a long time, then its very harmful effect has on mental health of human being. For example, it can also cause human crippling.

Ozone Pollution can cause untimely deaths

According to Dainik Jagran daily hindi news paper –“ Ozone gais, which protects our earth by absorbing, Can become deadly to humans at the ground level. Daily exposure to ozone, pollution can increase the risk of untimely death. This conclusion has been drawn on the basis of studies done in more than four hundred cities of twenty countries it was found that if different countries implement air quality standards, more than six thousand people can be saved from untimely death . Researchers at Britain's London school of Hygiene and tropical medicine found ground level ozone in suburbs. Ozone is a gas composed of three molecules of oxygen. When reaching the body through breath, the lungs can be damaged”.

Nowadays pollution in India has reached the most frightening level in almost all the countries of the world. All the major cities of India have been polluted. The Government of India has this information long back. But the Government of India expresses only concern over it.

Nowadays air pollution is negatively affecting human health. Due of this many humans are dying of seckness. Nowadays the whole of India is affected by

pollution. This information was given by the Minister of health and Family welfare Shri J.P. Nadda on 01-02-2016 on Tuesday as an answer to a question in the Rajya Sasbha.

According to the report of the central pollution control Board of February 2016 published in the daily news paper Dainik Jagran on 14-03-2016, the air quality Index of selected twenty one cities of India was found as such.

Muzaffarpur – 318, Lucknow – 307, Dellhi – 293, Varanasi Hon'ble Prime Minister Shri Narendra Modi its Lok Sabha constituency – 291, Patna – 290, Faridabad 271, Kanpur- 261, Agra- 233, Jaipur—221, Jodhpur – 186, Pune- 173, Gaya- 164, Chennai – 147, Bangalore- 145, Chandrapur- 128, Solapur- 128, Hyderabad- 116, New Mumbai- 103, Mumbai- 100, Haldia- 98, Panchkula- 82.

The air pollution scale adopted by the central pollution control Board was as follows –

Category	Air Quality Index Value
Good	0-50
Satisfactory	51-100
Medium	101-200
Bad	201-300
Very bad	301-400
Extremely bad	More than 401

Review of Literature

The central Pollution Control Board (CPCB) report of June 28, 2019 acknowledged that there was no proper mechanism plastic waste management, which was being dumped in open or burnt in brick kilng resulting in pollution.

“As per a study based on 2016 data, at least 140 million people in India breathe air that is 10 times or more over the WHO safe limit and 13 of the world's 20 cities with the hughest annual levels of air pollution are in India. Air pollution contributes to the premature deaths of 2 million Indians every year.”

Conclusion

After this study, we get many important information in abstract form.

1. Polluted environment is very harmful for physical and mental health.
2. Nowadays India's environment does not live up to its ideals.
3. All these toxic elements go into our body and harm the mechanism of our body.
4. Many diseases are happening in India due to polluted environment.
5. Many people die prematurely due to polluted environment.
6. The Government of India has enough data that India's environment has reached a very dangerous level.
7. Nowadays the capital of India, Delhi is not breathable due to the polluted environment.
8. Nowadays almost all the cities of India are polluted at very dangerous levels.
9. All efforts of the Government of India regarding the polluted environment are not sufficient.
10. Modern lifestyle is the main cause of polluted environment.

Suggestion

After this study, we can make several suggestions for human interest.

1. The time has come to take the polluted environment seriously enough.
2. The Government of India should take important steps immediately by declaring a health emergency.
3. Today the polluted environment has reached such a level that every Indian needs to contribute to it.
4. Use of unnecessary machines should be made illegal.

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