



Environment, Noise Pollution And Human Health

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Summary:-

The present human society thinks only of itself while using the resources of the environment. The great responsibility of keeping the environment healthy for future generations is on the current generation and its technological progress. Future generations will definitely have to pay the price of this neglect of human society. Humans are the basic cause of environmental degradation. Due to the selfish, greedy, excessive and consumeristic tendencies of human beings, the environment is rapidly being degraded. So it is having a negative impact on social health. Man is an intelligent animal. He has encroached on the environment to make his own life happy, luxurious and luxurious. The responsibility of protecting the environment is human's. Humans are the only factor responsible for environmental problems.

Noise pollution has become a problem. Establishment of mills, factories away from residential areas, strict laws and their enforcement to compel factories located in residential areas to have sound proofing system and ban noise emitting in public places by creating peace sections in the city. In densely populated areas, noise pollution can be controlled to a great extent by planting densely planted trees along the boundaries of main roads, factories and trees. Traffic roads in the city should be widened and pedestrian paths should be maintained. The level of the road should be kept slightly below the footing of the houses to be built on both sides of the roads.

Introductory:-

Human development and human health are totally dependent on nature. The existence of humans and living beings depends on nature itself. Man has greatly interfered with nature for his own selfish development. The Industrial Revolution took place in the 18th century. Due to industrialization, the use of natural resources and wealth increased to a great extent. Big cities, skyscrapers, advances in means of communication. The prosperous life of man began. To enjoy this development, progress, opulent life, he destroyed more and more natural resources. Due to the large amount of natural water, air, vegetation, mineral resources etc. used, natural sound pollution is a man-made problem and human efforts are necessary to control the noise pollution. If noise pollution is to be stopped, concerted efforts at the individual, community and government levels are essential. For this man has to give up his material comforts and change his way of life. It is important to make society aware about this subject. Human hearing organs can withstand sound shock up to a certain capacity. Louder than that capacity is harmful. When there is noise in

the environment that is greater than the ability of the auditory system, it is called noise pollution. did not deteriorate and their adverse effect soon began to appear.

Importance of the topic:

Human health appears to be closely related to environmental pollution. Environment affects human health. If the environment is clean, human health also remains strong and healthy. But humans in polluted environment are afflicted with some kind of disease. Millions of people die every year in the world from diseases spread due to contaminated environment. Many people die due to lack of proper health facilities, malnutrition, dirty environment. If the surrounding environment is pure and clean, many types of diseases are automatically prevented. Today, water in rivers, lakes and ponds in many parts of the world is polluted. Many diseases are spread through contaminated water. E.g. Diseases like diarrhoea, jaundice and malaria spread. About 15 lakh children suffer from diarrhea every year in India. About 4 million people die from diarrhea every year in developing countries. About 70 million people suffer from typhoid and it is estimated that 10 to 25 million people die every year due to drinking contaminated water. If man wants to develop himself holistically, he needs to maintain the balance of the environment. Human health depends on the entire environment. As is the environment, so is human health. Environment is a precious storehouse of useful resources for human health, holistic human development. In the rush of development, for the sake of luxurious consumerism and opulent life, humans have destroyed the land, water, plants, mineral resources, and instead developed the man-made environment to meet their needs. It took thousands of years to create this natural wealth on the earth. That wealth was easily destroyed by humans within a few years. Due to the destruction of natural resources, the problem of human health and health is becoming serious day by day. People started coming to big cities for industry, trade and employment. This led to man-made problems like slums, encroachments, dirty settlements, garbage heaps etc. Clogged drains, sewers, stray animals roam this way. This leads to the spread of disease.

Due to the man-made problem, people are succumbing to diseases like tuberculosis, cold, jaundice, skin diseases, heart diseases and lung diseases in the city. In the last two decades there has been irregularity in seasonal rainfall. So rain water is getting very less. Today, billions of human beings are deprived of food, clothing, shelter, health and education. Many of them overexploited the resources of the earth. It is a mockery of man-made nature and strangulation of the rights of farmers, laborers and hardworking people who depend on nature for their livelihood. When they become jobless, their family suffers, hunger, life becomes difficult. Their illiteracy is exploited. Then they develop social health problems. Therefore, if the resources on the Earth's surface are destroyed, pollution is fatal to all living beings. The fate of all human beings depends on the environment. The responsibility of protecting and conserving the environment is the responsibility of the entire human race. The Indian constitution also provides for the protection and conservation of the environment. Article-48A- The State shall endeavour to protect and conserve the environment of the country and preserve the forests and wild life. Article-51A- Fundamental Duties - It states to protect and improve the natural environment including forests, lakes, rivers and wild life and Having compassion for animals. If we review the past, many animals on earth have not gone extinct. Will we be extinct tomorrow? So protection and conservation of environment is the need of the hour.

Objectives of the thesis:-

- 1) To study the effect of imbalanced environment on human health.
- 2) To study the aspect of environmental wealth.
- 3) To study the correlation between healthy environment and human health.
- 4) To study the role of environmental protection and conservation of time.

Environment and Human

Health human beings, plants, animals, micro-organisms work according to the natural cycle in the ecosystem of the environment. Humans have exploited the environment to meet their daily needs. Due to this, the permanent balance of the environment has deteriorated. Human environment and human health are interrelated. If the environment is clean, human health also remains strong and healthy. Human health does not depend on skyscrapers, all convenient means of communication, expert doctors, luxurious facilities, but on a clean environment. Due to human's excessive use of natural resources and wealth for their own selfishness, the natural conditions on the earth are constantly changing. Toxic air in the environment can cause respiratory diseases, asthma, poisoning, effects on the lungs, hypertension, heart disease.

Human development depends on nature. Human development is a continuous process. So man interferes with the environment. Due to the need for development, many living things became extinct. It had an adverse effect on the natural cycle and that effect is currently being seen on human health. In the same way, human beings dug deeply into the earth's underground. During excavation of these mines, fine particles of soil and minerals are spread into the atmosphere. Different types of gases mix in air. Pollutants diffuse into the atmosphere. Therefore, the balance of the environment deteriorates. The disturbed ecological balance has a negative effect on human health. According to the estimates of the World Health Organization, about 30 new diseases have been created due to the change in the environment in recent years and the death rate is increasing due to this, some old diseases are starting to spread again. In 1918, about 3 to 4 crore people died due to the spread of influenza disease. During this period, due to the large number of American soldiers in Europe, the disease spread and infected many people in an infectious form. which entered the human body through the breath from the atmosphere. Human immunity was weakening. Corona virus is man made and this virus has slowed down the pace of human development. Destroyed human life. The effect of this corona virus on the environment is still present. If we want to destroy the infectious virus in the environment, first of all we need to make the environment healthy and clean, then only then the human health will be healthy. One in two men or one in three women in America will be diagnosed with some form of cancer at some point in their lives. Because the amount of toxic chemical elements has increased in the environment there. "2

All living things in nature need water. Epidemic diseases are spread through drinking water. This contaminated water has very serious effects on human health. Therefore, burns, jaundice, yellow fever, headache, dermatitis, ulcers etc. Diseases spread. Many people die from drinking contaminated water. Baths, sewage, garbage rot in water at places of pilgrimage. Household soaps release chemicals into the water. Water gets contaminated and affects the body. Jaundice, typhoid fever, cholera, tuberculosis are invited. Hydropower generation requires a lot of water. Hot water reduces the amount of oxygen in the water. The water was contaminated. Humans have polluted water by overusing it. Humans should try their best to get clean water for everyone on earth. Only pure water can give healthy life to humans and other living organisms in the environment. Increasing population, urbanization resulting in domestic and public wastes, lack of sewage disposal, industrial wastes, used waste chemicals, agricultural wastes, fertilizers, pesticides fall on the ground. A pile of garbage accumulates on the ground. Garbage rots in the place and it smells bad. The land is polluted. Asha adversely affects the growth of plants on land. Overall, all these things affect human health. Humans are using hybrid seeds, irrigation, insecticides and fungicides, chemical fertilizers on a large scale to get the maximum yield as soon as possible. The adverse effect of Haya is being seen on human health.

Continuous high noise causes problems in human sleep. If a person's sleep is not arranged, it affects the physical and mental health of the person. Insomnia, insufficient sleep causes irritability and anger in a person. As a result, human performance decreases. "A poor sleep schedule can have a negative impact on a person's mental health."3 Disrupted sleep disrupts a person's concentration and mood. People living around noise pollution can be at risk of diseases such as high blood pressure, blood viscosity and cardiovascular

diseases. “Loud noise and noise pollution also adversely affect the nervous system by increasing stress hormones in the body. Noise pollution can be very dangerous for pregnant women.”⁴ Dr. According to Lois Sontag, unborn babies can also be adversely affected by loud noises. Loud noise can change the entire behavior and future life of an infant. The fetus cannot move and grow properly.

Nuclear accidents cause water pollution, air pollution. Loss of life, cancer, great threat to biodiversity. The temperature increases. Radiation reduces the amount of white blood cells in a person's blood. It weakens the immune system. Radiation can cause physical deformities, birth defects. Radiation causes heart disease, cataracts. In 1952 the Chalk River nuclear power plant in Canada, in 1986 in the air at the Chernobyl nuclear power plant in Russia, in England at Windscale, in 1979 in the United States, there was radiation from a nuclear reactor. There was a leak of radioactive water in Tarapur nuclear reactor in Japan and also in India. If the human race and natural resources are destroyed in the future, it will be by nuclear power. So if we want to protect the environment and human health, the controlled use of nuclear energy will be useful for the future. Alexander Graham Bell invented the telephone. He invented the method of sound measurement. It is called 'decibel'. A person can tolerate sound between 70-80 decibels. Today, due to industrialization, high-rise buildings in urban areas are cement-concrete and wall-to-wall, so the intensity of sound becomes more lethal due to echoes and obstructions without distribution of sound. Excessive noise can cause deafness, insomnia, mental disorders and headaches. Everyone has a smart phone in their hand today. Individuals are spending their precious time on mobile for hours. So he gets to know the world immediately. But due to reduced physical activity of the person, he is developing physical ailments. Due to excessive use of mobile phones, his eyesight is deteriorating. Due to excessive use of earphones, deafness, insomnia, headache, irritability are seen in the person. The main reason for this is that humans have reduced their contact with nature. It is adversely affecting his health.

Increasing consumption of meat and infectious diseases transmitted from animals to humans are on the rise. Malnutrition, half-nutrition, starvation, unrest, instability, stress on resources, dirty settlements, struggling life, intense competition, unemployment are inviting many diseases. Forests have natural resources, vegetation. Some plants are used to make medicine. Plants keep the atmosphere cool. There is water conservation. The intensity of the flood decreases. The land becomes soupy. These plants absorb carbon dioxide through photosynthesis in sunlight and release oxygen useful to humans, which is the lifeblood of man. The 701 km Mumbai to Nagpur Samrudhi Highway is a milestone in human development. There will be a large number of vehicles on this Samrudhi highway. Therefore, no one's health will be adversely affected on the 701-km stretch of the highway by the toxic gases emitted by petrol and diesel. Also, it is the responsibility of humans to keep the environment healthy. The Prosperity Highway is man-made. Then the prosperity of the environment will be man-made. Environment Day is celebrated on 5th June. But in the month of June, the school, junior college and senior college are on vacation, so the student who has a great future is at home. Therefore, in accordance with the lack of public awareness on Environment Day, September 26 should be celebrated as 'World Environment Health Day'. Schools, junior colleges, senior colleges are open at this time. So the public awareness will be dear to the students.

Planting should not be limited to just taking photos. Every office, school, junior college, senior college should have a tree plantation record book. After planting the record should be updated till the life of the tree. A note should also be kept that the planted tree has grown for some reason or else another tree should be planted.

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