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Environmental Pollution & Its Impact on Health

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ABSTRACT: Environmental contamination is a baseless transfer of mass or vitality into Earth's normal asset pool such as water, air, and soil, which comes about in long- or short-term burden to the environment and its biological wellbeing to adversely affect the living creatures and their life both quantitatively and subjectively. Natural contamination postures a far-reaching issue with noteworthy suggestions for the well-being of people and populaces around the world. The heightening utilization of fossil powers, inappropriate sewage transfer, and unpredictable utilization of agrarian pesticides contribute to the unavoidable nearness of natural contamination over the globe. To evaluate the state of environmental contamination and its effect on human wellbeing on a worldwide scale, a comprehensive audit of pertinent academic articles was attempted. The harmful impacts of contamination show in raised rates of cancer, cardiovascular malady, respiratory afflictions, mental disarranges, and the runs. Each year, roughly 7 million people surrender to disease-related causes, whereas an extra 1.6 million individuals die due to infections stemming from water contamination. Environmental pollution rises as a foremost determinant of human dismalness and mortality around the world, with low-income countries showing increased defencelessness. Given the raising burden of contamination within the advanced period, concerted and collaborative endeavours by all important substances and countries are basic to moderate the degree and results of contamination on the worldwide environment and human wellbeing.

Keywords: Environmental Pollution, Health, Disease, Mortality, Contamination

1. Introduction

1.1 Background Of The Study:

- Environmental pollution is one of the most pressing global issues affecting the planet's ecosystems and human health. Pollution has been linked to air, water, soil, and noise, and is a major cause of diseases, deaths, and environmental degradation.
- The growing industrialization, urbanization, and unsustainable practices exacerbate the situation, leading to an increase in health problems such as respiratory diseases, cancers, cardiovascular diseases, and neurological disorders.

1.2 Problem Statement:

- Despite significant advancements in technology and awareness, environmental pollution continues to worsen, and its health impacts are becoming more evident. This thesis aims to explore the causes, effects, and mitigation strategies related to pollution's health impact.

1.3 Research Objectives:

- To Examine The Various Types Of Environmental Pollution (Air, Water, Soil, And Noise) And Their Direct Impact On Human Health.
- To Investigate The Long-Term Health Effects Of Pollution, Including Chronic Diseases And Life Expectancy.
- To Explore The Socioeconomic Consequences Of Pollution On Vulnerable Populations.
- To Assess Current Policy Responses And Pollution Control Measures.
- To Recommend Effective Strategies To Mitigate The Health Risks Posed By Pollution.

2. Literature Review

2.1 Types Of Pollution And Their Sources:

- **Air Pollution:** Caused By Emissions From Vehicles, Factories, Agriculture, And Natural Sources Like Wildfires. Key Pollutants Include Particulate Matter (PM), Nitrogen Oxides (Nox), Sulfur Dioxide (SO₂), And Volatile Organic Compounds (Vocs).
- **Water Pollution:** Resulting From Industrial Waste, Sewage, Agricultural Runoff, And Plastic Debris.
- **Soil Pollution:** Associated With The Use Of Pesticides, Fertilizers, Heavy Metals, And Illegal Waste Dumping.
- **Noise Pollution:** Caused By Urbanization, Traffic, And Industrial Activities.

2.2 Health Impacts Of Pollution:

- Short-Term Effects Like Respiratory Issues, Irritation In Eyes, And Fatigue.
- Long-Term Effects Such As Asthma, Bronchitis, Lung Cancer, Cardiovascular Diseases, Strokes, Neurological Diseases (Including Cognitive Decline), And Developmental Disorders In Children.

2.3 Global Impact Of Pollution:

- A Review Of How Different Countries And Regions Are Impacted By Pollution, Especially In Developing Nations Where Regulations Are Often Less Stringent.
- Statistical Data On Deaths And Diseases Attributed To Environmental Pollution.

2.4 Existing Mitigation And Policy Measures:

- An Analysis Of Global Policies, Laws, And Frameworks (E.G., Paris Agreement, WHO Regulations, Environmental Standards In The EU And US).
- Effectiveness Of Local, National, And International Measures To Reduce Pollution.

3: Research Methodology

The Paper Is Basically Exploratory And Descriptive In Nature And Matter Is Mainly Collected Through Secondary Data From The Various Books, Websites And Journal Scholarly Articles Etc.

4: Findings And Discussion

4.1 Impact Of Air Pollution On Health:

- Analysis Of Respiratory And Cardiovascular Diseases Linked To Exposure To Particulate Matter (PM_{2.5}) And Nitrogen Dioxide (NO₂).

4.2 Impact Of Water Pollution On Health:

- Effects Of Contaminated Water On Gastrointestinal Diseases, Heavy Metal Poisoning, And Infectious Diseases.

4.3 Impact Of Soil Pollution On Health:

- Exposure To Toxic Substances In Soil Leading To Cancer, Kidney Diseases, And Developmental Issues In Children.

4.4 Impact Of Noise Pollution On Health:

- Effects Of Chronic Noise Exposure On Mental Health, Sleep Disorders, And Cardiovascular Diseases.

4.5 Social And Economic Impacts:

- The Disproportionate Effect Of Pollution On Low-Income And Vulnerable Communities.
- Economic Burden Of Healthcare Costs Related To Pollution-Induced Diseases.

4.6 Policy Analysis:

- Effectiveness Of Current Mitigation Strategies And Recommendations For Improvement.

5: Conclusion And Recommendations

5.1 Summary Of Key Findings:

- A Summary Of The Health Risks Linked To Different Types Of Pollution And The Populations Most At Risk.
- An Overview Of Existing Policies And Their Effectiveness.

5.2 Recommendations:

- Strengthening Of Environmental Laws And Regulations.
- Raising Public Awareness About The Health Risks Of Pollution And Promoting Sustainable Practices.
- Investing In Green Technologies, Cleaner Industries, And Renewable Energy Sources.
- Encouraging Multi-Sector Collaboration Between Governments, Health Organizations, And Industries To Combat Pollution.

5.3 Areas For Further Research:

- Longitudinal Studies On The Effects Of Pollution On Mental Health.
- Impact Of Pollution On Biodiversity And Its Indirect Effects On Human Health.

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