

Biodiversity Loss and Ecosystem Health

Antonio Zuurro*

Department of Chemical Materials, Materials and Environment, Sapienza University of Rome, Italy

Opinion

Our health is significantly reliant on biodiversity, which provides food, nutrition, and medications, as well as supporting the provision of clean air and fresh water, while also contributing to economic development, cultural enrichment, and spiritual enrichment. Indeed, we cannot have healthy societies without biodiversity, but challenges to biodiversity are making it more difficult to achieve. Even more difficult is achieving universal excellent health. Changes in biodiversity, both abrupt and gradual, can have serious and unanticipated consequences for the health of all living things, including humans. For Clearing land for agricultural or residential purposes, for example, can put people closer to wildlife that can spread diseases. Humans, as well as facilitate disease transmission from humans to humans.

People in developing nations are disproportionately affected by biodiversity loss, which has ramifications for food availability and quality, medications, and cultural and religious values. It is estimated that around 80% of the world's population lives in underdeveloped nations and that 25% of prescriptions filled in US pharmacies contained plant extracts or active ingredients. Plant-based ingredients are those that are sourced from plants. In addition, as the number of crop kinds has decreased over the last 50 years, with 90 percent of the world's calories coming from agriculture, People's diets have been simplified as a result of a dozen crops, and nutritional problems have arisen as a result. Obesity and diabetes, as well as a slew of other issues, are all on the rise. Various new scourges, such as mental health issues, such as depression It is now commonly acknowledged that biodiversity loss and climate change are mutually reinforcing: biodiversity loss hastens climate change, which affects biodiversity. As humans struggle to adjust to the impact of both of these environmental concerns, this has a negative influence on human health. A climate-resilient human population will have access to protected ecological services, and biodiversity is a key component of climate resilience. Any adaptive technique to climate change while we can increase our understanding of how biodiversity loss affects health, we can also clarify what is at risk for ourselves and future generations. When we lose species and ecosystems, we endanger all life. As a result, we are better prepared to plan future development projects and communities. in the healthiest way possible The on-going.

Human health, economy, and livelihoods all benefit from

**Address for Correspondence: Antonio Zuurro, Department of Chemical Materials, Materials and Environment, Sapienza University of Rome, Italy; E-mail: antonio.zuurro11@uniroma1.it*

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biodiversity. Humans are responsible for the extinction of 83 percent of all wild animals and half of all plant species. Here are five reasons why biodiversity is important to humanity – and why we must safeguard it – in honour of the International Day for Biodiversity. Biodiversity is crucial to your health, safety, and, more than likely, your company or life. However, biodiversity — the richness of species, species groups, and ecosystems – is diminishing at a greater rate than at any other point in human history. Humans account for only 0.01 percent of all living things in terms of weight, but they have wiped off 83 percent of all wild mammals and half of all vegetation. Global nutrition and food security are based on biodiversity. Millions of species collaborate to give us with a diverse range of fruits, vegetables, and animal products that are vital to a healthy, well-balanced diet, yet they are increasingly threatened. Every country has native produce, such as wild greens and grains that have evolved to the local environment, making them more resistant to pests and adverse weather. This food used to supply much-needed micronutrients to the local inhabitants. However, poor-quality diets have resulted from diet simplification, processed meals, and limited availability to food. As a result, one-third of the world's population is deficient in micronutrients [1-5].

More than half of the world's GDP (\$44 trillion) is highly or moderately dependent on nature, according to the World Economic Forum's new Nature Risk Rising Report. As a result of the increasing depletion of natural resources, many enterprises are at risk. The global market for drugs made from natural materials is projected to be worth \$75 billion each year, while natural wonders like coral reefs are crucial for food and tourism.

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