

Impact of Pollutants on Human Health

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Brief Report

Air pollution is one of the greatest scourges of our day, not only because of its impact on climate change, but also because of its impact on public and individual health due to increased sickness and death. Many contaminants are significant contributors to human disease. Particulate Matter (PM), a type of particle with a variable but extremely small diameter that enters the respiratory system through inhalation and causes respiratory and cardiovascular disorders, reproductive and central nervous system dysfunctions, and cancer, is one of them. Despite the fact that ozone in the stratosphere protects against ultraviolet irradiation, excessive concentrations of ozone at ground level are detrimental, harming the respiratory and cardiovascular systems. Nitrogen oxide, sulphur dioxide, Volatile Organic Compounds (VOCs), dioxins, and Polycyclic Aromatic Hydrocarbons (PAHs) are also pollutants.

Pollution is defined as the introduction of substances that are hazardous to people and other living organisms into the environment. Pollutants are toxic solids, liquids, or gases that are created in higher-than-normal proportions and degrade our environment's quality. Human activities pollute the water we drink, the air we breathe, and the soil in which plants grow, all of which have a negative impact on the environment. Although the industrial revolution was a big success in terms of technology, society, and the provision of a wide range of services, it also resulted in the release of massive amounts of pollutants into the air that are hazardous to human health. Without a doubt, global environmental degradation is seen as a multifaceted international public health issue.

Overpopulation and unregulated urbanisation, combined with the rise of industrialisation, make the problem more acute in emerging countries. This results in poor air quality, especially in nations where there are social inequities and a lack of understanding about environmental sustainability. Due to poor salaries, people are forced to use low-quality, polluting fuels such as wood or

solid fuel for domestic purposes. It's worth noting that three billion people use the aforementioned energy sources for their everyday heating and cooking needs. Because they are exposed to indoor air pollution for longer periods of time in developing nations, women of the household appear to be at the greatest risk of illness development.

Air pollution has been linked to a variety of human health impacts, including increased respiratory symptoms, hospitalisation for heart or lung ailments, and even premature mortality. Hazardous (or toxic) air pollution can cause cancer and other major health problems, such as birth defects or reproductive problems. Air pollution's effects on living organisms will not be confined to human and animal health, but will also affect the entire environment. Human health and the environment, including animal life, are affected by various geographical situations, global climatic changes, and environmental differences. The size of particle pollutants is directly associated with the onset and progression of the lungs and heart diseases. Particles of smaller size reach the lower respiratory tract and thus have greater potential for causing the lungs and heart diseases [1-5].

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