

Environment pollution and health hazard

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ABSTRACT

Recently talking about the environment is the latest fashion of life. What is environment? The environment refers to natural thing surround us which sustain human life, Such as the atmosphere, healthy air or drinkable water. "The word Environment includes water, air and land and the interrelationship which exist among and between water, air and land and human beings other living creatures plants, microorganism and property." Pollution occurs when pollutants contaminate the natural environment, resulting in changes that have a negative impact on our normal way of life. Pollutants are the components of pollution, which are generally waste materials of various types. Pollution disrupts our ecosystem and the environment's balance, and with modernization and development in our lives, pollution has reached a peak, contributing to global warming and human illness.

Keyword: Environment, pollution, health, ecosystem, atmosphere

1. INTRODUCTION

The major forms of pollution are Air, Water, Soil, and Noise. Heat/Thermal and light. Every form of pollution has two sources of occurrence, direct and Indirect. The direct sources are easy to identify, monitor and control whereas the indirect sources are hard to control.

Air water and land are the three basic amenities of life, increase in population coupled with industrialization and urbanization has led to the contamination of these amenities with undesirable and harmful substances leading to health hazard. Environmental pollution is divided into four categories: air pollution, water pollution, land pollution, radiation pollution, and noise pollution. Each of these causes a variety of health problems.

Air pollution is defined by the World Health Organization as the presence of pollutants in the air that are detrimental to man and his environment. Air as we know cannot be bound as compared to a source of water like a pond or a lake which can be isolated and checked.

This results in the spread of pollutants over wide areas, sometimes even countries in different continents as was in the case of the Chernobyl accident in the U.S.S.R. Air pollution is the most prominent and dangerous form of pollution. The origins of air pollution are: industrial pollutants discharged into the air through industrial units' chimneys; excessive burning of fuel, which is required in our everyday life for cooking, driving, and other activities. Smoke from chimneys, industries, vehicles, or wood burning is mostly caused by coal combustion. This causes Sulphur dioxide to be released into the atmosphere,

making it poisonous. The effects of air pollution are also visible. Sulfur dioxide, carbon dioxide, carbon monoxide, hydrogen Sulphide, chlorine, nitrous oxide, arsenic, zone, ash, and an infinite variety of metal particles and gases are released; household pollutants from man-made fossil fuels; automotive exhausts; and radiations are also released.

Air pollution causes the following health hazards: A number of gases for instance chlorine, sulphuric dioxide, hydrogen sulphide have a pungent odour and cause eye irritation, pulmonary congestion, bronchial problems etc. The chlorine gas which le asked from the Shri Ram Fertilizers in "Delhi affected in the said manner.¹

The methyl isocyanate that spilled from Union Carbide's factory in Bhopal (Bhopal gas tragedy)² resulted in a high number of fatalities due to cyanide poisoning, as well as irreversible loss of sight, muscle deterioration, lung infection, stillbirths, abortions, and new babies with genetic abnormalities.

Ozone causes skin cancer and is harmful for the eyes. Carbon monoxide, an odor less gas which has affinity with Haemoglobin-it enters into the blood stream and replaces oxygen from oxy haemoglobin and combines with it leading to concentration of carbon dioxide in the blood stream-causes headache, eye irritation nausea, breathing problems, unconsciousness and death.

Air is also polluted by fine dust particles emitted by the industrial units. It causes asthma- cough etc. for instance asbestos causes lung diseases, lead causes nervous disorders and brain damage.

Furthermore, air includes spores or particles of hazardous weeds, grass, and other plants, such as Parthenium. The congress grass, among other things, causes skin irritation and coughing. The list is lengthy, and the consequences are severe.

2. WATER POLLUTION

Water, another essential requirement, is heavily contaminated and poses several health risks. Domestic sewage, industrial waste such as caustic soda, miraculous oxide, lignite, sulphuric, cyanides, ammonia, and so on, as well as chemical inputs such as fertilizers, pesticides, and insecticides used to increase agricultural productivity, pollute the ground water system, and oil spills in the oceans have caused irreparable damage. Another significant contributor is eutrophication. It happens as a result of regular activities such as washing clothes near lakes, ponds, or rivers, which pushes chemicals into the water, preventing sunlight from penetrating. As a result, it loses oxygen and becomes uninhabitable.

Water pollution poses the following health risks: Polluted water is the primary cause of the spread of epidemic illnesses such as cholera, jaundice, dysentery, typhoid, gastroenteritis, and others. Slums are growing in metropolitan areas, and often lack clean and separate drinking water supplies.

Human beings and domestic animals inhabit the place and use the same source for all their needs i.e. of drinking, bathing and washing.

Every year during the rainy season, water logs in these colonies and bacteria, viruses, and other parasites thrive in that water, resulting in a significant number of deaths due to these epidemic illnesses, mostly gastroenteritis in Delhi. Mercury, lead, copper, zinc, and other metals and oxides thrown into water supplies by industrial units induce neurological problems and even brain damage. When these contaminants are eaten by aquatic creatures, they pose a number of health risks to humans. The discharge of dyes into water sources by dyeing industrial units results in their usage by humans and domestic animals. It disrupts their biological systems. The increased population in metropolitan areas as a result of industrialization has resulted in the dumping of garbage over huge geographical regions.

3. LAND POLLUTION

Land is contaminated by solid and liquid waste from paper and pulp mills, oil refineries, power plants, and other

industries. Fertilizers, pesticides, herbicides, and insecticides used to increase agricultural output also damage the land, in addition to water pollution. Land contamination is caused by a lack of civic awareness on the side of humans and a lack of administrative inspections. The following are the health risks associated with land pollution: Agricultural inputs leach into groundwater. Some gases that are unable to exit the land's surface escape through wells and other water sources, causing dizziness, discomfort, and death.

4. RADIOACTIVE POLLUTION

When radioactive pollution develops, it is extremely hazardous. It can happen as a result of nuclear plant faults, improper nuclear waste disposal, accidents, and so on. It causes cancer, infertility, blindness, and birth abnormalities. Radiations produced or spilled by nuclear power plants and other nuclear facilities pollute the environment. Radiation causes illnesses such as skin cancer and leukaemia. It also causes mutations, which alter the genetic order and lead to illnesses.

5. NOISE POLLUTION

Another major hazard to the environment is noise pollution, which occurs when an unpleasant sound impacts our hearing. Endless noise from industrial units and cars in cities and towns sickens people both physically and emotionally. Noise can permanently harm the ear drum if it is continuous and of high intensity. It causes tiredness, headaches, tenseness, and nausea.

Environmental pollution and health dangers are inextricably linked; to combat them, a concerted effort on the part of the administration and residents is necessary. More river cleaning programmed, such as the Ganga Action Plan 3, are needed to make our water and land sources less contaminated. The industrial units on the banks of these rivers should be permitted to operate only with individual or organised scientific protections and to discharge only treated water into the rivers, which is not the situation in the majority of cases.

Domestic sewage and animal faces should be encouraged to be utilized in bio-gas plants rather than being discarded in huge quantities. This will help to reduce a variety of health risks by supplying safe cooking fuel and manure for crops.

Asthma, eye irritation, lung infection, and other health risks can therefore be avoided. Because the gases generated by the combustion of fossil fuels constitute the most significant source of environmental pollution, non-

conventional energy sources such as solar power should be harnessed on a wide scale.

Another area that should be prioritized is education for the next generation. Previously, students lived in 'Gurukuls,' which were surrounded by nature and where they were expected to care for it.

Though this technique is no longer feasible, similar courses that aim to bring the younger generation closer to nature should be developed instead of burdening them with complicated textbooks. Aside from that, there is a critical need to raise knowledge among the masses, who are largely illiterate and unable to attend schools and universities.

This may be accomplished by administrative and volunteer groups displaying films and clips of pollution and the health risks it causes. In this sense, the electronic media plays an essential role. Such programmes should be broadcast in basic regional and local languages rather than in a sophisticated technical language.

Industrial units should be encouraged to have a green belt around them and not be situated in highly populated areas.

The height of chimneys should definitely be increased, but keep in mind that whatever goes up must come down, whether in the form of particles or acid rain. As a result, efforts must be made to preserve the equilibrium by treating smoke before releasing it into the upper atmosphere. The greenhouse effect is on the horizon.

Slums have grown in size as a result of the rapid urbanization. If we cannot prevent the expansion of the slums, at least by improving the general circumstances that exist there, the number of health dangers will be reduced.

Laws were established, and laws are being flouted, but what is more essential is that these laws are properly implemented in order to "get the desired objectives." Good law enforcement necessitates not just proper management practices, but also the active participation of the residents.

Local committees or bodies comprised of representatives from industrial units, administration, pressure organizations, residents, and other related fields should be created to oversee the law's and pollution control programmes' execution. Such bodies should be granted adequate authority to carry out their functions).

Pollution therefore affects not only humans by damaging their respiratory, cardiovascular, and neurological systems, but also nature, plants, fruits, vegetables, rivers,

ponds, woods, and animals. In reality, it has evolved into one of humanity's most dangerous dangers. As a result, we can state unequivocally that one of the most serious issues confronting the globe today is environmental degradation. Following a detailed examination of environmental contamination, we classified risks into four types:

- 1. Chemical**
- 2. Physical**
- 3. Biological**
- 4. Psychosocial**

Chemical

They are caused by chemical substances causing significant damage to the environment. All hazards in this category are mainly anthropogenic although there exist a number of natural carcinogens and chemical elements like radon and lead may turn up in health-critical concentrations in the natural environment. Some examples of chemical hazards are:

- Anthrax
- Antibiotic agents in animals destined for human consumption
- Asbestos- carcinogenic
- DDT
- Dioxins
- Fungicides
- Furans
- Heavy metals
- Marine Debris
- Mercury
- Pesticides
- Soil Pollution
- Tobacco smoking
- Toxic Waste

Physical

- Cosmic rays
- Drought
- Earthquake
- Electromagnetic fields
- E- Waste
- Floods
- Fog
- Light Pollution
- Noise Pollution
- x-ray

Biological

- Allergies
- Arbovirus
- Avian influenza
- Bovine spongiform encephalopathy (BSE)
- Cholera
- Ebola
- Epidemics
- Food Poisoning
- Malaria
- Molds
- Pandemics
- Pathogens.

So, we saw that there are various ways by which our environment gets polluted. So, the urgent need for increasing public awareness for the conservation of environment.