

# Pollution and Health Problems and Their Solutions

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## ABSTRACT

Pollution is defined as any human action that results in the degradation or depreciation of the natural environment's quality. Environmental pollution is a type of ecological hazard caused by humans, which disrupts the ecosystem's ecological equilibrium. Pollution's health impact is likely to be considerably more than can be adequately measured now. Many contaminants have been identified as a result of appropriate data collection and scientific inquiry. Pollution and health 6 problems and 6 solutions. Pollution has a significant effect on human health. Many contaminants have completely unqualified health effects. The poor and disadvantaged are disproportionately affected by pollution. Climate change and biodiversity are inextricably linked to pollution. Pollution is Ignorable. Pollution is an Expensive. 6 solutions to the problems of pollution and health. Make pollution a national and international priority, and incorporate it into national and local planning. Increases financing for pollution control and prioritizes pollution reduction based on health effects. Set up a mechanism to track pollution and its consequences on people's health. Build a multi-sectoral partnership to combat pollution. Incorporate pollution mitigation into non-communicable illness planning processes. Conduct research on the effects of pollution and pollution mitigation.

## INTRODUCTION

Pollution is defined as any human action that results in the degradation or depreciation of the natural environment's quality. Environmental pollution is not a new occurrence, yet it is still the world's most serious problem and the biggest cause of environmental degradation. Morbidity and mortality are caused by a variety of factors [1].

The deep penetration of hazardous wastes and disposals, which contain dangerous compounds that impair people's health and pollute the environment, into the soil, water, and air. Environmental pollution is a type of ecological hazard caused by humans, which disrupts the ecosystem's ecological equilibrium [2].

### Pollution and Health 6 Problems and 6 Solutions

Pollution-related mortality account for over 92 percent of mortality in low and middle-income nations. Small chemical exposures in prenatal and early childhood can cause permanent sickness, impairment, and premature mortality, as well as impaired learning and hearing capability in children. Pollution's health impact is likely to be considerably more than can be adequately measured now. Many contaminants have been identified as a result of appropriate data collection and scientific inquiry [3].

1. Pollution has a significant effect on human health.
2. Many contaminants have completely unqualified health effects.

3. The poor and disadvantaged are disproportionately affected by pollution.
4. Climate change and biodiversity are inextricably linked to pollution.
5. Pollution is Ignorable.
6. Pollution is an Expensive.

### Pollution has a significant effect on human health

Diseases caused by pollution were responsible for an estimated:-

- 9 million premature deaths (16 percent of all death worldwide) in 2015.
- Three times more deaths than AIDS, tuberculosis and malaria combined.
- 15 times more deaths than all wars and other forms of violence.
- It kills more people than smoking, hunger and natural disasters.

In some countries, it accounts one in four deaths.

### Many Contaminants Have Completely Unqualified Health Effects

Because of a lack of data and scientific investigation, the effects of pollution are likely to be considerably greater than we can

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clearly assess today. Since 1950, around 1, 40000 new chemicals and insecticides have been developed. Only about half of the 5,000 chemicals that are manufactured in large quantities have been tested for safety and toxicity. Only recently has rigorous testing of new chemicals become necessary in a few high-income countries.

### **The Poor and Disadvantaged Are Disproportionately Affected By Pollution**

Pollution-related mortality account for over 92 percent of mortality in low- and middle-income nations. Pollution has the biggest impact on poor and vulnerable people inside countries. Children are the ones who are most at risk. Small chemical exposures during pregnancy and early children can lead to sickness, lifelong impairment, and death [4].

### **Climate Change and Biodiversity Are Inextricably Linked To Pollution**

The burning of fossil fuels in high-income nations and biomass in low-income countries accounts for 85 percent of airborne particle pollution and is a major source of greenhouse gas emissions. CO2 emitters (coal-fired power plants, chemical manufacturers, mining operations, and automobiles) are also major sources of other types of pollution.

### **Pollution Is Ignorable**

Despite significant health consequences, pollution has been largely ignored by international development and health agendas. Funding is scarce when compared to resources for infectious disease and other environmental issues, and no major foundations have made environmental health and pollution a priority.

### **Pollution is an Expensive**

In middle-income countries, spending on pollution-related diseases accounts for up to 7% of health budgets. Pollution-related disorders generate productivity losses that lower gross domestic product by up to 2% each year in low- and middle-income nations. Pollution damages the world economy \$4.6 trillion trillion per year, or 6.2 percent of world GDP. Economic gains are possible as a result of solutions [5].

## **SOLUTIONS TO THE PROBLEMS OF POLLUTION AND HEALTH**

1. Make pollution a national and international priority, and incorporate it into national and local planning.
2. Increases financing for pollution control and prioritises pollution reduction based on health effects.
3. Set up a mechanism to track pollution and its consequences on people's health.
4. Build a multi-sectoral partnership to combat pollution.
5. Incorporate pollution mitigation into non-communicable illness planning processes.
6. Conduct research on the effects of pollution and pollution mitigation.

## **Make Pollution A National and International Priority, and Incorporate It into National and Local Planning**

Pollution is no longer only a concern for the environment. It now has an impact on entire cultures' health and well-being.

Pollution control should be a top priority for government leaders at all levels; it should be integrated into development planning; and pollution prevention should be linked to SDGs, climate change, and non-communicable disease control commitments. There are cost-effective options that pay off handsomely. Many countries have already taken significant steps to improve the quality of their air, water, and land. People's health has improved as a result, and they are living longer.

Pollution in the home, pollution in general, and pollution connected with extreme poverty and traditional lifestyles are all on the decline. However, pollution from industry, mining, energy generation, mechanized agriculture, and petroleum-powered cars is increasing, as is ambient air pollution, chemical pollution, and soil contamination [6].

**2. Increases Financing for Pollution control and prioritises pollution reduction based on health effects** Pollution control financing in low- and middle-income nations is insufficient should be significantly raised, both within national budgets and among international development agencies.

**3. Set up a mechanism to track pollution and its consequences on people's health**

The use of modern technology such as satellite photography and data mining in pollution monitoring can improve efficiency, broaden geographic range, and reduce costs.

**4. Build a multi-sectoral partnership to combat pollution**

Inter-agency partnerships and public-private partnerships can be valuable tools in the development of sustainable energy sources and clean technology that will, in turn, reduce pollution at the source.

**5. Incorporate pollution mitigation into non-communicable illness planning processes**

Governments in impacted nations should incorporate pollution issues and control measures into their planning processes, seek development assistance, and design and implement pollution-reduction and life-saving programmes. Pollution interventions and planning should be prioritized by donors, charities, and people in their plans [7].

**6. Conduct research on the effects of pollution and pollution mitigation**

Identify the health effects of newer chemical pollutants like developmental neurotoxicants, endocrine disruptors, innovative insecticides, chemical herbicides, and pharmaceutical wastes.

- In low- and middle-income nations, identify and map pollution exposures.
- Increase the accuracy of pollution cost predictions.
- Improve estimates of the cost of inaction and returns from interventions [8].

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