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**AIR POLLUTION AS A DIVERSE CAUSE OF DETERIORATION
OF HUMAN HEALTH AND DEATHS**

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As the world is advancing with new technological growth and modern machineries and products, Factory's assembly lines have also lengthened leading to more production of all the goods. This means that an increase in hazardous gas emission from factories and their products such as motor vehicles release environmental unfriendly gases into space resulting in air pollution.

The latest news report dated 14th march 2019 had shown how the catastrophic cyclone Idai in the southern hemisphere of Mozambique and parts of country such as Zimbabwe and Malawi have negatively affected a population of about 2 million leading to a thousand deaths. Among the major contributing factors of the catastrophic event an increase in global warming remain the main concrete factor and it is said to have been influenced mainly by air pollution. The world health organization of 2015 report has also indicated how severely air pollution affects human health causing diseases and deaths estimated 7.5 million more in comparison to tobacco smoking worldwide on a yearly basis. These records illustrated the major negative impacts that air pollution has directly or indirectly resulting into deprivation of human health.

The increased emission of hazardous gases into the atmosphere have led to a tremendous impact on overall nature, mainly causing climate change which as a result led to global warming and as a result indirectly effects human health through natural disasters (cyclones, flooding and severe drought), a change in ecosystem as certain animal species fail to survive and as a result the main food chains and food weds are interrupted. The buildup of hazardous gasses in the atmosphere forms Acid rain which causes water contamination and may also affect aquatic life some of which are a source of diet to humans, also lead to hardness of water making it inappropriate for human consumption. A more direct effect of air pollution will be

the deterioration of human health with an increase in diseases such as cardiovascular, pulmonary and more other related pollution caused sicknesses and leading to a massive number of deaths and lifelong sicknesses. According to researches done, the household pollution released on a daily basis mainly for cooking, heating and lighting kills 4 million people a year and mainly affects majority of people in developing and half of the developed countries worldwide. The main pollutants noted to be solid and liquid droplets from fuel combustion and road traffic, release of gases such as nitrogen dioxide, Sulphur oxide from the roads. These hazardous gas particles are usually 10 microns or smaller in diameter and can penetrate the human blood circulation may be inhaled and accumulated leading to risk of respiratory, cardiac diseases as well as lung cancer. Air pollution may also have a disastrous effect on children 5-18 causing asthma related condition. It is stated that every year 543 000 children worldwide die of respiratory diseases linked to air pollution. Pregnant women who are exposed to air pollution may also run a great risk of fetal brain damage. However, air pollution remains a global issue that needs multi sectoral corporations in order to have a significant reduction in the amount of hazardous gasses produced and the elevated hazardous gases will still remain a devastating problem. The question has been raised, how can one survive or contribute to a healthy air environment in their surroundings to minimize the causes and effects of increased air pollution.

Several proposals have been studied and made regarding the global issue on human health. Some of which includes health talks to individuals and communities at large as it may serve as a ground for health improvements and maintain a healthy way of living. The policy of tree planting should be mandatory subject in schools in order to make the future generation aware of the importance of maintaining them and hold them more responsible. Trees help reduce the amount of carbon dioxide in the atmosphere. The promotion of bio gas plants may serve as a very ideal way of maintaining a healthy clean air environment. The limit of walking on busy streets during rush hour. Limit spending time at specific hot-spots of traffic such as at traffic lights. Exercises should be carried out in less polluted

areas. Walks for shorter distances instead of driving should be encouraged. The reduction of burning of waste. Increase home ventilations and avoid burning of coal lightening instead use solar power.

In summary, reports have indicated how the increase in air pollution causes major threats to health and loss of the human life through several ways. However, multisectoral corporations of global companies and Billion-dollar investments may be required to tackle the global issue. Therefore, a primary target in reduction, prevention and protection of individuals from more gaseous emissions may tend to improve the quality of human life in this regard.