



 Research Article

ENVIRONMENTAL INFLUENCE ON HUMAN HEALTH

Submission Date: September 11, 2023, **Accepted Date:** September 16, 2023,

Published Date: September 21, 2023

Crossref doi: <https://doi.org/10.37547/ijasr-03-09-14>

Journal Website:
<http://sciencebring.com/index.php/ijasr>

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ABSTRACT

The health of the population is the most important factor in the socio-economic development of the state and society. It is determined not only by the absence of the disease, but also by the ability to quickly adapt to continuously changing living conditions, environmental changes and emerging features of climatic and natural conditions.

KEYWORDS

Health, environment, diseases, medicine, air, atmosphere, nervous system.

INTRODUCTION

Health is not a simple concept. Different specialists define it differently, and each specific definition places a particular emphasis on overall health policy, just as each specific definition will imply the implementation of certain actions in priority over others, and thus imply greater responsibility for certain groups of implementers compared to others. with others.

The human environment, in almost all its manifestations, can have a negative impact on health to varying degrees. Among the variety of negatively acting factors, one of the leading ones is the weather, including its anomalous regimes, helio- and geomagnetic disturbances, and extreme hydrometeorological phenomena. Air pollution and observed climate change often aggravate their effects and lead to significant

deviations of environmental parameters from their usual values. At the same time, the ability to painlessly endure these changes varies from person to person. It depends on age, gender, health, fitness, professional activity and other factors.

Modern man during his life is exposed to numerous factors that determine the quality of human life and the life of future generations. Of the variety of influencing factors, environmental factors play an important role in the formation of quality life and its main component - health. In real conditions, the unfavorable quality of the environment does not affect the population in isolation, but, as a rule, in the form of a combined effect of main factors - chemical pollution of air, water, soil and a complex of physical factors (noise, vibration, electromagnetic fields, etc.).

Every year, about 7 million people die from air pollution-related diseases and infections, more than five times the number of people killed in road traffic accidents. Exposure to pollutants can also affect the brain, causing developmental delays, behavioral problems and even decreased IQ in children. In older adults, pollutants have been linked to Alzheimer's and Parkinson's diseases. A very dangerous symptom for humanity is that air pollution increases the likelihood of having children with developmental defects. The prohibitive concentration of harmful substances in the atmosphere causes premature births, newborns have low weight, and sometimes stillborn children are born. If a pregnant woman breathes air containing high concentrations of ozone and carbon monoxide,

especially in the second month of pregnancy, she has a threefold increase in the possibility of giving birth to a child with such malformations as a cleft lip, cleft palate, or cardiac defects.

In the last 50 years alone, people's diets around the world have become 37 percent similar, with just 12 crops and five animal species providing 75 percent of global energy consumption. Today, nearly one in three people suffers from some form of malnutrition, and a large proportion of the world's population suffers from diet-related diseases such as heart disease, diabetes and cancer. Doctors say that nutritious nutrition is an important condition for maintaining the health and high performance of adults, and for children it is also a necessary condition for growth and development. For normal growth, development and maintenance of vital functions, the body needs proteins, fats, carbohydrates, vitamins and mineral salts in the quantities it needs. Poor nutrition is one of the main causes of cardiovascular diseases, diseases of the digestive system, and diseases associated with metabolic disorders. Regular overeating and consumption of excess carbohydrates and fats are the cause of the development of metabolic diseases such as obesity and diabetes. They cause damage to the cardiovascular, respiratory, digestive and other systems, sharply reduce ability to work and resistance to diseases, reducing life expectancy by an average of 8-10 years.

Rational nutrition is the most important indispensable condition for the prevention of not only metabolic diseases, but also many others. The nutritional factor plays an important role not

only in the prevention, but also in the treatment of many diseases. Specially organized nutrition, the so-called therapeutic nutrition, is a prerequisite for the treatment of many diseases, including metabolic and gastrointestinal diseases. Natural products make up the majority of existing pharmaceuticals and play the most important role in cancer treatment. However, an estimated 15,000 medicinal plant species are at risk of extinction, and the Earth loses at least one vital medicine every two years. Medicinal substances of synthetic origin, unlike food substances, are foreign to the body. Many of them can cause adverse reactions, such as allergies, so when treating patients, preference should be given to the nutritional factor.

In products, many biologically active substances are found in equal and sometimes higher concentrations than in the drugs used. That is why, since ancient times, many products, primarily vegetables, fruits, seeds, and herbs, have been used in the treatment of various diseases. Many food products have bactericidal effects, inhibiting the growth and development of various microorganisms. Thus, apple juice delays the development of staphylococcus, pomegranate juice inhibits the growth of salmonella, cranberry juice is active against various intestinal, putrefactive and other microorganisms. Everyone knows the antimicrobial properties of onions, garlic and other products. Unfortunately, this entire rich therapeutic arsenal is not often used in practice. Rational nutrition requires, when compiling a daily diet, to take into account, on the one hand, the body's needs for basic nutrients and

energy, and on the other, the content of these substances and their energy value. It is necessary to strictly observe sanitary and hygienic rules for preparing food.

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