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## Environmental Pollution: Its Effects on Life and Its Remedies

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**ABSTRACT:** *Environment pollution is a wide-reaching problem and it is likely to influence the health of human populations is great. This paper provides the insight view about the affects of environment pollution in the perspective of air pollution, water and land/ soil waste pollution on human by diseases and problems, animals and trees/ plants. The present also Study finds that these kinds of pollutions are not only seriously affecting the human by diseases and problems but also the animals and trees/ plants.*

**KEYWORDS:** Environment Pollution; Air Pollution; Water Pollution; Soil Pollution; Land Pollution; Remedies

**INTRODUCTION-**The arrival and reproduction of man on earth has caused a lot of impact and havoc on the Biosphere (environment) which supports life and sustains various human activities. Due to man unchecked actions, for example large scale deforestation of forest for residential and agricultural land uses has changed the habitat organism living in the forest. The hunting of animal by man as led to the

extraction of certain animal species. Man has also developed new types of domesticated animals as well as plants to serve his own needs. The rapid increase in activates today in many cities without proper planning and control is the outcome of slums that has penetrated in our physical environment. This is evident particularly in housing sector, transport, water supply, sanitation, power supply and even in employment sector. Those that are presently not employed are equally polluting our environment by engaging themselves in different harmful activities (stealing, pollution, idleness, Etc.) since there is nothing to keep them busy always in the society.

### **Types of pollution**

1. **Water pollution:** water become contaminated from disease bearing human wastes and also become polluted through industrial influent. The classification can also be in the order:-

(a) Water communicable disease: infection related to water supply and sanitation are

many and their relationship is complex. However, in many Africa countries, a conception system for understanding disease related to water and sanitation has been developed.

(b) Water related infections:- water related disease is one which is in same gross way related to water in the environment (Bodies of water) and the impurities within water. Transmission Route Of Water Related Infections (water borne route) Water borne transmission occurs when the pathogen is in the water, which is infected by a person or animal which may then become infected.

(c) Water-wash route: - Water wash disease is the one whose transmission will reduce by an increase in the volume of water used for hygienic purpose irrespective of the quality of that water. Diseases Cause By Water-Washed route are numerous. An example of such are: Typhoid, Eholeva, Darrheas, Ascarrasis, cholera, Dysentries, polio, infection Hepatitis, bacillary, eye infection, craw-craw, house bone, fewer, etc.

(d) Water based route: - A water based disease is one in which the pathogen spend a part of its life cycle in a water snail or other aquatic animal. The diseases are due to

infection by parasite worm which depends on aquatic intermediate hosts to complete their cycles. Diseases cause by water based Route: Diseases cause by water based is as followed: Guinea worm, Schishomiasis, paragommense, clonorchvasis, etc.

(e) Insect vector route:- This is spread by insect which lives either in water or lives near water. Diseases cause by insect vector Route:- sleeping sickness, malaria, River blindness, filaviasis, mosquito bone, viruses- yellow fever etc.

(f) Excreta –Related infection: An excreta – related infection is one which is related to human –excreta (i.e. urine and feaces).

**2. Air pollution-** Air pollution means the presence of any abnormal material or property in the air that reduce the usefulness of the air resources. The term pollution may be referred in context with outdoor open atmospheric conditions, localized air condition, and enclosed space conditions.

Sources of Air Pollution -

1. Fuel burning operation for heat and power generation in large steam electric generating plant, in-residence, in hotels, clubs, hospitals and in different processing of laundries, Drycleaners, garage and service station.

2. The refuse burning operation in different municipalities industries and residential apartment  
3. Burning of fuels for modes of transportation which includes trucks, buses motor vehicles, rail using petrol, diesel and gasoline's.

4. Industrial and commercial process emission in different manufacture process namely metallurgical plants, chemical plants, refineries mineral production, etc.

#### **Cause of air pollution -**

1. increase in population and traffic
2. Development of industries
3. Development of automobile engineering
4. Thermal and nuclear generation
5. Development of agriculture etc. Forms of air pollutions  
1. Smoke  
2. Dust  
3. Gases  
4. Particulate matter from industrials, power generation plants, road-way dust. Etc.  
5. Hydrocarbon- from automobile exhaust
6. Sulphur compound
7. Nitrogen compound
8. Carbon compound
9. Fluorine compound

10. Chlorine compound Effects of air pollution Effects on human health

#### **Air pollution Effect on human health**

1. Sulphur dioxide Causes suffocation, respiratory disease, Irritation of eyes and throat
2. Hydrogen Sulphide danger of respiratory paralysis
3. Hydrogen Fluoride Cause skin disease
4. Carbon Monoxide Causes lungs diseases and slow poisoning leading to death
5. Oxidants Causes lungs diseases.

#### **Effects on Materials**

1. Causes deterioration of building materials
2. Causes corrosions of metals
3. Causes discoloration of paint, Cement colour, etc.
- 4 Causes reduction of strength of materials

#### **Effects on vegetation**

1. Plants may be dried up
2. The yield of crop may decrease
3. The quality of crops may decline or may be affected by disease

4. The growth of vegetation may stop and the quality may be inferior or may be affected by disease

5. The quality of fruit may become inferior or the quality may also decrease

6. The forests area may get destroy gradually

7. The growth of trees may become stunted or they may dry up completely

**Noise pollution-** Violent noises may cause temporary or permanent impairment of hearing. Noise is also of the major causes of stress and many of the other human afflictions associated with tension, anxiety, accident proneness, high blood pressure and other diseases. The noise produce in urban area due to industrial activities, increases in traffic etc, cause tension and stressed related disorders.

#### **Adverse effect of noise**

- i. it can cause loss of sleep
- ii. it can increase blood pressure
- iii. it can cause irritation of mind
- iv. it can cause digestive disorder
- v. it can develop hypertension

vi. sudden loud noise can cause heart failure

vii. The prolong exposure to noise may result into temporal deafness or nervous back down

viii. it affect attitude and psychological reaction

ix. it can spoil the essence of music and speech

x. it can creates uncomfortable living conditions

xi. it usually interferes with speech communication.

#### **Preventive Strategies For Environmental**

**Pollution** There are numerous strategies world- wide for preventing environmental pollution. A few of these are briefly highlighted below:

#### **Water pollution**

- a. improve quality of drinking water
- b. Prevent casual use of other un- approved sources
- c. Increase quality of water used
- d. Improve accessibility and of domestic supply

e. Improve hygiene

f. Strict laws should be passed to control water pollution by individuals and different bodies g. Safety measures to be implemented to prevent oil spillage.

h. Chemical waste should be converted to harmless biodegradable substances before being dumped into the rivers and streams

I. Refuse should be burnt in an incinerator with built-in devices to prevent water pollution.

#### Water Based Route

a. Decrease the need for contact with infected water

b. Control small populations c. Reduce contamination of surface waters by excreta  
Insect Vector Route a. Improve surface water management (drainage) b. Destroy breeding sites of insects

c. Decrease need to visit breeding sites

d. Use mosquito netting.

#### Air Pollution-

Air pollution can be controlled by

a. Passing strict laws that Sustainability Ecological sustainability Economic

sustainability Social sustainability  
Ecosystem Human health Natural resources  
will make motor vehicles to comply with anti-pollution regulations

b. By making people to be aware of the causes and dangers of air pollution

c. By improving machineries so that more efficient fuel combustion occurs.

d. Control by ventilation- suitable ventilation system should be provided in kitchen of every house, so that the gases produced by burning of wood, coal, oil, etc. can be exhausted very quickly

e) Control by vehicle rules- the design of vehicle should be such that complete combustion of fuel takes place in the engine

f. Control by forestation- planting of trees should be planted at parks and public place

g. Control by zoning – the areas of the town or cities should be divided into different zones, such as residential zone, industrial zone, trade zone, etc. the industrial zone should be far from the residential zone. The planning of the zone should follows the rules and provisions made for those zones.

h. Bags filters or fabric filters

- i. Cyclone collectors
- j. Cyclonic scrubbers

#### **Noise pollution -**

a. Domestic noise can be control by operating radio, television, etc. at low volume.

b. During festival or other functions, loudspeaker should be operated within permissible limit and the time of operation should also be maintained.

c. To control the noise caused by traffic, the speed limit should be strictly imposed. The vehicles which usually cause loud noise due to automobile fault should not be allowed on high way roads.

d. The industrial noise may be avoided by keeping the industrials far from residential areas.

e. Design of noise proof doors and windows:- All the open spaces of doors and windows should be properly plugged and packed. The glazed window with double or triple panes of glass usually provides excellent sound insulation. The air spaces of the edges of such panes should be filled with sound absorbing material.

f. Ear protection aid: The air production aid like soft plastic and rubber ear plugs, head phones should be provided for workers working in industries.

g. planting of trees: The present of trees between the source of noise and the residential areas reduces of the noise.

h. Treatment of walls, floors, and ceilings, floating floors suspended ceiling considerably reduce the noise. Acoustical tiles, and other porous materials if fixed, on walls, floors and ceiling also help to reduce noise level.

i. Use of silencers of filters: This method is applicable to the control of noise from ducts and exhausts. Glass wool Gana and Toba 7 or mineral wool covered with a sheet of perforated metal for mechanical protection may be used.

j. Town planning: The city may be divided into various zones, and residential zones may be located away from the place of sources of noise like factories, main roads, workshops, bus stations], railway, etc.

k. legislative measure: Very exhaustive legislations may be formulated and effectively enforce especially during festival and marriage functions.

## ENVIRONMENTAL PLANNING

Environmental planning is a system that is usually employed in addressing common environmental problems. The process of environmental planning generally involves wide area of coverage. A few areas of coverage for the purpose of this paper are discussed below: Zoning Planning The residential area, industries, commercial areas etc. may be located in different zones, considering the topography, meteorology, and wind and water direction for such environment.

-Road Alignment or road space: This should be properly planned so that traffic flows can be smooth and unwanted traffic jams within cities and towns can be prevented during the peak hours of the day.

-Waste Material: All wastes, including liquid solids or gaseous wastes that are generated in the environment should be properly handled, collected, treated and disposed off from the environment. Damages caused during developmental periods should be restored as far as possible by maintaining open areas, trees plantation, forest reserve, flat terrains, etc.

-Noise pollution areas: They should be restricted by using proper construction materials, and in the surrounding by proper planning, plantation or artificial screening, and maintaining low noise level at the source itself. Planning for sewerage and other wastes disposal system for cities and township, such that pollution due to sewage and other wastes is avoided or prevented generally. The process usually ensures that the environment is self, livable, comfortable, healthy and attractive to live in and it is also easier to maintain it from pollution abatement.

-Designing the Environment: Designing the environment is a process of inventing physical things, which usually display a new physical order, and organizing it to response to a new function. Anlekaw (1987) defined design, broadly to include all principles, technical information and imagination to defined specified requirement, economically and efficiently.

**CONCLUSION:** It appears that polluted environment is global an issue and world community would bear worst results more as they already faced. As effective response to pollution is largely based on human appraisal of the problem (Kromm, 1973) and

pollution control program evolves as a nationwide fixed cost-sharing effort relying upon voluntary participation (Sharp & Bromley, 1979). Education, research, and advocacy, are lacking in the region as preventive strategy for pollution (Fitzgerald, 1998) especially in Asia. At present the adoption of environmental auditing in any economic sector is voluntary but future legislation could well make it mandatory (Goodall, 1995) and still time available to use technology and information for environmental health decision. Policymakers in developing countries need to design programs, set standards, and take action to mitigate adverse health effects of air pollution. Healthy people mean human resources are the main object of any successful business or country. These societal beneficial efforts need to carefully adapt available knowledge from other settings, keeping in mind the differences in pollutant mixtures, concentration levels, exposure patterns, and various underlying population characteristics.

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