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## Chapter-I

### INTRODUCTION

*Today space scientists are talking about creating conditions and environment suitable to life-forms of earth with the dream that one day in future man can go and settle down on Mars. But on this very earth unplanned activities of man have created environmental conditions which are harmful to the healthy existence of man and his biosphere. (Author hopes that space scientists succeed in teleforming the Mars before man destroys his planet so that life, the most excellent creation of nature, survives on Mars if not on this earth.)*

Uncontrolled growth of human population coupled with unwise developmental activities is giving rise to numerous environmental problems which can cause the extinction of human race. One such environmental problem is pollution which is taking its toll on human health. *With each passing day the number of patients suffering from pollution related diseases is increasing rapidly.*

One keeps on hearing about accidents in the industry, and also in nature, due to human activities which contributed to sudden exposure to high levels of pollutants leading to acute and chronic health problems. This kind of accidents are occurring all over the world. The most recent one being massive fire in forests of Indonesia. Occupational diseases due to exposure to different toxic

pollutants during the job are becoming increasingly common as well as complicated.

Pollution related health problems can be broadly divided into following two categories:

1. Health problems caused because of pollution; and
2. Health problems aggravated and complicated by pollution.

It is important to note that pollution acts both as a causative and maintaining factor in many diseases.

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An observation made by author in respect of such patients is that more and more patients, especially patients of young adult age group, those who suffer repeatedly and frequently from episodes of pollution related diseases, and those who suffer a chronic problem are developing a mature view about the problem. **What will be use of wealth if pollution snatches health not allowing one to enjoy the pleasures of life** is the view of these patients. Some patients express this view as "Doctor, what is use of owning a car if one gets sick after driving on polluted roads".

## Chapter II

### MAN:CLEVER BUT NOT WISE

Man has been gifted by nature with a unique gift that differentiates him from other life-forms. This gift is the ability to learn, understand and analyse. This ability is known as knowledge. With the advancement in various fields of knowledge, the life has been made easy and comfortable. Man, accepting the challenges of nature has worked day and night to find answers to many problems which the human race has been facing for centuries. Answers to many such problems have been found and it is hoped that answer to many some other problems will be found in near future.

**Mother earth can be fulfill the needs of everyone but the greed of none.** How correct are these words of Mahatma Gandhi.....

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#### **Irreversible loss**

Green cover which has the capacity to absorb some effects of pollution is being lost at a rapid pace. Cutting forests for 'so-called developmental activities' has lead to loss of many species of not

only plant kingdom but also that of animals and micro-organisms whose natural habitat was the lost forest cover. **Every time a species goes extinct, the mankind is irreversibly impoverished.** In fact, presently world is losing species at the rate of 20,000 species per year. **According to world wild life expert, Norman Myers, the world could lose one million (10,00,000) species by the year 2000.** Who knows that one of these species may have answer to dreaded diseases like Cancer, Aids and other diseases of future. The world is entering the 21st century, with increasing pollution levels, rapidly exploding human explosion and depleting natural resources. *It is clear that man has acted in haste only to regret at leisure. He has realised that though he had been clever in monopolising all the natural resources to suit his own ends, he has not been wise.*

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### Chapter III

#### ENVIRONMENTAL HOMOEOPATHY

The author has given the term 'Environmental homoeopathy' to a specialised aspect of homoeopathy which deals with environmental

health. It involves not only the curative aspect of environment related health problems but also prophylaxis of such problems with the aim of achieving the highest possible standards of environmental health.

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## **Chapter IV**

### **AIR POLLUTION**

Everybody be prepared for a wonderful but *oxygen-less 21st century when sky will not look blue;atmosphere will be hazy to gaze through;the beautiful and innocent faces in streets,markets,parks will be covered with pollution masks.The children of 21st century will colour the sky in grey colour in their drawing books because the clear blue sky of today will visible in grey colour to them.They will hear about stars and moon with great amusement from their parents and will try hard to see stars in sky which will remain hidden from their veiw behind the atmosphere filled with smoke and haze.This description may be a reality if air pollution is not controlled.*

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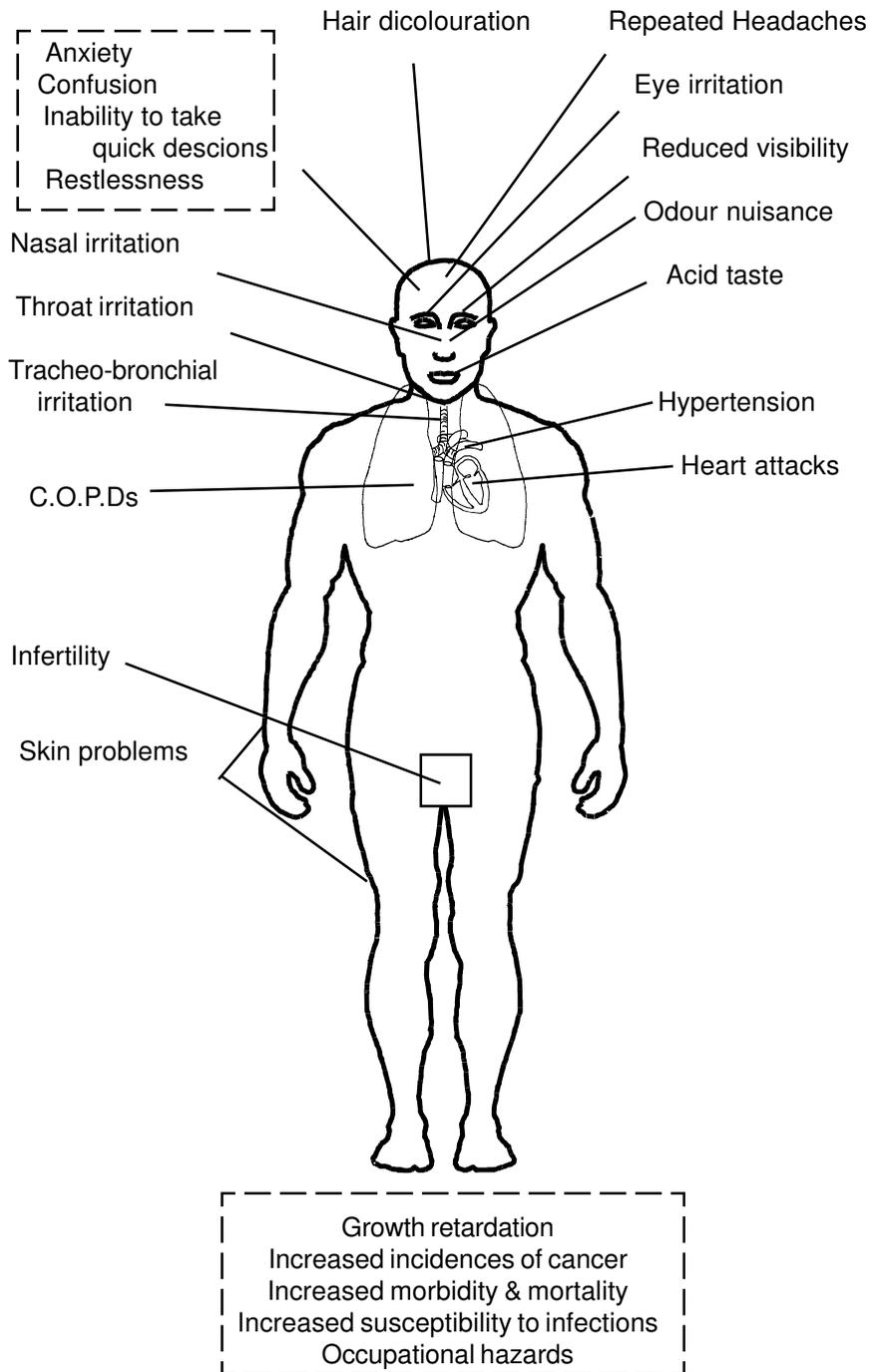


Fig.1 General adverse effects of air pollution on human health

Author would like to end this chapter by reminding that an average man breathes 22,000 times a day and takes in about 16 kgs of air each day.**Polluted air has not only life supporting properties but also life damaging properties.**With increase in pollution levels life damaging properties will out weigh its life supporting properties.Author would like to ask everyone follwing question.

**"Would you like to give your young ones (including those yet to be born) a city in inheritance in which polluted air goes in with the first breath they take ? A city in which first breath makes them sick instead of making them healthy ,a city in which our children and coming generations would not get a breath of fresh air,would you like your children and the coming generations to perpetually suffer ? "**

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## Chapter V

### NOISE POLLUTION

Noise pollution is perhabs the most neglected form of pollution which is taking its toll on human health.Almost everyone is being adversely affected by noise pollution but still most of the suffers are

unaware of it.

### **Noise pollution**

Noise pollution is unwanted sound which is dumped into the atmosphere notwithstanding the adverse effects it may have on living and non-living things.

In cities, 60 to 70 % of noise may come from road traffic. This is further deteriorated by the fact that in most of Indian cities road lengths are much less than the desired. Road lengths in Indian cities are about 7% of total area instead of desired 20-30%.

### **Adverse effects of noise pollution on human health**

In early 20th century, **German nobellaurate Robert Pock**, predicted that a time will come when man shall die due to sheer noise .....

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## **Chapter VI**

### **FOOD AND WATER POLLUTION**

Pollutants have entered our diet by gaining entry in the food

chain. Different pollutants enter into our diet through consumption of pollutant contaminated food and water.

### **Food pollution**

The entry of undesirable substances into the food chain through environmental agencies i.e.air,water,soil,is called food pollution.

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### **Adverse effects of food and water pollution on health**

About two-thirds of human body is made up of water.This is why water pollutants

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Different pollutants released from different types of industries have different effects on human health.Long term effects of many of these like compounds of arsenic,lead,mercury, nitrogens, phenols,phosphates, sulphates,etc.,etc. include chronic poisoning.

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## Chapter VII

### EFFECTS ON SEX LIFE AND PREGNANCY

Womb, which used to be called as the safest and most sheltered environment can no longer be called so. Some of the pollutants are potent enough to cross the placental barrier

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#### **Effect on pregnancy and new born**

During pregnancy mother's metabolic rate increases. So does blood volume and breathing rate. This means that the mother absorbs more pollutants during pregnancy and many of these cross placenta to reach the developing foetus. Some of important effects of pollutants on fetus are:

1. Spontaneous abortion;
2. Still births;

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9. Increased chances of suffering from cancer in later life.

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### **Effect on sexual life and conception**

.....Sperms counts have decreased due to effects of some pollutants. Pollution is also taking its toll on the sexual life. Pollutants from pesticides and some heavy metals like lead, manganese tend to decrease the sexual urge and sperm count. Impotency is another adverse effect of high levels pollution on sexual health.

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Pollution is a major cause of decrease in fertility rates both in men and women and it is estimated that every sixth couple has some problem in conceiving.

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## **Chapter VIII**

### **HEALTH IN A POLLUTED CITY**

Everyone in big cities is exposed to heavy pollution. Pollution levels in almost all the cities are rising. What impact does this have on health of the residents of the cities. In fact, majority of population is blissfully ignorant as well as careless about the extent of damage

to their healths which pollution is causing.

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According to this study the total cost of environmental damage amounts to US \$ 9.7 billion per year. Taking the cost of one US \$ at 39 Indian Rupees, ***the yearly cost of enviromental damage in India comes to about Rs. 37,830 crores.***

#### **Health in a polluted city : grim scenerio**

Life in a polluted city has tremendous impact on health.

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In this chapter taking the capital of India, Delhi, as an example of a polluted city the impact of pollution on the health of its residents is explained.

According to Brandon and Hommann's study, some **7,500 people die prematurely every year due to air pollution in Delhi. There are 4 million cases of hospitalisation & sickness, and 242 million cases of minor sickness as a result of air pollution every year.**

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**The level of pollution related respiratory and other diseases in Delhi is 12 times the national average.**

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**On an average a Delhite visits a doctor atleast 15 times a year for health problems specifically caused by pollution.**

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Lifetime cancer incidence rate in 1990 according to National Cancer Registry Programme for males and females was 7.59 and 10.56 respectively in Delhi. The same was 2.97 and 4.88 for males and female respectively in Barsi, a hospital based cancer registry centre in rural area.

To sum up in one line from common cold to cancer, almost every disease is being aggravated by environmental pollution.

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## **Chapter IX**

### **OVERCROWDING-HUMAN POPULATION POLLUTION**

Population explosion is responsible both directly as well as

indirectly for increase in the pollution levels. Population forms an important part of environment. According to research works of professor W.C.Alec et al, populations have optimal size below and above which deleterious effects occur.

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It is interesting to note how human population increased over the centuries to its present level.

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Today,most of the cities are over-crowded. As written above high population levels have deleterious effects on the population itself.

Over-crowding has many physiological and behavioural side effects. In fact, over-crowding multiplies the adverse effects of other forms of pollution on human health. Today,almost everyone living in big over-crowded cities is quite familiar with the commonest adverse effect of being exposed to over-crowded environment, stress. Stress and stress related health problems are very common in people exposed to over-crowded environments. Some important adverse effects of over-crowding on mental, physical and social health are can be broadly divided into following two groups:

- A) Physiological effects;and
- B) Behavioural effects.

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### **Impact of over crowding on prescription in homoeopathy**

Exposure to over-crowded environments can produce certain 'pseudo-symptoms'. These pseudo-symptoms apparently appear to be of high value for prescription purpose but are not really so. In fact, most of the time the prescriptions based on these pseudo-symptoms meet with no success. This is explained below with some examples.

Symptoms of ***fear in crowd*** - To understand the impact of over-crowding on this symptom, one should be clear about the concept of primary and secondary environments of an individual.

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Symptom of ***irritability*** - Irritability is an important mental general symptom of many remedies. Irritability, it is observed, is in direct proportion to population density.

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Symptom of ***indifference to loved ones*** - Indifference to

loved ones is considered as an important symptom for prescription value, and whenever present, is considered as an uncommon, rare, peculiar symptom. But exposure to over-crowded environments can make this symptom common symptom in certain circumstances.....This phenomenon is a natural phenomenon occurring in every over-crowded city. It is called '**the withdrawal phenomena**'. It occurs to save biological energy.Amount of energy consumed during compulsory biologic-social contacts is high. Some important features of withdrawal phenomena are:

- 1.Lower level of eye contact while talking;
- 2.Turning of head in other direction while talking;
- 3.Low level of verbal response;
- 4.Apparent absence of warm response;
- 5.Apparent inattentive behaviour;
- 6.Maintainence of greater interpersonal distances;
- 7.Lack of interest in activities of others;etc.

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## **Chapter X**

### **HOMOEOPATHIC MEDICINES**

Environmental pollution acts as causa occassionalis.It is

causative and maintaining factor of many diseases. This is the reason that due importance has to be given to non-medical management in each and every case of pollution related health problem. In this chapter some medicines and non-medical management for pollution related diseases have been discussed. Author prefers to categorize homeopathic medicines in to following categories:

1. Medicines found clinically effective in majority of cases; and
2. Medicines found effective few cases only.

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