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## ENVIRONMENTAL THREATS IN HEALTH AND WELLNESS DURING PANDEMIC SITUATION - AN ANALYSIS

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### ABSTRACT

The present status of the environment has become the integral part of each and every living in our day-to-day life. Environmental changes as made a great impact on the livelihood in each and everyone's life. The present Environmental threats are due to the harmful effect of the humankind from the past. The three main elements of the nature getting affected by the humankind poses a major threat to the environment and they are: Air, Water, Climate. By polluting the above said three elements of nature the human kind is posing a grave danger for the future generations to come. The humankind with its advance development in technology and science has become a major problem in plaguing the environment and endangering the health and wellness of themselves. The drastic changes in the technological development, deforestation, pollution, climatic changes, etc., as all become the factors of affecting the environment in irreversible manner. This paper gives a gist of various threats faced by the environment globally and also gives an idea about the health and wellness of the human kind in a nutshell with a brief meaning.

**Keywords:**

### History of Article

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### INTRODUCTON

The health and wellness of human kind can be impeded by the innumerable number of threats on the environment. The three vital elements are considered here to be posing the threats in the health and wellness of the humankind they are: Water, Air and Climate. The major issues are that the threats faced by the environment by the after-math effects of the humankind behavior in affecting nature by polluting and plaguing it with toxic irreversible activities. Here in this paper will enhance briefly about the various threats faced

by the environment which in turn affects the health and wellness of the humankind. Scarcity of water, mixture of toxic particles and gases polluting the air, and the global climatic change which becomes the major concern for the future world. The threat faced now COVID19 which has become a best living example of how its emphasizes the livelihood of the humankind in every possible way. In today's world the environmental threats on health and wellness of the humankind are varied and complex.

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## IMPORTANCE OF ENVIRONMENTAL HEALTH

Earth is the most sacred home for many different kinds and varieties of living things, existence of living on this planet is solely dependent on the environment as it includes the basic amenities for a life to produce such as air, water, food, etc., and hence the environment plays a crucial role for a healthy living and so it is important for every individual of humankind to save and protect the environment with much care and kindness. The good health and wellness of the humankind depends upon how well the environment is healthy, safe and supportive for the betterment of the humankind.

## IMPORTANCE OF WELLNESS

Wellness = No Illness. It essential for every individual to live a life with no or less illness in the lifetime. And it is achieved with proper care and kindness towards oneself and environment surrounded. As it helps to prevent various afflictions such as heart diseases, obesity, behavioral challenges, emotional immaturity, etc., and also increases the performance productivity from within, illness cost expenditure is reduced drastically, improves social equity globally. As it is a dynamic process of change and growth the state of which can become wholesome only when the human kinds are physically, mentally, socially are strong enough to withstand various obstacles faced by natural causes.

## FACTORS AFFECTING HEALTH AND WELLNESS

From the road we walk on to the air we breath the threat from the environment is very crucial and critical as they influence the health and wellness of the humankind. But the factors effecting these threats have also evolved drastically in time by both natural and man-made effects on the environment. Experts from around the world are working day and night to examine these threats and few of the threats include:

1. Air pollution, Global warming and Climate change
2. Non communicable diseases
3. Influenza pandemic
4. High threat pathogens
5. Weak health care
6. Hesitancy of vaccine
7. Vulnerable surroundings
8. Deforestation
9. And many more...

Few of the above factors are explained briefly below:

- **Air Pollution and Climatic Change**

Air Pollution and climatic changes are the first and foremost of the threats that directly affects the humankind into higher possibilities of risks. These pollutants can damage lungs, heart and even brain cells of the humankind with diseases such as cancer, stroke, heart and lung disease. Many industries burn and given out many major toxic gases and wastes into the environment causing the threat globally. Due to which the global warming takes affecting the air and the climate changes to take place. These incidents affect the environment and which in turn causes malnutrition, and diseases like malaria, diarrhea, stress due to heat, etc.,

- **Non-Communicable Diseases (NCD)**

These are the diseases which will not be transmitted directly from one individual to another. NCDs are strokes, kidney diseases, Alzheimer's, Parkinson's, autoimmune diseases, heart diseases, cataracts, etc., these are also called as chronic diseases. These diseases are caused by the way of living of the humankind, which affects their health and wellness.

- **Influenza Pandemic**

When there is less or no immunity for humankind when affected by certain new influenza are called as the global epidemic of influenza pandemic. This disease infects a large group of the population affecting the environment and can be spread easily to another.

- **High Threat Pathogens**

High threat pathogens are those threats that cannot be prevented or controlled once it spreads for example Ebola, influenzas A and B, Crimean-Congo hemorrhagic fever, Zika virus, Rift valley fever, Cholera etc., and the most recent COVID19.

- **Hesitancy of Vaccine**

Despite the availability of vaccines when the people refuse or neglect to take it will affect the people of different age groups, ethnicities and backgrounds. By prolonging to take the initial vaccine may lead to severe damage to the body due to the diseases to grow.

There are different types of pathogens that affect the human health and wellness and they are

1. Viruses
2. Bacteria
3. Fungi
4. Protozoa
5. Worms (parasitic)

These different types of pathogens enter our human body and cause severe health issues.

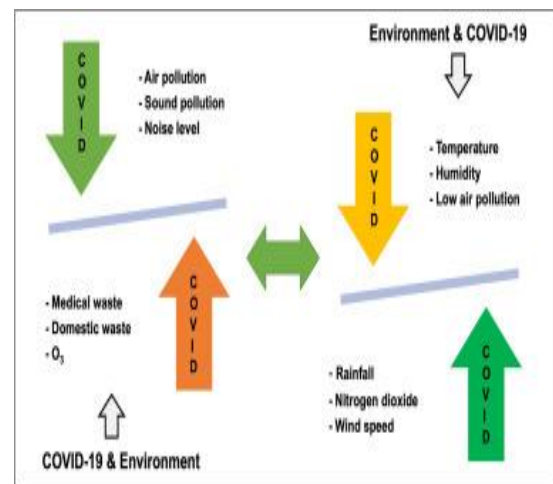
- **Weak Health Care**

It means that, the most needed areas are understaffed with weak health care facilities which under-resourced. The present pandemic situation with COVID19 best describes the weak health care facilities in many areas around the globe.

- **Deforestation**

Due to urbanization, agricultural croplands and mining activities many large trees and plants are being cut down and this process is called as deforestation. Due to these activities the environment is getting easily polluted in large sum of uncontainable way.

The above list of threats and many more threats which are not been mentioned here are declared as the worst threats to the humankind by WHO and major organizations of health departments.



### **BENEFITS OF GOOD HELTH AND WELNESS OF THE ENVIRONMENT**


Intimacy of environmental health includes the individuals and the overall community of the surroundings as it outweighs the cost. Health people are the base for healthy economies, social equity, few of which are:

1. Purified water
2. Clean air
3. Reduction in hazardous and toxic waste
4. Safe and healthy place for the children and adults
5. Equity of increased health
6. Healthy food
7. Good health Population

Optimization of environmental health can decrease the exposure of various kinds of diseases, pollutants, and harmful toxic into the body of the human kind. With optimal health and care, the balance is created encouraging the advancement in technology with sustained environmental growth and development.

### **CONCLUSION**

When the environmental threats are known and eliminated the wellness of the human kind with the increase in productivity, problems get solved. Human kind can finally meet the needs for the present and future generations. The threats with the advancement of the technology must be balanced to sustain the human kind with environment playing the

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key role for the betterment of all human kind. At the bottom line a comprehensive health and wellness of the human kind along with the environment can bridge the gap and improve the quality of the living creating a good environmental system for the present and the future generations to come. With the good environmental care, the quality and the quantity of the impact can be reduced for those who have poor health and wellness within them.

Only through good education outreach and advocacy each and every individuals of the human kind can be helped safeguarding their surrounding environment they live in promoting good health care stewardship.

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