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**MAIN ISSUES OF THE INFLUENCE OF ECOLOGY ON HUMAN
LIFE**

Abstract: The article examines the main issues of the influence of ecology on human life.

Key words: ecology, human health, chemical pollution, human diseases

**ОСНОВНЫЕ ВОПРОСЫ ВЛИЯНИЯ ЭКОЛОГИИ НА ЖИЗНЬ
ЧЕЛОВЕКА**

Аннотация: В статье рассматриваются основные вопросы влияния экологии на жизнь человека.

Ключевые слова: экология, здоровье человека, химические загрязнения, болезни человека

Human economic activity is increasingly becoming the main source of pollution of the biosphere. Gaseous, liquid and solid industrial wastes enter the natural environment in increasing quantities. Various chemicals in waste, getting into soil, air or water, pass along ecological links from one chain to another, eventually getting into the human body.

It is almost impossible to find a place on the globe where pollutants are not present in one concentration or another. Even in the ice of Antarctica, where there are no industrial industries, and people live only in small scientific stations, scientists have discovered various toxic (poisonous) substances of modern industries. They are brought here by atmospheric streams from other continents. Substances that pollute the natural environment are very diverse. Depending on their nature, concentration, time of action on the human body, they can cause various adverse effects. Short-term exposure to low concentrations of such substances can cause dizziness, nausea, sore throat, and

coughing. The ingestion of large concentrations of toxic substances into the human body can lead to loss of consciousness, acute poisoning and even death. An example of such an action can be smog that forms in large cities in calm weather, or emergency emissions of toxic substances by industrial enterprises into the atmosphere.

The body's reactions to pollution depend on individual characteristics: age, gender, health status. As a rule, children, the elderly and the elderly, and sick people are more vulnerable.

In addition to chemical pollutants, in the natural environment there are also biological ones that cause various diseases in humans. These are pathogens, viruses, helminths, protozoa. They can be found in the atmosphere, water, soil, in the body of other living organisms, including in the person himself.

The most dangerous are pathogens of infectious diseases. They have different resistance to the environment. Some are able to live outside the human body for only a few hours; being in the air, in water, on various objects, they quickly die. Others can live in the environment for days to years. For others, the environment is a natural habitat. For the fourth, other organisms, such as wild animals, are a place of conservation and reproduction.

Often the source of infection is the soil, which is constantly inhabited by pathogens of tetanus, botulism, gas gangrene, and some fungal diseases. They can enter the human body when the skin is damaged, with unwashed food, in violation of the rules of hygiene.

Pathogens can enter groundwater and cause infectious diseases in humans. Therefore, water from artesian wells, wells, springs must be boiled before drinking.

Open water sources are especially polluted: rivers, lakes, ponds. There are numerous cases when contaminated water sources have caused epidemics of cholera, typhoid fever, and dysentery.

With an airborne infection, infection occurs through the respiratory tract by inhaling air containing pathogens.

Such diseases include influenza, whooping cough, mumps, diphtheria, measles and others. The causative agents of these diseases get into the air when you cough, sneeze, and even when sick people talk.

A special group is made up of infectious diseases transmitted by close contact with a patient or by using his things, for example, a towel, a handkerchief, personal hygiene items and others used by the patient. These include sexually transmitted diseases (AIDS, syphilis, gonorrhea), trachoma, anthrax, scab. Man, invading nature, often violates the natural conditions for the existence of pathogens and becomes a victim of natural focal diseases.

People and pets can become infected with natural focal diseases, getting into the territory of the natural focus. Such diseases include plague, tularemia, typhus, tick-borne encephalitis, malaria, and sleeping sickness.

Several decades ago, almost no one even thought to associate their working capacity, their emotional state and well-being with the activity of the Sun, with the phases of the Moon, with magnetic storms and other cosmic phenomena.

In any phenomenon of the nature around us, there is a strict recurrence of processes: day and night, ebb and flow, winter and summer. Rhythm is observed not only in the movement of the Earth, Sun, Moon and stars, but is also an integral and universal property of living matter, a property that penetrates into all life phenomena - from the molecular level to the level of the whole organism.

In the course of historical development, a person has adapted to a certain rhythm of life, due to rhythmic changes in the natural environment and the energetic dynamics of metabolic processes.

Currently, many rhythmic processes in the body are known, called biorhythms. These include the rhythms of the heart, respiration, and bioelectric activity of the brain. Our whole life is a constant change of rest and vigorous

activity, sleep and wakefulness, fatigue from strenuous work and rest. In the body of every person, like the ebb and flow of the sea, a great rhythm eternally reigns, arising from the connection of life phenomena with the rhythm of the Universe and symbolizing the unity of the world.

The central place among all rhythmic processes is occupied by circadian rhythms, which are of the greatest importance for the body. The body's response to any impact depends on the phase of the diurnal rhythm (that is, on the time of day).

The climate also has a serious impact on human well-being, influencing it through weather factors. Weather conditions include a set of physical conditions: atmospheric pressure, humidity, air movement, oxygen concentration, the degree of disturbance of the Earth's magnetic field, the level of atmospheric pollution.

With a sharp change in weather, physical and mental performance decreases, diseases become aggravated, and the number of errors, accidents and even deaths increases.

Most of the physical factors of the external environment, in interaction with which the human body has evolved, are of an electromagnetic nature.

It is well known that near fast flowing water the air refreshes and invigorates. It contains a lot of negative ions. For the same reason, we find the air clean and refreshing after a thunderstorm.

On the contrary, the air in confined spaces with an abundance of all sorts of electromagnetic devices is saturated with positive ions. Even a relatively short stay in such a room leads to lethargy, drowsiness, dizziness and headaches.

Changes in the weather do not affect the well-being of different people in the same way. In a healthy person, when the weather changes, the physiological processes in the body are timely adjusted to the changed environmental conditions. As a result, the protective reaction is enhanced and healthy people practically do not feel the negative influence of the weather.

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