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## STUDYING THE IMPACT OF ECOLOGICAL FACTORS ON HUMAN HEALTH

**Annotation.** This article provides information on the impact of environmental factors on human health.

**Keywords:** epidemic, Vietnam, pesticide, Arctic ice, zoroastrianism, Avesta.

### INTRODUCTION

Collecting information on the impact of environmental factors on human health and taking measures to prevent their complications.

Since ancient times, the view that human life takes place in harmony with nature has been considered dominant, therefore, natural disasters that occur have been interpreted as punishment sent by natural forces for negative actions committed by humans. It was considered that the most optimal way to prevent such disasters is to avoid harming nature, to preserve and enrich it. In essence, this idea expresses one of the main categories of a healthy lifestyle. Indeed, nature, as well as achieving environmental cleanliness, prevents the occurrence of diseases that are widespread among people and pose a serious threat to human health.

### METHODS

The emergence of dangerous epidemics of viruses and bacteria with high reproductive potential and little effect on drugs is also a consequence of the irrational use of natural resources. Soil, water and air pollution are important sources of various infectious and non-infectious diseases. As a result, hot and cold weather, increased carbon dioxide in the air, depletion of the ozone layer, a sharp reduction in arable land, famine, lack of drinking water, lack of cleanliness and environmental cleanliness, an increase in various harmful insects and animals (flies, mosquitoes, ticks, mice, rats). This, in turn, leads to an increase in the number of plague, anthrax, cholera, salmonellosis, dysentery, viral hepatitis A and E among the population. Among non-infectious diseases, an increase in anemia, cancer, gastritis, stomach ulcers, liver, skin, respiratory tract and allergic diseases is observed.

### RESULTS

The widespread use of chemicals and radioactive substances in industry and agriculture is harmful to human health. Atomic energy is being used more and more, as a result of which there is an increase in hereditary diseases. The scientific literature shows that severe mutagenic complications arose after the chemical war of the United States against Vietnam from 1961 to 1971. Hereditary diseases were observed in the children of US veterans who were in the chemical warfare zones of the Indo-Chinese and Chinese wars in the two decades after the war.

Tons of various pesticides are used annually in the world to combat pests of agricultural crops. Failure to pay attention to the timing of pesticide spraying leads to an increase in the content of toxic substances in fruits and vegetables, which leads to an increase in gastrointestinal and liver diseases among the population, and a sharp increase in anemia. The discovery of DDT in the bodies of

Antarctic penguins and along Arctic ice sheets, or the pollution of the oceans with oil and the atmosphere with SO<sub>2</sub>, are the consequences of human negative attitudes towards nature.

The ideas put forward in this regard in the sacred book of the Zoroastrian religion, the Avesta, are particularly noteworthy. The work shows the covering of garbage, the burial of contaminated areas with earth or ashes. In this way, diseases have decreased. The destruction of pathogens by fire, heat and cold is recognized in the Avesta as the most effective means of purification and elimination of danger. Various microbes were also killed by burning ashes, vinegar, wine, various herbs, nettle, onions and aloe or by dripping their water.

In health care, it is important to improve the environment, promote knowledge about ecology and hygiene.

In order to widely apply the knowledge gained about a healthy lifestyle in everyday life throughout life, combat factors that negatively affect the environment in the family and neighborhood, and at the same time protect the environment, it is necessary to take into account the following:

- provide young people with environmental knowledge, develop the necessary skills and qualifications, and form an ecological culture;
- study the interrelationship of ecology and medicine in the study of human health;
- explain the responsibility of people to protect the environment for their own health;
- learn the impact of natural factors on health;
- study the spread of various diseases due to environmental factors;
- study the changes in the natural environment due to human economic activity, pollution of the environment with agricultural and industrial waste;
- study that transport is a polluting factor;
- public awareness of nature conservation organizations and their tasks among the population;
- prevention of excessive use of natural resources;
- explanation of the hygienic importance of air, water and soil;
- knowledge of the hygienic importance of green plants.

## DISCUSSION

Conducting various activities among the population on the impact of ecology on health and combating factors that negatively affect the environment will have a positive impact on the healthy, harmonious growth of the future generation. Ensuring environmental cleanliness is an important factor in ensuring human health. Indeed, environmental pollution creates an environment that promotes the growth and survival of various microbes. Therefore, it is necessary to keep a person's home clean, practice personal hygiene, clean the places where people live, and also carry out activities that encourage people to do good deeds, such as planting trees that provide shade, rather than cutting them down.

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