

Fight against pollution must begin from indoor living spaces

Ten thousand litres of air pass through our lungs every day. Our LUNGS do not react immediately to air pollution. The damage is slow and progressive and can be permanent and disastrous.

While most of us are aware about Outdoor Air Pollution, a majority of us remain ignorant about Indoor Air Quality. Did you know that the so called "safe" spaces (air-conditioned homes & offices) where we spend 20 to 21 hours of our day, are home to numerous disease causing contaminants?

The homes/offices that we build now are mostly sealed and allow very little cross-ventilation with less or no sunlight. ACs have become a must for these spaces, which cool the air thus recycling it and trapping all pollutants within the room.

Mould and fungi grow in damp/unventilated areas. Living in urban environment also results in ~25% of outdoor pollutants like PM2.5 (dust particles which are as small as 1/100th of human hair) invading the indoor environment. Paint fumes, perfume, candles, mosquito repellants and cleaning solutions emit harmful VOCs (Volatile Organic Compounds) thus adding toxic gases which are even more dangerous than polluting factories.

Why are children falling sick more often than adults?

Moments after their birth, children are exposed to highly polluted Indoor Air. Like all other organs and body parts, the respiratory tract is most sensitive in children. These pollutants settle on the respiratory tract, creating airway inflammation, lowered immunity and constriction, making one prone to Respiratory Tract Infections. Ongoing

All of us face variety of risks in our day to day life; Indoor Air Quality is one risk that we can do something about.

exposure to these polluted environments may also reach a stage where viral infections, chronic cough, breathlessness, asthma and respiratory allergies become common among children in growing years and in exposed adults too.

We easily take shelter of Doctors who prescribe several medicines with possibility of side effects to only control/suppress our respiratory symptoms. We must urgently deploy



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policies for prevention of air pollution related diseases, a big step towards becoming a healthier community and nation. The change must begin from our homes.

"HAWA hi DAWA hai"

It is an ancient wisdom that we have forgotten and the immense importance of it with our modernised current lifestyle. Remember the good old days when the Doctor diagnosed illnesses by just carefully listening, looking and sensing pulses & nerves? If any disease was out of bounds they simply sent us to the hills/ forests for fresh clean air and our sickness reduced.

When we visit our historical monuments, we realise the importance of FRESH AIR. Cross ventilation is the best way to get Fresh Air in our homes. But in

our urban living condition once we open the window to get fresh air we also welcome a lot of pollutants.



Does an Air Purifier help?

While living in polluted environment, our goal should be to reduce the exposure or risk from indoor pollutants, and by breathing fresh air for at least 8 to 10 hours a day we will nourish our cardiovascular system, respiratory system, nervous system and take the pressure off our Immune System thus giving stamina and energy to fight diseases while in challenging environments.

The market now is flooded with products of various brands. However it is important to check the safety and effectiveness of an Air Purifier before buying it. Most Air Purifier brands claim a lot, however in reality they do not comply. It is better to verify claims through global certifications or the purification technology before making a decision.

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