

CLOUDED BRAINS

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Do you remember those cold winter mornings, when you would step out of your house and be surrounded by the fog, not being able to see anything clearly because of which you had to walk really carefully? Now, how would it make you feel if this were to happen to your brain, where it would be covered in “fog” and you’d have to be really careful to do things so much so it would affect you a great deal? It’s food for thought, isn’t it?



This fog has now become smog, and it’s not news to us, but it should be. The air pollution is getting worse day by day and not much is being done to handle the situation. The air quality in Delhi, India reached 500 due to which the government had to impose a lockdown. Now, we are quite familiar with the repercussions of air pollution, of how it affects our physical health and can result in inflammation. Recent researches, however, suggests that air pollution not only affects physical health but also largely influences our mental health and cognitive functions.

Even though the amount of research being done to study the impacts of air pollution on mental health is comparatively low, the results and findings are crucial. It has now gained more attention over the past decade, rightfully so.

Some researches suggest that constant exposure to dirty air can result in a decline in mental health, cognitive functions like memory, depression, anxiety, and in extreme cases suicide.

Research conducted by Jenifer Weuve and Melinda Power is evidence of the fact that people living in areas exposed to more air pollution do show signs of cognitive decline. Furthermore, Randy Nelson’s study on mice shows that mice that were exposed to dirty air exhibited depression-like symptoms. Not only this, some other findings through a means of MRI, showed that due to air pollution and exposure to particulate matter and black carbon, it can through the lungs enter into the brains via the bloodstream. Due to which the endings of the neurons in the brain can be affected.

This all is proof enough that we need to actively work towards reducing air pollution since it’s high time now.

Source: APA Organization

DID YOU KNOW

Air pollution is India’s second-largest public health risk after malnutrition.

