

## A Review on Respiratory Health Effects with High Pollution Biomass Fuels

Dr. Kishore Kumar Soni<sup>\*,†,1</sup>, Moina sharma<sup>2</sup>, Dr. Sindhuparva Rana<sup>3</sup>

<sup>1</sup>Epidemiology department, National Institute for Research in Environmental Health, Indian Council of Medical Research, Bhopal

<sup>2</sup>Epidemiology department, National Institute for Research in Environmental Health, Indian Council of Medical Research, Bhopal

<sup>3</sup>Epidemiology department, National Institute for Research in Environmental Health, Indian Council of Medical Research, Bhopal.

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Daniel V.  
Department: Medical

### ABSTRACT

An acute respiratory infection sadly contributes to the foremost reasons for the deaths worldwide. A systematic secondary data research was conducted using Scopus database and MEDLINE according to for Systematic Reviews Meta-Analyses and preferred reporting items. Case-control or cross-sectional designs were used in the study. Quantifiable or reported were provided for approximation of the alliance between COPD and biomass released smoke with analogous 95% CI in female; and they were based on a free set of data from other studies. Air contamination in houses excessively has a massive impact on the health of women and children. This is a prominent reason of deaths worldwide. Though this area of study usually remains unnoticed, it affects a large section of the world's populace.

**Key words:** respiratory infection–COPD–biomass Fuels–Systematic Reviews

### 1 INTRODUCTION

Other than some specific diseases pertaining to the heart, cerebrovascular disease and cancer, acute respiratory infections sadly contributes to the foremost reasons for the deaths worldwide. Acute respiratory infections are the major sources of diseases occurring in early ages and deaths. The death ratio emerging from such illnesses has been globally estimated up to an alarming status of 6.5%.<sup>1</sup> The causes behind acute respiratory infections encompass variety of reasons. One of the major contributors of such infections comprises smoke released from biomass combustion. The damaging air contaminants discharged from such incineration encompass carbon monoxide, benzene, polycyclic aromatic hydrocarbons, formaldehyde and many other noxious untreated composites. Confidence on biomass stimulators for household chores add to the assimilation of these air toxins results in the elevated level of air contaminant inside houses.<sup>2</sup> A good number of the population worldwide is reliant on such stimulators used for cooking which include wood, dried leaves, grasses, charcoal and animal dung.<sup>3</sup> The intensity of smoke increased by such natural fuels amplifies the frequency of respiratory diseases such like

COPD<sup>4</sup>. Residents of such dwellings are easy prey to such hazardous disease. Majorly, developing nations have been reported to have such cases.

In general, the usual major partaking of women in such household affairs where biomass energy is used for cooking is the foremost reason of incidence of respiratory diseases in women in comparison to men. Children too are an easy prey to such insanitary circumstances<sup>5</sup> which causes approx two million demises every year<sup>6</sup>. Children below five years of age are easy victims in such situations. Acute lower respiratory contagion like pneumonia is the primary reason of deaths in children whereas COPD is a major contributor of causalities in women.<sup>7</sup>

Underprivileged living situations and scarcity of resources pave way to the dispersal of such fatal diseases. In developing nations like India, a large number of populace is bound to use solid bio products for cooking as they do not have enough resources to utilize safer ways of cooking. As stated earlier, such livelihood conditions bestow unfavorable effect on well being of such folks.<sup>8–13</sup> According to a report, 111 million disability-adjusted life-years and 3.2 million deceased were reported all inclusively in the year 2010 because of the use of solid fuel.<sup>14</sup>

The pervasiveness of COPDs is almost three times elevated in women coming from rustic backgrounds in comparison to the women living in urban areas due to the ex-

\* Corresponding author.

† Email: k.soni2310@gmail.com

posure of biomass products and gases releasing from them<sup>15</sup>. The global incidence of COPD is mounting more rapidly in women than in men.<sup>16</sup>

The emanation caused by the use of biomass fuels is extensively released in the living portions of the houses where such fuels are used.<sup>17</sup> While the intensity of the switch over of interior with outside air are moderately towering in a good number of housings in budding nations, the toxin emanation frequency for such firewood are further more elevated, and in house absorption and allied coverage can be soaring as an upshot. Biomass fuels as compared with the gas cook tops discharge fifty times more effluence while preparing food.

## 2 METHODOLOGY

A systematic secondary data research was conducted using Scopus database and MEDLINE according to for Systematic Reviews Meta-Analyses and preferred reporting items

Analysis conducted during the studies were adequate while evaluating coverage of smoke released from biomass products to the disclosure of other petroleum products, performed at any given time and in any geographic setting. Case-control or cross-sectional designs were used in the study. Quantifiable or reported were provided for approximation of the alliance between COPD and biomass released smoke with analogous 95% CI in female; and they were based on a free set of data from other studies. References in each of the acknowledged papers were closely filtered for any supplementary article that was not recognized earlier in the novel search. Those articles which could not make a distinction in statistical connection amidst revelation to biomass smoke and respiratory illnesses originated in women from men were excluded.

### Effects of Indoor Air Pollution on Health

In-house air pollution is very harmful for its habitants. There are various studies conducted in India which reports damaging outcomes of indoor air contamination. After amendments for demographic aspects and existing situations in a massive case control study, solid-fuel utilization drastically augmented child demises in ages between 1 to 4 years with occurrence ratio of boys with : 1.30, 95% CI: 1.08-1.56; and girls with : 1.33, 95% CI: 1.12-1.58). Number of causalities in girls were higher than boys who succumbed due to the revelation of solid fuels. Solid fuel exercise was also related with recover able pneumonia with Prevalence ratio of 1.54; 95% CI: 1.01-2.35 v; girls: and 1.94; 95% CI: 1.13-3.33 in girls.<sup>18</sup>

Use of LPG was establish to be related with nuclear, cortical and mixed cataract with an odds ratio of 0.69 (95% CI: 0.4-0.9) as evaluated to the use of cow dung and wood smoke<sup>19</sup> while biomass fuel utilization landed in fractional or absolute loss of sight with odds of 1.32 (95% CI: 1.2-1.5), as compared to other fuels.<sup>20</sup> Parallel studies conducted in western part of India accounted utilization of wood to be an imperative reason of age-dependent cataract (OR = 2.12,

95% CI: 1.03-4.34). Use of coal and cattle dung brought eye irritation (OR = 2.04, 95% CI: 1.13-3.68) and (OR = 1.83, 95% CI: 1.35-2.47), correspondingly.<sup>21</sup>

## INTERVENTIONS

While assessing probable health effects, community intrusion trials using competent wood stoves are the finest methods to split contact of smoke resulting as of solid fuel from poverty. Intercessions that diminish the load of biomass smoke contact too are right away essential. Practicable and low priced practices that could lessen the distressing health hazards outcomes resulting from revelation to in house biomass smoke should be brought into practice. Measures for improving ventilation should be adopted. Rotational cooking should be practiced for a short period of time. Children should be kept far from the cooking areas. Traditional open fires replaced with improved stoves have been displayed to have noteworthy health gains.<sup>22-24</sup>

## 3 CONCLUSION

Air contamination in houses excessively has a massive impact on the health of women and children. This is a prominent reason of deaths worldwide. Though this area of study usually remains unnoticed, it affects a large section of the world's populace. Utilization of safe fuel products for day to day chores in household affairs and avoidance of biomass fuel appreciably develops the standards of living in women of rural areas. As a proactive measure, women could be educated about the dangerous effects of the exposure of high concentration of pollutants generated by biomass fuel products. Spreading awareness about sanitation and maintaining quality life style is what we require to establish a progressive and healthy society.

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## AUTHOR BIOGRAPHY

**Dr. Kishore Kumar Soni** Epidemiology department, National Institute for Research in Environmental Health, Indian Council of Medical Research, Bhopal.

**Moina sharma** Epidemiology department, National Institute for Research in Environmental Health, Indian Council of Medical Research, Bhopal

**Dr. Sindhuparva Rana** Epidemiology department, National Institute for Research in Environmental Health, Indian Council of Medical Research, Bhopal