

From Health to Disease: Effect of Lifestyle Choices and Environment on Reproductive Health

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Abstract—Healthy environment and lifestyle choices play a pivotal role in human fertility. Detoriation of our environment is a result of increased exposure to pollutants. One of the major by product of industrialization is e-garbage i.e. discarded televisions, computers, cellphones, and other electronics. Their informal recycling by shredding, burning, and dismantling the products in "backyards" has become a serious threat to humans and environment. The ministry of environment, forest and climate change of India has in fact recently redesignated the electronic waste disposal business as red category industry. The pollutants- Pd, Cd, Hg, acid fumes created in the process have a detrimental effect on the fertility of both men and women as well as the health of developing foetus. Reproductive health and performance are also strongly influenced by the lifestyle choices of an individual. In the fast paced competitive world, many couples are delaying childbirth in pursuit of education, job and other factors. However the reproductive timeline is put at stake by their decision, as fertility peaks and decreases over time. Lifestyle factors such as consumption of alcohol, cigarette smoking, excessive use of technology and drug abuse result in infertility among couples even at a young age. Another very important factor contributing to the reproductive health is the psychological wellbeing of an individual. Job and peer pressure creates psychological stress. This effects the proper functioning of reproductive system resulting in high rates of infertility. Hence, it is imperative to live and breathe in clean environment and make correct lifestyle choices to maintain our reproductive health.