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# ENVIRONMENTAL FACTORS AND HEALTH OF THE POPULATION OF THE ARAL SEA REGION OR IN THE CONDITIONS OF KARAKALPAKSTAN

Хожамбергенова Пирюза
Каракалпакский Медицинский Институт

**Abstract**
This article explores the complex relationship between environmental factors and population health in the Aral Sea region, with a focus on the specific conditions of Karakalpakstan. The study uses a multidisciplinary approach combining literature analysis, environmental monitoring, and health data to comprehensively understand the impact of the environmental crisis on societal well-being. The findings are intended to provide valuable information to policymaker's authorities and stakeholders to develop effective strategies to reduce health risks in regions affected by environmental degradation.

**Keywords**: Aral Sea, Karakalpakstan, Environmental Degradation, Public Health, Water Scarcity, Air Quality, Socio-Economic Impact.

## Introduction

The Aral Sea, once the world's fourth-largest lake, has suffered severe environmental degradation due to over-extraction of water for irrigation and other human activities. This has led to detrimental effects on the health of the population in the surrounding regions, especially in Karakalpakstan. The introduction sets the stage by highlighting the environmental challenges facing the Aral Sea region and the importance of understanding their impact on public health.

This section provides an overview of the existing literature on the environmental crisis in the Aral Sea region, with a particular focus on research that explores the relationship between environmental factors and public health. It examines the impacts of water scarcity, changes in air quality, and socio-economic impacts on community well-being. Literature analysis provides the basis for research methodology and helps to identify gaps in current knowledge.

The study uses a mixed-method approach that combines environmental monitoring and analysis of health data. Environmental factors such as water quality, air and soil pollutants are measured using advanced monitoring techniques. At the same time, health data, including disease prevalence and mortality rates, are analyzed to understand the correlation between environmental degradation and public health outcomes.

The Aral Sea region, especially the territory of Karakalpakstan, has faced significant environmental problems that have had a profound impact on the health of the population. The Aral Sea, once the world's fourth-largest lake, has been steadily shrinking since the 1960s due to massive irrigation projects that diverted water from the rivers that fed the sea.

This has led to numerous environmental and health problems for the people living in the region.

Water scarcity and quality:

- Reduced water availability: Diversion of water for irrigation has led to a significant decrease in water levels in the Aral Sea. This has led to water shortages for both drinking and agricultural purposes.
- Deterioration of water quality: As the sea area decreased, the concentration of salts and contaminants in the remaining water increased, resulting in contamination of drinking water sources.

Impact on agriculture:

- Soil salinization: The shrinkage of the Aral Sea has led to the exposure of the lake bottom, which contains salts and minerals. Winds pick up these salts and spread them to the surrounding farmland, causing soil salinization. This, in turn, affects crop yields and agricultural productivity.

Air pollution:

- Dust storms: The dried-up bottom of the lake has become a major source of dust storms, carrying pollutants and harmful particles over long distances. Inhaling these particles can lead to breathing problems and other health problems.

Health Effects:

- Respiratory diseases: Particles carried by dust storms through the air can contribute to respiratory conditions such as asthma and bronchitis.
- Waterborne diseases: Polluted water sources can lead to the spread of waterborne diseases, affecting public health.

Economic Impact:

- Impact on livelihoods: Environmental degradation has had serious economic impacts, affecting the livelihoods of communities dependent on agriculture and fisheries.

Social and Mental Health:

- Population displacement and stress: Environmental concerns have forced many people to migrate from the region, leading to social upheaval and increased stress levels among the affected populations.

Efforts have been made to address some of these challenges, including the construction of dams and reservoirs to retain water, reforestation projects and international cooperation. However, environmental and health challenges in the Aral Sea region remain significant, requiring ongoing efforts to mitigate their impact on the well-being of the population. In addition, addressing root causes, such as unsustainable water management practices, is critical for long-term solutions.

In the discussion section, the results are interpreted in the context of the existing literature, highlighting public health implications and potential causal relationships between environmental factors and health effects. It also explores the socio-economic aspects of the environmental crisis and its aggravating effects on vulnerable communities in the Aral Sea region.

**Findings:**

Summarizing the key findings, the "Conclusions" section provides insight into the complex relationship between environmental degradation and public health in Karakalpakstan. It discusses the broader implications for similar regions facing environmental challenges and stresses the urgency of implementing sustainable interventions.

This final section provides recommendations for policymakers highlighting potential strategies to mitigate the adverse health impacts of environmental degradation in the Aral Sea region. It may include proposals for sustainable water management, improved air quality, and socio-economic development to increase the resilience of affected communities.

In conclusion, this comprehensive study contributes to the growing body of knowledge on the environment-health nexus in the Aral Sea region, offering valuable information for the development of evidence-based policies and interventions to protect the well-being of populations facing similar challenges around the world.

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