

Effects of High Energy Visible Light on the Human Body

Dr Rita Singh

Pt Ramlakhan Shukla Govt. P. G. College, Alapur, Ambedkarnagar

ritasingh806@gmail.com

Abstract: *Due to the short high-energy visible light wavelength, it is more scattered and less focused. When you are looking at a computer or laptop screen, blue light reduces the contrast and makes your eyes buckle down. After some time, you are bound to feel digital eye strain accompanied by headaches or neck and shoulder pain. One of the effects of blue light is a higher risk of macular degeneration. The blue light goes deep into your eyes and reaches for the macula that makes up your central vision. According to some experts, it may also destroy the tiny light-sensing cells on your retina. This situation could lead to macular degeneration - one of the leading causes of vision loss..*

Keywords: *light wavelength.*

I. INTRODUCTION

Wearing blue light glasses during the day can help people fall asleep, stay asleep, and have a more restful sleep. Generic lenses that filter blue light reduce negative effects by 10% to 23% without reducing quality. Computer glasses with yellow-tinted lenses may increase comfort when viewing digital devices for long periods of time.

There are several causes of global warming, which have a negative effect on humans, plants and animals. These causes may be natural or might be the outcome of human activities. In order to curb the issues, it is very important to understand the negative impacts of global warming.

Increasing concentrations of greenhouse gases (GHGs) cannot directly be attributed to a larger ozone hole, as they exert a dual effect. While GHGs are thought to lead to warmer temperatures, they tend to have a cooling effect in the middle and upper stratosphere which reduces the temperature exchange between the different layers of Earth's atmosphere. This stratospheric cooling effect is generally positively associated with ozone recovery, except for the polar regions. Here, very low temperatures can lead to an increase in the formation of polar stratospheric clouds, which facilitate ozone depletion as explained above.¹

Finally, smoke-charged vortex (SCV) resulting from wildfires transport aerosols into the stratosphere, and this leads to both depleting and increasing the ozone layer stemming from different chemical reactions at different atmospheric layers, depletion being the bigger part (Max Planck Institute for Chemistry, 2024 - see the list of scientific references). With the increasing frequency and intensity of wildfires driven by global warming, the formation of SCVs and their impact on the stratosphere could become more common, posing a threat to the ozone layer.

The new findings by researchers of the Max Planck Institute highlight that natural events, exacerbated by climate change, pose additional risks to this fragile stratospheric layer. Since current observations show that the size and persistence of the ozone hole are largely dynamically driven, the urgency of continuing global efforts under the Montreal Protocol to ensure a swift recovery of the ozone layer and mitigating climate change remain key.²

Over the last few decades, emissions of human-made chemicals known as ozone-depleting substances (ODSs) have resulted in a the thinning of the ozone layer. This is most obvious over the Antarctic, where the chemical destruction of ozone constrained by the strong winds of the stratospheric polar vortex results in the 'ozone hole', but ODSs affect stratospheric ozone concentrations worldwide. On 1 January 1989, the Montreal Protocol on Substances that Deplete the Ozone Layer (a protocol to the Vienna Convention for the Protection of the Ozone Layer) entered into force as an international treaty designed to protect the ozone layer by phasing out the production of numerous ODSs responsible for ozone depletion. As a result of this first universally ratified treaty in United Nations

history the ozone layer is slowly recovering. To ensure the treaty is successfully executed over this long time period, policy makers need information about the amounts of ozone and related chemical species in the stratosphere.

The Protocol provides a set of practical ways to phase out ODSs – including through stringent measures worldwide to control products containing the chemicals. In 2016, the Protocol was amended in Kigali to also phase out the production and use of hydrofluorocarbons (HFCs) - which became a replacement for ODSs but proved to be more potent than carbon dioxide, and detrimental to the climate. According to the UN Environment Programme (UNEP), thanks to the agreement, there has been a substantial reduction in ODSs emissions over the last two decades, and there is evidence that the ozone layer is healing itself and can recover by the middle of this century.³

Scientists have also noted that ozone protection efforts have evidently slowed climate change by avoiding an estimated 135 billion tons of carbon dioxide equivalent emissions from 1990 to 2010. A successful reduction in HFCs in the atmosphere can avoid up to 0.4 degree Celsius of global temperature rise by 2100, while continuing to protect the ozone layer. For humans, the Montreal Protocol has potentially helped to prevent up to 2 million cases of skin cancer globally each year by 2030 and resulted in an estimated US\$1.8 trillion in health benefits, mostly in skin cancer treatment alone. “The Montreal Protocol stands ready to provide more: to protect all life on Earth, creating a cooler environment, and safeguarding biodiversity to help feed growing populations,” said Inger Andersen, the head of UNEP, in her message for the day.

Ozone layer depletion increases harmful ultraviolet (UV-B) radiation reaching Earth, causing severe health risks (skin cancer, cataracts, immune suppression), damaging marine ecosystems by killing phytoplankton, and disrupting plant growth/agricultural yields. It also harms animals and impacts global climate ⁴

- Human Health Impacts: Increased UV exposure leads to higher rates of skin cancers (including melanoma), cataracts (clouding of the eye lens), and weakened immune systems.

Environmental & Marine Damage:

UV-B radiation harms phytoplankton, which are critical to the marine food chain, and reduces the reproductive capacity of fish, shrimp, and other aquatic organisms.

- Terrestrial Ecosystems and Agriculture: Excessive UV radiation inhibits photosynthesis, slows plant growth, and alters the stability of ecosystems.
- Biodiversity Loss: Increased, uncontrolled UV radiation disrupts ecological balance and can alter the composition of plant species.

The primary cause is the release of man-made chemicals, specifically Chlorofluorocarbons (CFCs), halons, solvents, and foaming agents. When these rise to the stratosphere, they are broken down by sunlight, releasing chlorine atoms that destroy ozone molecules.

Ozone layer depletion increases the amount of UVB that reaches the Earth’s surface. Laboratory and epidemiological studies demonstrate that UVB causes non-melanoma skin cancer and plays a major role in malignant melanoma development. Of the human health effects from sun exposure, melanoma is the most lethal, causing nearly 8,500 deaths annually in the United States. In addition, UVB has been linked to the development of cataracts, a clouding of the eye’s lens.

UVB radiation affects the physiological and developmental processes of plants. Despite mechanisms to reduce or repair these effects and an ability to adapt to increased levels of UVB, plant growth can be directly affected by UVB radiation.⁵

Indirect changes caused by UVB (such as changes in plant form, how nutrients are distributed within the plant, timing of developmental phases and secondary metabolism) may be equally or sometimes more important than damaging effects of UVB. These changes can have important implications for plant competitive balance, herbivory, plant diseases, and biogeochemical cycles.

Phytoplankton form the foundation of aquatic food webs. Phytoplankton productivity is limited to the euphotic zone, the upper layer of the water column in which there is sufficient sunlight to support net productivity. Exposure to solar UVB radiation has been shown to affect both orientation and motility in phytoplankton, resulting in reduced survival rates for these organisms. Scientists have demonstrated a direct reduction in phytoplankton production due to ozone depletion-related increases in UVB.

UVB radiation has been found to cause damage to early developmental stages of fish, shrimp, crab, amphibians, and other marine animals. The most severe effects are decreased reproductive capacity and impaired larval development. Small increases in UVB exposure could result in population reductions for small marine organisms with implications for the whole marine food chain.⁶

Increases in UVB radiation could affect terrestrial and aquatic biogeochemical cycles, thus altering both sources and sinks of greenhouse and chemically important trace gases (e.g., carbon dioxide, carbon monoxide, carbonyl sulfide, ozone, and possibly other gases). These potential changes would contribute to biosphere-atmosphere feedbacks that mitigate or amplify the atmospheric concentrations of these gases. Synthetic polymers, naturally occurring biopolymers, as well as some other materials of commercial interest are adversely affected by UVB radiation. Today's materials are somewhat protected from UVB by special additives. Yet, increases in UVB levels will accelerate their breakdown, limiting the length of time for which they are useful outdoors.

Fifty-nine percent have symptoms of digital eye strain.

Since our eyes are not good at blocking blue light, nearly all visible blue light passes through the front of the eye (cornea and lens). It then reaches the retina, the cells that convert light for the brain to process into images.

This severe depletion creates the so-called "ozone hole" that can be seen in images of Antarctic ozone, made using satellite observations. In most years, the maximum area of the hole is bigger than the Antarctic continent itself. Although ozone losses are less radical in the Northern Hemisphere, significant thinning of the ozone layer is also observed over the Arctic and even over continental Europe.

Blue light exposure from screens is small compared to the amount of exposure from the sun. However, there is concern about long-term effects of screen exposure from digital devices. This is especially true when it comes to too much screen time and screens too close to the eyes. To prevent blue light eye damage, wear glasses with protective blue cut lenses. You don't have to go anywhere to buy them. Just place an order with us and we will get them to you in no time. And if you want to take them for a test run first, we can give you a free home trial for our glasses and lenses.

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