

Old Age Remedies to Reduce Carbon Footprint: Simple and Effective Solutions in Reducing Our Carbon Foot Print

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Abstract

With the increasing global concern about climate change and its impact on the environment, there is a growing need for individuals to reduce their carbon footprint. While many modern solutions focus on technological advancements and lifestyle changes, old age remedies can also play a significant role in reducing carbon emissions. Traditional practices such as using natural materials for insulation, relying on manual labor instead of machinery, and consuming locally-sourced foods can all contribute to a lower carbon footprint.

Additionally, traditional medicines and herbal remedies have been used for centuries as alternatives to modern pharmaceuticals. By utilizing these natural remedies, individuals can reduce their reliance on manufactured drugs that often have a high environmental impact in their production processes. Furthermore, embracing old age practices such as gardening and farming can also help in reducing carbon emissions by promoting sustainable agriculture and reducing the need for transportation of food over long distances.

In recent years, we have continuously enhanced the driving force of development, while modern societies face growing concern about global environmental issues, developing countries are experiencing complex, serious and fast-growing pollution problems of their own. The potent combination of industrialization, urban development and mass consumption trends is exacerbated by foreign companies operating with little regard for the impact on the local environment. Environmental pollution is more than just a health issue; it is a wider social issue in that pollution has the potential to destroy homes and communities. Pollution problems are also closely tied to the mode of development in developing countries. Despite this, many developing countries either have not developed environmental pollution control measures, or have not provided adequate implementation structures to ensure that policies are effective. During the period of rapid economic growth.

In conclusion, old age remedies offer valuable insights into sustainable living practices that can significantly contribute to reducing our carbon footprint. By revisiting these traditional methods and incorporating them into our modern lifestyles, we can work towards a more environmentally-friendly future.

Keywords: Age old remedies, urbanisation, Pollution, Carbon footprint.

Introduction

There is world-wide generation of waste daily in significant amounts, leading to depletion of natural resources and deteriorating air quality. One-third of global produced is wasted laterally with the food value chain. Carbon footprint is an efficient way of communicating the issues related to climate change and the necessity of changing behaviour. Valorisation or utilization of wastes helps in resolving issues related to environment pollution. Reduction in the carbon footprint throughout the chain of supply makes the whole process eco-friendly. Prevailing waste disposal systems focus on their economic and environmental viability and are putting efforts into using waste as a resource input to the society. Effective and advanced waste management systems are adopted to deal with massive waste production so as to fill the gap between the production and management of waste disposal. Waste biorefineries are a sustainable, eco-friendly, and cost-effective approach for the production of platform chemicals, biofuels, and other bio-based materials. These materials not only provide sustainable resources for producing various chemicals and materials but have the potential to reduce this huge environmental burden significantly.

The world is facing many problems that demand timely attention so that the sustainability of mankind is ensured. The chief factors among these issues are the impact of greenhouse gases emission, depleting reservoirs of fossil fuels, and food waste generation and management. The past few decades have witnessed a rise in population at the global level, which has put pressure on the availability of food, its management, and its disposal. A global rise in the emission of greenhouse gases has deteriorated the climate, which is not only a burning issue is also centrally placed all over the world. The world is exploring novel pathways to solve some of its global issues. The solutions for these global issues are being extensively explored. A continuous rise in human and domesticated livestock populations globally is showing an impact on the use of resources and depicts huge ecological footprints (EFP). The consequences of humanity's ever-rising EFP is leading to a hike in climate change, water scarceness and contamination, degradation of soil, and diminishing biodiversity above and below ground. There are several sub-sections of EFP. Carbon footprint (CFP) is one of these sub-sections, along with land footprints, water footprints, nitrogen footprints, biodiversity footprints, power footprints, etc.

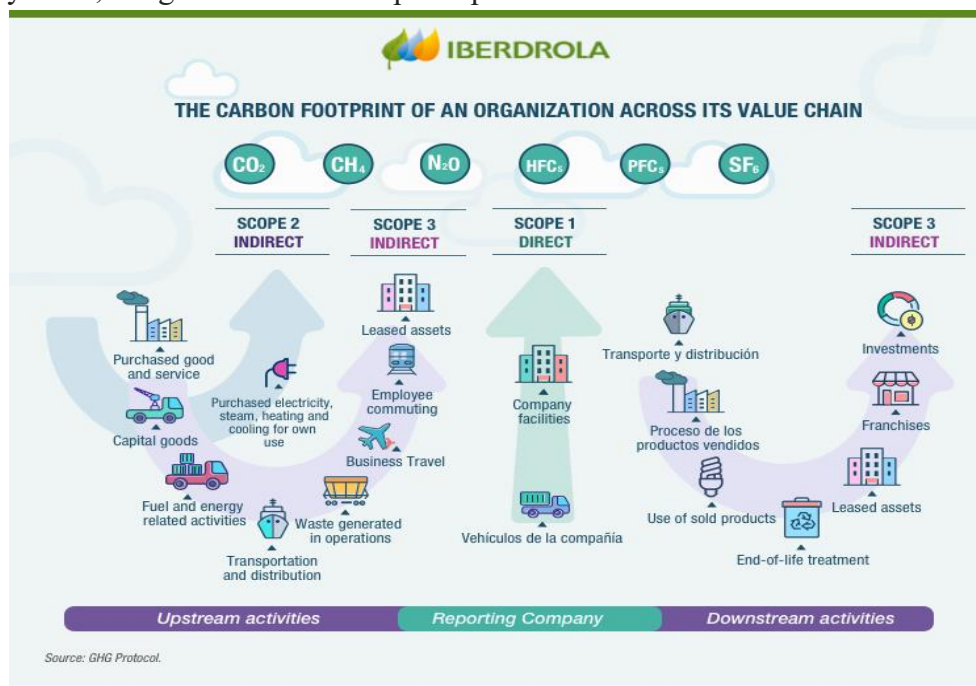
Carbon footprint may be defined as "Carbon dioxide in tonnes equivalent to greenhouse gases produced due to anthropogenic activities". Thus, a carbon footprint is the total greenhouse emissions emanating from a product, activity, or an organization. The CFP is reported as CO₂ by converting methane and nitrogen oxides into CO₂. It is well-established that the global per capita CFP due to anthropogenic activities is not sustainable and may lead to an increase in global warming above 2 °C. Food waste is one of the important factors contributing to CFP and thereby increasing global temperature. It is thus pertinent to reduce food waste and consequently CFP. The treatment of food waste by different sustainable methods is paramount to create a positive impact on the CFP and the global environment.

The past few decades have witnessed the massive growth, industrialization, and modernization of the food and agro-industrial sector, which have revolutionized them in a magnificent way. As an outcome of these developments, there has been a drastic escalation in the productivity and marketing of the food and agro-industrial sector, leading to the generation of agro-industrial food waste. A constant rise in food waste generation is the outcome of continuing economic and population growth in developing Asian countries. Food is a precious commodity that not only rapidly converts to waste but also negatively influences the environment. Food waste is also associated with several other losses. Loss of profit, futile resources, and labor hours are among the important losses that accompany food waste. Social problems are also associated with the generation of FW around the globe. Food waste deprives a huge population of food

and is also a threat to the environment. Food waste is comprised of a wide range of residual wastes and post-consumption wastes, with the former being produced at any step of the food production supply chain and the latter generating from domestic or commercial activities. Usually, the nature of food waste is complex, as it is made of various types of palatable substances. Food waste is a rich source of carbon and has a huge energy potential. It is considered as an abundant biomass resource globally. The food industry generates an enormous amount of food waste along with other end-consumers such as home and restaurant environments. Food waste generated from homes and restaurants becomes a prominent part of municipal waste. Food waste is also generated from hotels, food markets, cafeterias, and bakeries. The high consumption rate of food and very low recycle rate of food waste leads to the formation of mountains of food discarded into landfills. In these landfills, the dumped food is burned, thereby producing harmful gases. This practice is highly damaging, as it causes severe human health issues arising due to air pollution and soil leaching. Food wastes generates a significant amount of greenhouse gases. The worldwide carbon footprint (CF) of yearly food waste is approximately Gt carbon dioxide equivalent (CO₂e).

It is the need of the hour to develop strategies to curtail food wastage in order to sustain the economy and to combat the change in climate. The most popular and traditional ways to combat food waste are landfilling, anaerobic digestion, incineration, composting, use in fertilizer supply, and usage as animal feed. In current scenario, different strategies are being researched and adopted for the effective valorisation and reutilization of food waste so that environmental and social issues can be eradicated. The most recent few decades have witnessed the involvement of agro-industrial food waste as a biorefinery for the production of commercially feasible products such as biochemical, biofuels, and organic acids. This strategy could successfully replace the conventional methods of disposing food waste in landfills.

As the inefficient use of food resources leads to loss of monetary value, it is best to transform them into a product that will be cost-effective and eco-friendly in terms of its carbon footprints. It is necessary to understand the techno-economic challenges of food waste biorefineries in order to assure their sustainable development. Furthermore, it is also associated with the Sustainable Development Goal (SDG) number 12 from the United Nations, i.e., “Ensure sustainable consumption and production patterns”, that launches an aim that “by 2030, the global food waste per capita should be halved at the level of the retail and



Methods and Remedies

In today's world, the issue of climate change and reducing our carbon footprint is more important than ever. As we strive to find new and innovative ways to combat this global problem, it's worth considering that some age-old remedies may hold the key to a more sustainable future.

One such remedy is the use of natural materials for building and insulation. Before the advent of modern construction materials, people relied on locally-sourced materials such as straw, clay, and wood for building their homes. These materials are not only renewable but also have a lower carbon footprint compared to synthetic alternatives. By incorporating these traditional building techniques into modern construction practices, we can significantly reduce our reliance on high-carbon materials like concrete and steel.

Another age-old remedy that can help in reducing our carbon footprint is the practice of organic farming. Traditional agricultural methods relied on natural fertilizers and pest control methods, as well as crop rotation to maintain soil fertility. These practices not only promote healthy soil but also reduce the need for synthetic fertilizers and pesticides that contribute to greenhouse gas emissions. By returning to these time-tested farming techniques, we can minimize our impact on the environment while still meeting our food production needs.

Additionally, traditional forms of transportation such as walking or cycling are effective ways to reduce carbon emissions from vehicles. In many cultures around the world, walking or cycling was once a primary mode of transportation before cars became ubiquitous. By encouraging people to rely less on cars and opt for more environmentally-friendly modes of transport like walking or cycling, we can make a significant dent in reducing greenhouse gas emissions from fossil fuel-powered vehicles.

Furthermore, energy conservation techniques that have been used for centuries can also play a role in reducing our carbon footprint. For example, using passive solar design in buildings – where windows are strategically placed to maximize natural light – reduces the need for artificial lighting during daylight hours. Similarly, harnessing wind power through traditional windmills or utilizing water power through ancient irrigation systems are effective ways to generate electricity without relying on fossil fuels.

The carbon footprint in India is significant, and there is a need for age-old remedies to reduce it. This research study aims to explore traditional practices and remedies that can be adopted to minimize the carbon footprint in India.

The first step of the research will involve an extensive literature review of traditional Indian practices that have been used for generations to minimize environmental impact. This will include examining ancient texts, such as Ayurveda and Yoga, as well as folk traditions and indigenous knowledge systems. Additionally, the study will involve fieldwork interviews with communities across India to gather information on traditional methods of sustainable living, such as organic farming techniques, natural building materials, and alternative energy sources. These interviews will also provide insight into cultural practices that promote environmental conservation.

Furthermore, the research will investigate the feasibility of integrating these age-old remedies into modern-day lifestyle choices. This may involve identifying barriers to adopting traditional practices and exploring potential solutions for overcoming these obstacles.

The study will also examine the potential benefits of incorporating age-old remedies into contemporary sustainability initiatives. This could include assessing the economic viability of these practices and their potential impact on reducing carbon emissions at a national level.

Environmental pollution can have many effects on human health, including:

- Air pollution : Can cause heart disease, wheezing, coughing, and breathing difficulties. It can also worsen asthma and other lung conditions. Other effects include:
- Increased risk of respiratory illness
- Increased risk of cardiovascular problems
- Increased risk of skin diseases
- May increase the risk of cancer
- Other long-term effects include chronic asthma, pulmonary insufficiency, cardiovascular diseases, and cardiovascular mortality
- Noise pollution can lead to:
 - Hearing loss
 - Tinnitus
 - Sleep loss
 - Cardiovascular and metabolic diseases
 - Headaches
 - Problems with vision
 - Other effects
 - Respiratory diseases
 - Heart disease
 - Some types of cancer
 - Psychological complications
 - Autism
 - Retinopathy
 - Fetal growth
- Low birth weight and children and pregnant women are at higher risk of health problems related to pollution.

Overall, this research study aims to shed light on the value of age-old remedies in reducing carbon footprint in India and provide practical recommendations for integrating traditional practices into modern sustainability efforts. By bridging the gap between ancient wisdom and modern technology, it is hoped that this study can contribute to more effective solutions for minimizing environmental impact in India.

1. Traditional Ayurvedic medicine: Ayurveda, an ancient Indian system of medicine, uses natural herbs and plants to treat various ailments. By using local and sustainable sources for these ingredients, it helps reduce the carbon footprint associated with pharmaceutical production and transportation.
2. Yoga and meditation: These ancient practices promote physical and mental well-being, reducing the need for medical interventions that may have a higher carbon footprint. Additionally, yoga studios in India often prioritize eco-friendly practices in their operations.
3. Traditional cooking methods: Using traditional cooking methods such as clay pots and open fires can help reduce reliance on energy-intensive appliances like ovens and stoves, thereby lowering carbon emissions.
4. Herbal remedies: Many Indian households use homemade herbal remedies passed down through generations to treat common illnesses, reducing the reliance on manufactured pharmaceuticals with high carbon footprints.

5. Use of natural fibers: Traditional clothing made from natural fibers like cotton or silk has a lower environmental impact compared to synthetic materials, which require significant energy for production.
6. Use of traditional transport modes: In many rural areas of India, traditional modes of transportation such as bullock carts or bicycles are still used, which have minimal carbon emissions compared to motorized vehicles.
7. Sustainable farming practices: Many age-old agricultural techniques in India focus on organic farming methods that minimize the use of chemical fertilizers and pesticides, thus reducing the overall carbon footprint of food production.

Conclusion

In conclusion, it's clear that many age-old remedies hold great potential in helping us reduce our carbon footprint today. By revisiting these time-tested practices and integrating them with modern technology, we can take meaningful steps towards creating a more sustainable future for generations to come. It's important not just to look forward for solutions, but also look back at what has worked in the past and adapt it with modern knowledge to tackle climate change effectively. Through this approach, we may be able to find a balance between progress and sustainability that benefits both our planet and future generations.

1. Planting trees: Trees absorb carbon dioxide and release oxygen, helping to reduce the amount of greenhouse gases in the atmosphere.
2. Using natural cleaning products: Many household cleaning products contain harmful chemicals that can contribute to air and water pollution. Using natural alternatives such as vinegar, baking soda, and lemon juice can help reduce pollution.
3. Reducing energy consumption: Turning off lights when not in use, using energy-efficient appliances, and reducing water usage can all help lower our carbon footprint and reduce pollution.
4. Recycling: Recycling reduces the need for new raw materials to be extracted from the earth, which helps reduce pollution from mining and manufacturing processes.
5. Composting: Composting organic waste instead of sending it to landfills can help reduce methane emissions, a potent greenhouse gas.
6. Using public transportation or carpooling: Reducing the number of vehicles on the road helps decrease air pollution and lowers carbon emissions.
7. Conserving water: Saving water reduces energy consumption needed for pumping and treating water, as well as reducing pollution from wastewater.
8. Supporting sustainable agriculture: Buying locally grown food that is produced using sustainable farming practices can help decrease emissions associated with food transportation and support regenerative farming methods that benefit the environment.
9. Advocating for policy changes: Supporting policies that promote renewable energy sources, regulate emissions from industrial facilities, and protect natural habitats can have a significant impact on reducing environmental pollution at a larger scale.
10. Using renewable energy sources : Utilizing solar power , wind power or hydroelectricity reduces reliance on fossil fuels , cutting down carbon emissions significantly .

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