

## Whether Environmental Pollution is Equivalent to Mass Alcoholism at Least from its Impact on Health

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*"If life is worth living? It all depends on the liver".*

*William James*

In non-alcoholic fatty liver disease, (NAFLD) hepatic fat accumulation and hepatitis happen in absence of alcoholism. The condition mimics alcoholic liver disease. Like alcoholic liver disease NAFLD if left unchecked can lead to structural change in the liver akin to alcoholism. Nowadays NAFLD is on the rise and considered as a public health concern. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7063528/> Sedentary Lifestyle and its associates like diabetes mellitus, obesity, etc., as it is emphasized in the literature is definitely the culprit for enhanced causation of NAFLD. Nevertheless, it is not alone. Such lifestyle factor is definitely augmented by environmental pollution to cause NAFLD. Among UK population long-term air pollution is seen to be associated with liver disease. <https://onlinelibrary.wiley.com/doi/full/10.1111/liv.15416>. Several environmental pollutants like pesticides, heavy metals, plastic leak- outs, and many others are seen to be associated with fatty inflammation of the liver. <https://link.springer.com/article/10.1007/s10620-021-07203-y>. The plastic leak outs (particularly Bisphenol F) are shown to cause lysosomal dysfunction which in turn accumulates fat inside the cell as lysosomal lipid hydrolases are responsible for fat degradation inside the cell. <https://pubmed.ncbi.nlm.nih.gov/33401208/>. Pesticides are seen to inhibit human serum albumin esterase activity which is thought to lyse intracellular acetyl CoA and thus control lipid accumulation inside hepatocytes. <https://pubmed.ncbi.nlm.nih.gov/29685194/>. I believe that these are all probable

causes and at present, there is really a paucity of focussed research to study the effect of environmental pollutants on the liver to have a mechanistic idea as to how environmental pollution is dealt with by our liver. We all know that environmental pollution is bad. However, the pressure of modernization will not allow environmental pollution to go away in near future and we have to stay with it. Therefore, the time is ripe for focussed research on environmental pollution and liver diseases concerning mechanistic aspects.