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THE GREEN WORLD AND THE ENDOECOLOGY OF HEALTH

Annotation

As it is known, the 29th Session of the Conference of Parties to the United Nations Framework Convention on Climate Change (UNFCCC), i.e. the COP 29, will be held in Azerbaijan this year. Hosting such a prestigious event in Azerbaijan mobilizes all Azerbaijanis regardless of their qualifications and field of activity and at the same time directs the exchange of views around the COP 29. The climate changes, which are considered a global problem of modern times, the fight against these changes, the elimination of the consequences that have arisen become the civic position of not only the representatives who will participate in the session, but also of every conscious person. In the light of the slogan “Let’s be in solidarity for the sake of the green world” the main goal of the report is to look into the field of health, to investigate the endoecology of health, to determine the direct relationship between the green world and human health.

Keywords: COP29, ecology, green world, health, climate change

Introduction.

Having regained its independence at the end of the twentieth century Azerbaijan entered a completely new and higher stage of development. Having established itself as a subject in the world politics arena, our country has hosted the world-class international conferences in political, cultural, economic and other fields for more than thirty years. It is enough to remember some of them such as the Eurovision Song Contest (2012), the European Olympic Games (2015), the IV Islamic Solidarity Games (2017), the Formula 1 Azerbaijan Grand Prix (since 2017), European Volleyball Championship among the Women (2017), the UEFA Europa League (2019), the 43rd session of the UNESCO World Heritage Committee (2021), the European football championship (2021) and others.

One of such grandiose events will be held in November of this year in Baku. As it is known, the 29th Session of the Conference of Parties to the United Nations Framework Convention on Climate Change (UNFCCC), i.e. COP 29, is planned to be held in Azerbaijan. The importance of holding such international events, especially at the present time, is well known and obvious. Combating climate change, which has become a global problem all over the world, combining efforts towards their prevention and elimination of consequences resulting from climate change is the main goal and expected result of the Conference of the Parties to the UN Framework Convention on Climate Change (UNFCCC). The main issue on the agenda of Azerbaijan, which is on a line with the world's leading oil and gas countries, is green energy. It is no coincidence that the main slogan of the 29th session to be held in Azerbaijan is "Let's be in solidarity for the sake of the green world".

Endoecology of Health.

Today in our report we want to talk both about the impact of the environment on human health and about cataclysms that occurred in nature, in the atmosphere in mythical times, about global catastrophes. As we are doctors by profession and work in the field of health care, at the same time, we are authors of mythological studies, so this topic is closer to us.

Currently, using natural resources in the world and not achieving its restoration, water, soil and air pollution lead to a violation of the ecological balance. This also leads to such natural disasters as global warming, melting of glaciers, damage to the ozone layer, changes in the level of the seas, the sharp decrease in the waters of rivers in some areas and the emergence of hurricanes. Problems such as pollution of water bodies with household and industrial water waste, release of harmful gases into the atmosphere in industrial centers, erosion and salinization of agricultural land, depletion of natural resources, non-disposal of household waste in large industries and residential areas in accordance with the required regulations are serious concerns in the international world, it even causes bronchial asthma, allergies, cancer, neurosis and other diseases. The problems we have listed lead to the loss of health not only of people, but also of the oceans, soil, air, water, a noticeable decrease in biodiversity in nature, that is, the number of plant and animal species.

The impact of the environment, air, noise, artificial lighting, visual pollution, drinking water, hormonal and medicinal foods on human health is not little. According to World Health Organization experts, the effect of air, water and soil on the human body is 38-44%. Thus, when water, air and soil are polluted, it has neurotoxic, nephrotoxic, hepatotoxic, pulmonotoxic and other effects on the body. Due to the proliferation of diseases caused by environmental factors,

*the term “**Ecological medicine**” has already appeared. On the other hand, **medical ecology** is a comprehensive scientific discipline that studies all aspects of the impact of the environment on the health of the population and focuses on environmental diseases.*

*As it is mentioned above, the violation of the balance of the environment also shows its negative effect on the human body. Because human is an integral part of nature and all cells of our body react sensitively to any changes occurring in the environment. A person makes various inventions, creates innovations in order to alleviate his own life, to make a profit. However, these innovations often upset the ecological balance. But the consequences of these mistakes lead to incurable diseases and environmental impurity. Environmental pollution leads to the fact that the internal environment of the body is also “polluted”. The science that deals with the problems of “pollution” of the internal environment is **endoecology**. Today, due to environmental pollution, an endological crisis has almost certainly arisen, which negatively affects health. But let us admit that among the causes of the disease, in the treatment of the disease and in the process of recovery, both the patient and the doctor do not mention the causes of pollution of the ecology, violation of the ecological balance, the effect of man-made poisons.*

About the “Endoecology of health” I.P. Neumivakin writes that this topic is currently very relevant and it can be said that the ecological balance has been disturbed practically, whether at the level of air, water, soil or food. It is a pity that no one pays attention to the environment of the endoecological state of the human interior. So, any of its vital manifestations are closely related to the endoecological environment (Neumivakin, 2010: p.9).

Today, we perceive many of the catastrophes occurring in nature as the result of the development of technology, industry, the impact of human on nature. But did catastrophes happen in mythical, ancient times?

Where did these catastrophes occur on the surface of the Earth, in water, in space?

All the peoples of the world have legends about the ancient disasters that happened in our planet. In the legends it is said that the disaster was accompanied by terrible floods, earthquakes and volcanic eruptions, the population of many countries decreased and part of the land sank to the seabed.

However, the Sun is the embodiment of the stability of space and its death means the end of the world.

The Mongolian peoples, as well as the Bashkirs, Chuvash and Udmurts have legends about the fact that in the distant past there were many suns in the sky. After the flood, when the Earth is flooded, only the Sun remains in the sky, while other Suns are believed to go underground with Shulmus, which is considered the damaging force. But in the Bashkir legend it is said only about two Suns. The Chuvash myth about the three Suns differs from the Bashkir and Udmurt

versions. But by its subject it is closer to the Siberian and Far Eastern types. Moreover, here the theme of illumination and warmth is already replaced by the theme of the extinction/murder of the second Sun, the onset of cold and the escape of the Sun from the people, left alone in horror. It is interesting that in the Chuvash myth at all times the ancient motif has been preserved, according to which there is a possibility of the threat of destruction or death of even the last Sun (among Mongols, Tuvas, Altaians and others). The Hungarians believed that during a solar eclipse, in fact, it fell victim to the bird Turul.

According to Tuvan myths, Yovgun-mergen tells people that once the eye of the Sun was covered with the wing of the bird Khan Gerdi. Yovgun-mergen shot at that bird with an arrow, broke its wing and the Sun began to shine again.

However, Yovgun-mergen also predicted that the Sun would lead people to the death one day (Ilikaev, 2023: 112-113).

The legends about the flooding of the world and other myths that happened thousands of years ago are also related to the end of the world. It means, it is believed that when the end of the world comes, the whole world will be flooded, destructive earthquakes will occur and all living things will be destroyed. The legends about the flooding of the world in ancient times are found in the mythology of many peoples of the world. For example: in America it is found in the legends of the Aztecs, Scandinavians, Indus, Nart, Persia, Sumer, as well as in the religions of monotheism.

Leonard Woolley wrote that the traces of the Sumerian legend about the flooding of the world were kept in many cities of Mesopotamia. According to his thought, the strong cataclysms took place in that area in the fourth millennium and the people who witnessed the flooding were those who lived on the heights and saved themselves by climbing to the heights. In monotheistic religions the Prophet Noah is known as the savior and among the Sumerians he is Ziusudra (Belitsky, 2000:45).

The legends similar to the legend of Noah are also found in Babylonian, Ancient Egyptian, Ancient Greek, Indus, Chinese, Druid, Polynesian, Mexican, Peruvian, American, Greenland mythology.

In all of these legends the same version attracts the attention basically. It is said that either only a few people or only one man and woman survived. It can be concluded that as a result of the tilt of the Earth axis, either the flood really happened all over the world, or there were no earthly cataclysms, only local floods, hurricanes and earthquakes. These events were reflected in the myths and religions of different peoples (Mirzeyeva, 2011: 75-76).

Plato wrote that the legendary island and continent Atlantis was destroyed thousands of years ago in one day and one night and sank to the bottom of the sea. Of course, much has been

written and said about Atlantis, but it is not known exactly where the catastrophe occurred specifically. Some researchers say that Atlantis sank in the Black Sea, others mention the Aegean Sea or Atlantic Ocean, but some tell the Caspian Sea. In more than fifty cultures of the world there are legends and myths about secular cataclysms, catastrophes.

Today, the extinction of species, overpopulation and environmental degradation began with an event that occurred 41 thousand years ago. Modern problems have a cosmic cause and are associated not only with human activities.

The cosmic cataclysm, which occurred about 41000 years ago, destroyed almost the entire human race. About this “event” in our historical sources it is said that the Asian and Caucasian race can be interconnected. In the study carried out by Nei (1982) and Gong (2002) presents genetic evidence that shows that the two races diverged about 41,000 years ago, which means that some major mutations occurred. The scientists believe that every person on the Earth is a descendant of one of the small pairs of people who lived at that time. Another explanation for the dramatic decrease in population is the radiation of a supernova (*supernova - this is the name given to the violent explosion of great stars that run out of energy. Supernova / brightness can be a hundred million times greater than the luminosity of the Sun*). Radiation levels exceed high doses, reaching lethal levels, leading to massive human casualties. In general, the data got from genes and blood groups show that more mutations occurred in Asia and Europe about 41,000 years ago. The emission of radiation from the supernova lasts only a few seconds, so by the time the radiation arrives, most of it has fallen on the side of the planet facing the supernova (Towards Southeast Asia and Australia). Another serious mutation, which is now observed in almost every one of our contemporaries on the planet, occurred in a person whom scientists call “the genetic Adam”. Using computer modeling the scientists have come to the conclusion that “the genetic Adam” lived 100-40 thousand years ago.

Although the tribes of South America were far from the scene - in Canada, Michigan and Utah - they have legends about it that have survived to nowadays: according to legends, one night a huge yellow-eyed jaguar attacked the Moon unexpectedly. The battle, which lasted for several hours, was watched by people in horror. The cat (jaguar), which was very gigantic in size, tore huge pieces from the Moon, making it the color of red blood. Leaving the terrible white tails the parts of the Moon moved away from the jaguar. The battle lasted all night until the Sun rose and the jaguar run, but the problems did not finish. Suddenly, a huge ball of flame erupted from the disk of the Sun and flew towards the Earth. Thousands of burning stones and huge blocks of ice rained down at the same time. Trees, jungles burned down, flames rumbled around the village. After the fall of the stones, blocks, large pieces of rock finally stopped, the Sun was covered by a black cloud and deep darkness fell on the Earth...

The studies show that the cosmic ray traces on the Moon bombardment of heavy particles 16,000-12,000 years ago. Radioactivity and KREEP rocks (There is an assumption that KREEP rocks arose at the beginning of the formation of the Moon, about 4.5 billion years ago, due to the collision of the Earth with a rock-like space body the size of Mars) form a strange pattern like **the bull eye** in the northern hemisphere of the Moon.

Potassium with radioactive thorium forms huge deposits in the northern hemisphere of Mars, while thorium, potassium and uranium form large rings around Hudson Bay and Utah. Dusty comets appear to have hit all the main planets and the Moon in our solar system, as well as the Sun. The comets were most likely highly radioactive and contained KREEP rocks.

There are many interesting moments in the legend, which tells about the ruler Manu in India, who lived a supernova and was recorded there: drought began around the world, flames were coming from the Sun, fires/flying comets were destroying Earth and all planets. Then massive waves (tsunamis) and floods began. Only a small number of people and animals survived. *Brahma said to Manu: "Soon after the great fire the world will be cleansed by great floods". Brahma asked him to build a mighty sea vessel and ordered several selected people to be placed on it, the seeds of many plants to be captured and the animals to be taken on board, so that they all survived the cataclysm. However, it happens according to the legend, only people, animals and plants that got on the ship survived the global flood. And those who survived were entrusted with the creation of a new world... .. As it is seen, here Manu carries the mission of Zisudra and the Prophet Noah...*

The researches show that bull's eye crater on the Moon contains the dust with high levels of iron and the rare earth element titanium. At the same time, the "hot spot" in the south-west of America has a high level of iron, as well as titanium and twenty types of other rare earth elements.

Titan and KREEP element levels are almost the same in all Clovis and lunar cycle excavations. We believe that either one comet carried creeps, thorium and Uranus from the Moon to Earth, or the comets themselves were creeps and were transported to all planets with such comets, but we also assume that the comets came directly from supernova (Firestone, 2008:309).

There are underground cities in many parts of the world, including Turkey. We want to bring to your attention a few of them. In Turkey Derinkuyu Underground City consists of 18 floors. It is a residential area for 20 thousand people with ventilation shafts, wells, kitchens, schools, oil, wine tanks and baths. The Underground City of Kaymakli in Cappadocia is a city that 5 thousand people live there. There are many other underground cities such as Aghirnas

Underground City in Kayseri, Mujur Underground City in Kirshehir, Cheshka Tower Underground City in Yozgat and Ani Caves are in the village Ojakli in Kars.

But in Poland the Salt Mine, located on the outside of the city of Krakow, fascinates visitors like a large underground chamber. Inside the mine, which history dates back to the 1200s, there are rooms, halls, churches and countless statue. The mine consists of a walking area of 300 kilometers. There are more than 3 thousand galleries there.

Naours is a famous underground city in the northern France, consisting of a two-kilometer long tunnel and more than 300 artificial rooms. The construction of the structure, which is 100 meters underground, dates back to the 3rd century BC. The city, which has enough space for 3 thousand people, has chapels, stables, wells and tandoors (<https://hrdergi.com/yeralti-sehirlerini-kesfe-hazir-misiniz>).

The question arises whether people built a city with all kinds of structures underground, if the so-called underground “city” of mines was intended only for the extraction of salt, why were churches and other structures built there? Why were there stables and sacred places in France 100 meters underground?

Maybe underground cities were the bunkers we know today?

Maybe it’s because of the high heat or radiation from the Sun, I can’t say for sure, but in fact, this is the subject of the deep research.

The studies have shown that from time to time on the Earth and in space there have been various catastrophes, sometimes large or small, and now these events continue. But if our approach to Mother Nature does not change, then with our own hands we’ll accelerate the end of various living beings and human life on our planet, in the world...

Being as a doctor, woman, mother, we think that in order to protect our planet, which is our common home, we must cross the roads to the future through **the green roads**, we must achieve the strong economy through **the green economy**. **We must obtain energy from the Sun, wind and running waters**. We must be in search of energy sources that are natural and do not pollute the environment, not resulting in radioactive waste.

Conclusion.

Thus, in the end, we would like to say that protecting nature is not only the responsibility of some organizations, but also of the people. It is true, in many countries garbage, waste is sorted, plastics go for recycling. But not all plastics can be returned for recycling, even during the recycling of recycled plastics, any carcinogenic substances are thrown into the nature, into the atmosphere. For example, from waste that cannot be recycled, a real “garbage island” was

formed in the Pacific Ocean, between California and the Hawaiian Islands. The mass of the “island” is about 3 million tons and this indicator is six times the mass of all plankton living in the depths of the ocean. After the publication of several articles by the oceanologist and athlete Charles Moore, who discovered this “island”, the scientists drew attention to the fact of the existence of the “garbage island”. Moore reports his discovery to an oceanographer he knows, who later gave the area the name “Eastern Garbage Continent”. It is very embarrassing for a person who is considered the noble of the earth, isn't it?

Our suggestion is that the containers are made of glass, starch, cardboard, etc. should be prepared from environmentally friendly means. As long as we cannot do maximum recycling, containers are not made from tools that do not harm ecology, they do not go for recycling, but are thrown into nature, plastic containers and packaging are constantly being produced, at least not all of these items are thrown into the garbage. They should be used as adapted tools, pots, and storage devices in homes and farms. In this way, we'll protect the nature until people reach a completely ecologically clean production.

Every person should have an ecological culture and leave a living world for future generations!

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