

Bangladesh's economy has been growing at more than 5 % a year over the last decade, but in doing so many new environmental challenges have been created. Indoor air pollution is a major health hazard in South Asia, study reports on indoor air pollution in five countries. Nepal, Pakistan, India, Bangladesh and Sri Lanka has found [The Rising Nepal]. Indoor air pollution from household energy ranks as fourth leading health risk in poor developing countries. Breathing elevated level of indoor smoke from home cooking and kerosene lighting practices more than double a Childs risk of serious respiratory infection and may also be associated with adverse pregnancy outcome (e.g stillbirth and low weight babies)

Most people are aware that outdoor air pollution can damage our health, but fewer realize that indoor air pollution can be as or even more harmful. Many people spend large portion of time indoors - as much as 80-90% of their lives The levels of indoor air pollutants may be significantly higher than outdoor levels. Because most of the woman and Childs are spend close to 90 %of their time indoors, there is considerable public health concern about the health effects of indoor air quality. It has been shown to cause and/or exacerbate a wide array of health effects: allergies; asthma; lung cancer; respiratory infections such as bronchitis and pneumonia; ear, nose, and throat irritation and inflammation; chronic obstructive pulmonary disease; and many others. These health effects can have large associated economic impacts in the form of costs to the health care system and lost worker productivity. Unfortunately, the people who spend the most time indoors, and hence exposed to indoor air pollutants for long periods of time, are often the same people who are most susceptible to their effects. They include the young, elderly, and chronically ill, especially those suffering from respiratory or cardiovascular disease

We work, study, eat, drink and sleep in enclosed environments where air circulation may be restricted. For these reasons, some experts feel that more people suffer from the effects of indoor air pollution than outdoor pollution.

There are many sources of indoor air pollution. Tobacco smoke, cooking and heating appliances, and vapors from building materials, paints, furniture, etc. cause pollution inside buildings.

We also need to educate people on the dangers of indoor air pollution, develop safer cooking methods and increase ventilation in their homes.

Indoor air pollution has increased due to a variety of factors. These include:

- the construction of more tightly sealed buildings without sufficient air exchange;
- reduced ventilation rates to save energy;

Carbon monoxide is a colourless, odourless gas produced by the incomplete burning of any material containing carbon, such as propane, gasoline, oil, natural gas, coal or wood.