

Aspects, Needs and Usefulness of Forests in Human Life from Ancient Time Till Now

Gulistan Khairandish

Department of Geography, Kunduz University, Kunduz, Afghanistan

Email address:

gulistankhairandish@gmail.com

To cite this article:

Gulistan Khairandish. Aspects, Needs and Usefulness of Forests in Human Life from Ancient Time Till Now. *Journal of Health and Environmental Research*. Vol. 7, No. 1, 2021, pp. 19-22. doi: 10.11648/j.jher.20210701.15

Received: January 20, 2021; **Accepted:** January 28, 2021; **Published:** February 23, 2021

Abstract: The main objective of writing this paper is to find out the vital important role of forests in humane life and make them aware from such amazing benefits of natural forests. The information all about this topic has been collected from the authentic scientific books and the result show that the vegetation cover, pasture, forests and green space is source of a country. Conservation of water and soil, prevention of soil erosion, increase of ground water resources, providing of the clear air for breathing of organisms, producing of deferent type of fruits, producing of raw materials for woodcraft and environmental protection is the non-forgettable benefits of forests. Malika Hoshmand (2019) says” trees are the lifeblood of humans and animals are in fact the breath of earth, by absorbing toxic gases such as carbon dioxide and producing oxygen, which is one of the most basic needs of humans and animal’s life, and save the natural cycle”. Forests were the home of ancient human and same human today, trees are producing fruits to save humans from hunger, protects soil to keep avoid from huge floods and absorbs dusts to save human heaths.

Keywords: Forest, Natural Resource, Natural Cycle, Carbon Dioxide, Vegetation Cover, Air, Pollution, Dust

1. Introduction

Forest is a wide area covered by large and small trees which is the home of various wild animals, deferent birds, insects and plants life which is able to save the Natural equation under the climatic factors.

In the normal condition the area for a forest detected around 0.3 to 3 hectares. The word of JUNGLE (forest) comes from the Sanskrit and now it is usable in many European languages. The meaning of JUNGLE is “Natural Forest” [3].

Trees of Jungle is divided into two parts: the first part called pure jungles and the second part is mixed jungles.

A: Pure jungle is that which is most of trees are in the same type and the other types of trees are less than 5 percent of the tootle trees in the jungle.

B: Mixed jungle is that which is various types of trees should be existed there.

Also, the form of jungle is divided into Simple and Composite forests:

Simple forests are those which the type and formation of forests are very simple and from one class trees and we

cannot have seen the big different in the species of the trees.

Composite forests are those which are the tress of them are different in type and species.

Forests were considered a major source of food for humans at the beginning of human life [12].

Humans in the first day of their life which were using from the gifts of Nature, they have spent three stages:

First stage: they were living in a very simple way and primitive and they were cutting the trees of forests in a wasteful way.

Second stage: they were making agricultural lands and pastures by cutting trees.

Third stage: they understood the benefits of the trees and start basic using from trees. They decided to grow trees again and recompense their mistakes [9].

2. Material and Methods

In this essay have struggled to use from authentic and methodical books of Geography as references.

The information about” Aspects, Needs and Usefulness of Forests in Human Life from Ancient Time till Now”

collected from deferent scientific books hope this research will be acceptable by readers.

2.1. Study Area

Forest is not a dead creature, it spends four stages in its life period: become to exist, growth, old age and going to die. Spent of these stages are so long in time but when the forests come to change it is because of natural factors, there for nourishment of forests by human helps the jungles to grow in a good way and this is the human responsibility to keep nourishing the forests and save the ecosystem of jungles.

2.2. Why Should Nourish the Forests

Forests are not just as a wood product company but it has lots of benefits which listed as below:

Use from forest products as primary materials for industry (woodcraft)

Produce wood for paper factory.

Produce fuel wood for rural area living people during the winter and making warm their home by burning woods.

Produce coal from forests.

Keeping soil from pollution by extending forests.

Using from jungles for the forest promenade.

Human can use from the jungle products like fruits, so it is necessary to keep the trees of jungles, save and nourish them and make extend the forests [1].

2.3. Forests Make the Air Moist and Decrease the Heat

Forests have the big effect on the moisture of air and increase it, this type of effect of the forest on the moist of air can see easily in the pure and calm air whereas the moisture in the forest area is more than the open area because of the evaporation of some water particles by the trees of the forests. Despite that the wind stream decreases by the crown of the forest trees and because of that the moist air which changes by the dry air above the trees crown going to done in a trouble manner, so the less temperature which is on the jungle area is helps the moist to increase [7].

The forest reduces the heat of air around it because firstly trees are need for their transpiration to absorb heat and secondly trees leaves and branches are cover the soil of forest from sun light and keep it cold.

Forests are cold 3 to 4 degree of Celsius in summer and they are warmer 5 degrees Celsius in winter from the non-forest area, the effect of forests in cooling the air is sensible even above 1500 meters also the forest soil is warmer in winter and it sense up to 120 meters [8].

The observation by the Telomanov Forest Research Centre has shown that if there is -4 degree of Celsius negative temperature in cut – of area with width of 300, 100, 50, and 30 meters, the temperature below zero is saving respectively for 8, 5.5, 3.7 and 2.3 hours and in the steppe region, long running temperature near to the forest area which is not cut is decreasing [7].

2.4. Forests Regulate the Climate

As estimated all the trees of forests in the world is around 650 to 950 Billion trees which called plant biomass, it means it is equal to 475 to 825 Billion tons Carbons.

The forest moderates the air, increases rainfall, cleans the air around it and makes it suitable for breathing [13].

Forests of the world is reservoir of the Carbons and when the jungles destroy the Carbon in the form of gas (CO₂) increases to the air day by day and change the temperature of the region.

Today the amount of CO₂ in the air is 350 ppm (parts per million) and 35 to 50 percent of them is cause of destruction and giving fire to the forests.

The amount of CO₂ in air is increasing day by day because of improvements of industry in the development countries and now the weather of the Earth increase 0.5 to 0.7 degree of Celsius and it is estimated to increase more in the future up to 1.5 to 3 degree of Celsius.

2.5. Environmental Benefits of Forest Ecosystems

As estimated about 40 million kilometer square of the surface of the Earth is covered by forests, it means less than one third of all the Earth area is covered by forests. Moreover, that the forests have the economic profits they are effective in producing food products, benefits in saving ecosystems and preparing primary material for woodcrafts.

Forest are the source of producing Oxygen and absorbing the pollutants specially Carbon di oxides. The most important pollutants are which absorbs by trees are Pb, SO₂, O₃, NO₂ and CO₂.

Trees are by doing the photosynthesis action absorbing CO₂ during the day and releasing the O₂ in the air, forests of the Earth is able to absorb the one third of greenhouse gases which are spreading in the air by burning of fossils early and its amount is around 4.2 milliard ton in a year.

One another benefits of forests ecosystems are keeping save the soil and avoid from coming huge floods.

Forest is the home of wild life, 80 percent of the pants and known animal species are living in forests. Scientists are estimating that there are 40000 plant species, 427 type of mammals, 1294 types of birds, 378 types of reptiles, 427 types of amphibious and 3000 types of fishes in Amazon forest. Finally, forests are very useful for decreasing the sound pollution [1].

Forests play an essential role in maintaining ecosystems because forests play a decomposing role and are able to recompose organic matter into minerals and help regulate the food chain of an ecosystem [14].

2.6. The Role of Forests in Reducing of Pollute

Each hectare of afforestation produces about 2.5 tons of Oxygen annually, while each year it absorbs and refines about 2000 cubic meters of water and 3 tons of dust.

One tree produces 2 Kg of Oxygen per year and emits 250 to 400 liters of water as steam. Favorable environment for human is that which the temperature should be equal to 15 to

25 degrees of Celsius and humidity should be about 40 to 75 percent with clean and gentle air flow, water and sufficient light [9].

2.7. The Role of Forest in Regulating of Water Distribution

As the experience has shown that:

- 1) Permeation of one liter of water in the earth which covered by forest take 7 minutes' time.
- 2) Agricultural lands take 46 minutes' time.
- 3) And the Earth without vegetation cover take 4 hours and 6 minutes' time.

Now it is clear that the permeation of water in the forests are 40 times more than the soil without vegetation cover and it shows the importance of plants (forests) in the environment [10].

2.8. The Influence of Forests on the Groundwater

Groundwater is the water which found underground in the cracks and spaces in soil, sand and rock. Generally, groundwater fills up during the spring and autumn due to milting snow and heavy rain, this type of water has the slow movement and comes as spring on the surface of the Earth.

Forests are keeping the water vapor and helps the earth to save the level of groundwater near to the crust (surface of the earth) [2].

2.9. The Effect of Forest in Preventing Strong Wind Damage and Help the Country Economic Developments

When the strong wind blows and clash to the forests, the power and speed of wind come to decrease and same decreases the damage point of wind, so for saving fields, buildings from the wind damage and also for keeping save the soil and preventing of dunes using from planting vegetation cover specially trees [5].

The winds have different speeds that sometimes blow up to 120 kilometers per hour, trees show resistance to wind speed causing failure and slowing down the wind, which prevents further damage to humans [15].

During the several centuries, humans have been heavily dependent to the forests and trees for the betterment of their basic and economic livelihood and today this dependence has become stronger [4].

In addition, the forests solve the fuel and combustion needs such as the supply of firewood and coal, the forest has other benefits those are much boarder and useful and is valuable to humans, the most importance which are: valuable in woodcraft, paper industry, producing of rubber, producing food material and medicine, producing many types of fruits [2].

2.10. Use the Forest for Hunting and Martial Purposes

Today about 62 developing countries gets 20% of their meat consumption from hunting in the forest, 19 countries of them are providing about 50% of their consumptions meat by hunting in forests [6].

Cicerone writes "forest is the beauty of a country in time of peace and means of defense in time of war"

From a strategic point of view, the forest is a means of deploying forces during the war and is a very important shelter and fulcrum during the battle specially since the airplane came as a war instruments, the forest has become more important militarily [5].

3. Findings

From the content of this essay has known that, the forest has been benefits in different section of the human life which are listed below:

- 1) Forest make the air moist.
- 2) Forest produce wood for woodcraft.
- 3) Forest raw material for paper factory.
- 4) Forest produce firewood.
- 5) Forest produce coal.
- 6) Forest preserve the soil.
- 7) Forest use as the promenade.
- 8) Forest produce fruits
- 9) Forest is home of various types of animals, birds and insects.

4. Conclusion

Forest is donation of nature which is closely related to the human life, forest is the first friend of human whereas the primary humans where lived in forests and using from the forest products as meal and where using from the leaves of trees as clothes, kept themselves on the trees branches from wild animals, also during the strong winds hidden themselves into the mass forest and known the forest as a conservator and protector of their selves.

None of the phenomenon of the nature has the fundamental role in human life like forest because humans from the ancient time till now is using from the forest products in various parts of their life.

References

- [1] Ahmadi, Mir Haroon. Economical Geography of Afghanistan, 4th Edition, Kabul: Nawisa publishers. 2016, 170-172.
- [2] Ahmadi, Mir Haroon. Economical Geography of Afghanistan, 3th Edition, Kabul: Nawisa publishers. 2016, 148.
- [3] Jazeeraei, Mohammed Hossain. Saving Forest. 4th Edition, Tehran: Tehran University Publishers. 2014, 441-442.
- [4] Charis, Daniil D. Biological Science. Translator: Mohammad Reza Dahi, Bahram, Moalemi. Tehran: Tehran University Publishers. 2003, 107-109.
- [5] Hossainy, Mohammad Wasiq. Root and Basic of Environment. Kabul: Nawisa Publishers. 2017, 62-89.
- [6] Hossainy, Mohammad Wasiq. Basic of Environment. Kabul: Nami Publishers. 2014, 297-298.

- [7] Azimi, Mohammad Azim. Admission on Natural Geography of Afghanistan. Tehran: Kurasan's Science and Knowledge Publishers. 2012, 100-101.
- [8] Collins, E, Mac Malleus, Dwight, Fordham. Preliminary Forests. 8th Edition, Translator: Said Mohammad Hossain. Tehran: Mazandaran University Publishers. 2011.
- [9] Kohistani, Nisarahmad. Basics of afforestation. Kabul: Qurtoba Publishers. 2014.
- [10] Ahmad, Sedq. The forestry, 6th Edition. Tehran: Tehran University Publishers. 2014.
- [11] W, Wolasiv, Dakov. General Forestry. Translator: Ghulam Naqshband Nasiri. Kabul: Saeed Publishers 2014.
- [12] Akbari, Nematullah, Sharifi, Mustafa. Agricultural Economy. Tehran: organization for the study and completion of universities book. SAMT, 2013, 14-16.
- [13] Kuhistani, Nesar Ahmad. Principle of Forestry. Kabul: qurtoba publishers, 2015, 115-118.
- [14] M. R. Marvie Mohadjer. Cilviculture, 4th Edition, Tehran: University of Tehran Publishers, 2012, 14-15.
- [15] M. Matloobi. Ornamental Trees and Shrubs in Landscape. Tehran: Aij Publishers, 2015, 31-32.