Side Effects Of Air Conditioner On Health

The use of air conditioners can be quite beneficial in keeping the heat and humidity at bay, particularly when you are indoors. However, it’s vital to know the side effects of air conditioner on your health, whether you’re an ardent AC user or you occasionally use it.

The constant use of air conditioner may lead to unexpected health side effects, including causing your blood pressure to rise.

There are some possible side effects attached to using air conditioner for a lengthy period at a stretch. It is common to see lots of people using AC during the hot summer weather. During this period, air conditioner is mostly used everywhere – from cars to AC offices, and even in all the rooms in homes. Hot temperatures makes AC to become a necessity, and not just a luxury.

However, remaining indoors with the AC on, irrespective of the cool comfort you are enjoying can have some upsetting effects on your health.

Effects on your health

1. Dehydration

Dehydration is higher in rooms with AC compared to rooms not using AC. Air condition has the tendency to suck excess humidity from the room, causing you to be dehydrated. Even at low temperature, air conditioner still leads to dehydration and thirst.

2. Dry eyes

The constant use of air conditioner can trigger dry eye syndrome. The symptoms can deteriorate, causing itchiness and irritation of your eyes, especially if you already have dry eyes. So, it is advisable to avoid the use of air conditioner if you have dry eyes.

3. Respiratory complications

Studies have shown that remaining in the AC for too long can lead to some repiratory issues, including nasal, esophagus, and eye problems. Prolonged use of AC can trigger dry throat, nasal blockage and rhinitis (inflammation of the mucous membrane of the nose).

4. Headaches

Air conditioner can lead to dehydration, which can trigger headaches and migraines. You are likely to develop migraines when you step in and out of AC rooms. The abrupt change in temperatures after being in AC for too long, can make you susceptible to developing headaches.

5. Dry skin

Using AC for extended period of time can cause your skin to become dry and itchy. Your skin tends to return back to normal after a few hours of being outside, and the itchiness disappears. However, dry skin might actually remain for longer than usual.

6. Infectious diseases

Being in AC for too long can result in drying out of your nasal passages. Irritation in mucous membranes and drying out of mucous can also happen. Absence of protective mucous can make you more prone to viral infections.

7. Lethargy

According to studies, the use of AC chills you down on the outside even when it is burning inside. This may be quite detrimental to your health. Remaining in AC for prolonged periods of time causes fatigue and lethargy.

8. Asthma and allergies

The symptoms of asthmatic patients and those with allergies can worsen due to the perpetual use of AC. For those with sensitivity, remaining indoors can help as it keeps them away from other pollutants. But others might really experience the opposite. If your AC is not correctly cleaned, it can intensify triggers which can exacerbate asthma and allergies symptoms.

9. Raised Blood Pressure

People who are hypertensive should avoid the constant use of air conditioners and exposure to cold temperature. The temperature in which we live is directly connected to the small arteries in our skin narrowing to prevent loss of body heat. This in turn creates a resistance of blood flow and increased blood pressure.

10. Heat Intolerance

You may be intolerant if you find yourself unable to stay in a mildly hot weather. People who stay for very long in an air-controlled backgrounds become more intolerant of the summer scorch. Heat intolerance is caused by moving your body from cool environments to the scorching outdoor air.

This can be avoided by using standing or ceiling fan intermittently instead of always remaining in the AC.

Benefits of Air Conditioner

- The use of AC in offices tends to improve job performance.
- Extreme heat has a clear negative impact on the intellect and on physical activity and the use of air conditioning can go some way to rectifying this.
- AC helps eliminate external allergens.
- When your AC is on, the activities of insects and other parasites are reduced.

- The use of AC enhances comfort levels at work and at leisure.
- It can result in increased physical and intellectual activity.
- You don’t get to sweat with the use of AC.
- If the air conditioning installation is good, and if it is well maintained, it reintroduces and improves air quality.

Risks

- Abrupt changes in temperature and humidity can impact upon the respiratory system.
- It has a drying effect on skin and mucous membranes.
- The air circulation from the use of AC can spread communicable respiratory diseases.
- Airborne dust and fungi can cause allergic reactions.
- Air conditioner is linked with throat irritation, chronic rhinitis and pharyngitis.
- Air conditioning can intensify eye conditions.

The Bottom line

Now that we have examined the benefits and risks of using air conditioners, this doesn’t mean you should stop using AC. It only means you should be acquainted with the possible dangers attached with using air conditioners so as to remain in control of your health.

During summer, it would help to always use a light jacket or wrap whenever you go into a building, office, or board a bus where the AC is fully on, so as to protect your system from such extreme and abrupt changes in temperature.