



Pollen Calendar: Chandigarh

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Why in News

The Post Graduate Institute of Medical Education and Research (PGIMER) and Panjab University have **created a Pollen Calendar (PC) for Chandigarh**, arguably the first for any city in India.

The pollen calendar was created **after studying airborne pollen and its seasonal variations for about two years.**



Key Points

- **About:**
 - PCs **represent the time dynamics of airborne pollen** present in a particular geographical area. They **yield readily accessible visual details about various airborne pollen present throughout the year** in a single picture.
 - PCs are **location-specific**, with concentrations closely related to locally distributed flora.
 - **Europe, UK and the US are using regional pollen calendars** in a big way to **prevent and diagnose allergic rhinitis/hay fever** and predict the timing and severity of the pollen season.

- **Pollen:**

- Pollen grains are **male biological structures** with the primary role of fertilisation, but when inhaled by humans, they may strain the respiratory system and cause allergies.
- Pollen is **released by plants**, making millions of people suffer from hay fever, pollinosis and allergic rhinitis.
- About **20-30% of the population suffers from allergic rhinitis** or hay fever in India, and approximately **15% develop Asthma**.
- According to a study by PGIMER, **Airborne pollen dominating seasons are spring and autumn** with maximum species when the phenological and meteorological parameters are considered favorable for pollen grains' growth, dispersion, and transmission.

- **Other Solutions:**

- Planting **monoecious plants** (male and female flowers on the same plant). Hibiscus, lilies, and holly are examples of such plants.
- Planting **trees/shrubs that release no or little pollen**. Trees such as palms, nettle, safeda, white mulberry (shahtoot), congress grass, pine, have a high incidence of pollen.
- **Non-allergic or entomophilous plant species** such as rose, jasmine, salvia, Bougainvillea, Raat ki rani and sunflower.

Source: PIB