

1) Natural sources : Man is exposed to natural radiation from time immemorial. (c) Internal radiation : Man is also subjected to internal radiation, i.e., from radioactive matter stored in the body. These radioactive materials, quantities of uranium, thorium, and related substances, and the concentration is about 2 mCi per year on the body as a whole, but may be as high as 70 or 80. Areas exist (e.g., Kerala in India) where there are rock formations containing uranium, it can be as high as 2,000 mrad a year, (ii) Atmospheric radiation: The external radiation dose from the radioactive gases radon and thoron in the atmosphere is rather small : about 2 mrad per year to approximately 0.1 rad a year.