

QUALITY AND PROTECTION OF DRINKING WATERS

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ANNOTATION

In areas where there is not enough fresh water, it is natural that the health of the population is under threat. The article highlights the importance of water for human life, animal and plant life, its quality, the uneven location of sources in our country, sources of pollution.

Keywords: drinking water, lack of fresh water, pollution of water sources, infectious diseases, water protection.

Water is one of the external environmental factors that are important for human life, animal and flora. From a hygienic point of view, clean water is a source of life, a pledge of Health.

Water is involved in the distribution of food into tissues, maintaining the balance of body temperature with the release of steam from the skin and respiratory tract.

When organizing water drinking, it is necessary to consider how much water is contained in a daily meal. For example, in milk — 87%, in fresh vegetables and fruits — 96%, in potatoes, in meat — 75%, and in bread — up to 47%, There will be water. Excessive drinking of water or thirst-quenching drinks is harmful, since such a condition leads to an increase in the work of the heart, the activity of the excretory organs. In such cases, a large amount of fluid is released from the body's skin level, along with which, with sweat, water-soluble vitamins, table salt and mineral salts leave the body.

The person consumes around 100 ml to 3000 ml of water, depending on their age, for one night.

The level of sanitary culture of populated areas is determined depending on the quality and quantity of water supply (in the calculation of liters per day per person).

For residents who receive water from colonnades, from 40 to 60 l in rural areas, from 125 to 160 l for those who live in buildings with a tap and sewerage, from 230 to 350 l for those who live in buildings with a centralized hot water supply system. In large cities, up to 500-1000 l of water is consumed for the daily intake of one person.

Freshwater sources are located unevenly in the territory of our country. In the northeastern part, where 15% of the population of the former USSR is located, 86% of the total river waters are located, and in the southern and south-western part, where 35% of the population is located, 14% of the river resources.

According to the data, only 2% of the CIS countries ' Water Resources are located in the countries of Kazakhstan, Central Asia, Azerbaijan and Moldova.

It is natural that in places where there is a shortage of fresh water, the health of the population is at risk. So, water must fully meet the physiological, hygienic requirements of the body and economic extremes in quality and quantity.

The quality of drinking water is expressed in the chemical composition, the presence or absence of disease-leaving microbes, as well as radioactive rays.

Currently, the pollution of water sources is extremely increasing. This is caused by the discharge of industrial waste, wastewater, as well as pesticides widely used in agriculture, as well as the waste of mineral residues into water sources.

This is due to the fact that compounds resistant to the influence of the external environment, with strong, poisonous properties, can pose a great danger to water.

Natural waters differ from each other in chemical composition and mineralization nature.

The total amount of dissolved salts in natural waters reaches several tens to 1000 mg/l.

The human organism receives 2-5% of up to 20 g of mineral substances that it receives in one day from drinking water

In some regions of our country: Namangan, Fargona, Tashkent, there are water sources with low radioactivity, which contain chlorine-sodium — calcium. Such waters come out of the massaget waste between the polyogenic waste of the Fargona artizian Basin. They are highly mineralized and contain nitrogen, iodine (up to 30 mg/l), bromine (20 mg/l), with a high level of mineralization.

At a depth of 800-3000 m, there are up to 7 layers of Water (Horizons), the consumption of water pumped out of Wells is 690-730 m³ per day. For this reason, such waters are useful in the treatment of diseases of the skin, bod, cardiovascular, organs of movement, wife-kizlar by physiotherapeutic methods in Chortoq, Gulshan, Chimyon and other sanatoriums. Such waters have a very negative effect on people who are not used to consuming highly mineralized water.. As a result of adaptation to the environment, study, physiological and clinical changes among the terrestrial population, as well as an increase in the disease, are not observed.

Waters from natural sources can always cause various chemical compounds, microflora, vomiting and their eggs, viruses and radioactive particles to poison the body, causing endemic and epidemic diseases to come.

The presence of a greater or lesser amount of micronutrients in natural waters can cause some chronic diseases.

Natural endemic most common diseases include fluorosis.

In addition to the fact that an increase in the amount of fluoride is the cause of fluorosis disease, the Kushan of the "Ambassador" of dental caries is also. An increase in caries disease has been reported especially among school children when the water content is less than 0.5 mg/l. For this reason R. D. Gabovich, A. A. Water intended for drinking on the recommendation of Minx and others was recommended to bring its amount to 1.5 mg/l by fluorine supplementation into tap water when the fluoride content is less than 0.5 mg/l and caries disease increases during this period. This amount was accepted as the norm on a global scale.

Endemic bull-disease is common in the cambagal biogeochemical regions of iodine. Endemic ' bull disease occurs in the Valley part of Central Asia, in people living in Altai. The origin of anemia in children of breast age has been identified when the content of nitrogen nitrate in water exceeds 10 mg/l.

L. Pasteur scientifically substantiated that contaminated water is a source of epidemics,

R. Cox found cholera Vibrio in containers where water was stored in India.

While infectious disease-causing germs have the property of maintaining their life activity in the water, when such water is consumed, a person can be ograded with an infectious disease.

Diarrhea, diarrhea, cholera, tularemia, brucellosis, Botkin's disease and other interoviruses are transmitted through water. These diseases occur when reflectors of patients and bacilli carriers fall into the water, as well as due to the discharge of infectious hospital waste and various kinds of waste into the water.

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