

# Environment and Water

Dr. Md. Rahul Parvez  
Lecturer (Community Medicine)  
Rajshahi Medical College

## Environment

- The term **environment** implies all the **external factors**- living and non-living, material and non-material- which surround man.
- In its modern concept environment includes **not only the water, air and soil** that form our environment but also the **social and economic conditions** under which we live.

Dr. Md. Rahul Parvez, Lecturer (Community Medicine), Rajshahi Medical College

2

## Components of environment

- **Physical:** Water, air, soil, housing, wastes, radiation etc.
- **Biological:** Plant and animal life including bacteria, viruses, insects, rodents and animals
- **Social:** Customs, culture, habits, income, occupation, religion etc.

Dr. Md. Rahul Parvez, Lecturer (Community Medicine), Rajshahi Medical College

3

## Safe and wholesome water

- Water intended for human consumption should be both **safe and wholesome**. This has been defined as water that is-
  - a. free from **pathogenic agents**
  - b. free from **harmful chemical substances**
  - c. **pleasant to taste** i.e. free from colour and odour
  - d. **usable** for domestic purposes
- Water is called **polluted or contaminated** when it does not fulfil the above criteria.

Dr. Md. Rahul Parvez, Lecturer (Community Medicine), Rajshahi Medical College

4

## Uses of water

- **Domestic use:** Drinking, cooking, washing, bathing etc.
- **Public purposes:** Cleaning streets, swimming pools, public fountains, fire protection and public parks.
- **Industrial purposes:** Processing and cooling
- **Agricultural purpose:** Irrigation and washing of crops
- **Power production** from hydropower and steam power
- **Carrying away waste** from all manner of establishments and institutions

## Sources of water supply

- **Rain:** Rain water is the **purest** water in nature.
- **Surface water**
  - ✓ Impounding reservoirs
  - ✓ Rivers and streams
  - ✓ Tanks, ponds and lakes
- **Ground water**
  - ✓ Shallow wells
  - ✓ Deep wells
  - ✓ Springs

## Surface water

- Surface water **originates** from **rain water**.
- Impounding reservoirs are **artificial lakes** constructed usually of earthwork or masonry in which large quantities of surface water is stored.
- The area draining into the reservoir is called "**catchment area**".
- Reservoir **rank next to rain water** in purity.

## Ground water

- It is the **cheapest and most practical means** of providing water.
- It is **superior to surface water**, because ground water itself provides an effective filtering medium.
- **Advantages:**
  - ✓ Likely to be free from pathogenic agents
  - ✓ Usually requires no treatment
  - ✓ Supply is likely to be certain even during dry season
  - ✓ Less subject to contamination

## Shallow wells vs deep wells

|                                | Shallow wells                                    | Deep wells                                       |
|--------------------------------|--------------------------------------------------|--------------------------------------------------|
| <b>Definition</b>              | Taps water from above the first impervious layer | Taps water from below the first impervious layer |
| <b>Chemical quality</b>        | Moderately hard                                  | Much hard                                        |
| <b>Bacteriological quality</b> | Often grossly contaminated                       | Tapes purer water                                |
| <b>Yield</b>                   | Usually goes drier in summer                     | Provides a constant supply                       |

## Sanitary well

- **Location:** Not less than **15m or 50 feet** from sources of contamination
- **Lining:** Built of bricks or stone set in cement up to a depth of at least **6 m or 20 feet**
- **Parapet wall:** At least **70-75 cm/28 inch** above the ground
- **Platform:** At least **1 m or 3 feet** in all ground
- **Drain:** Pucca drain
- **Covering:** Top should be covered with a cement concrete
- **Hand-pump:** Hand pump for lifting water
- **Quality:** Acceptable standards of safe and wholesome water

## Tubewells

- Tubewells are **cheap** in comparison to other source of water supply.
- Tubewells are the **largest individual source** of water supply in the rural areas.
- Tubewell consists of a pipe sunk into the water-bearing stratum and fitted with a strainer at the bottom, and a hand pump at the top.
- Area within **15 m** of the tube well must be **free from pollution**

## Sources of impurities of water

- **Substances received at source:** Depends on the nature of soil; water of chalky soil contains excess of calcium
- **Impurities obtained during transit from source to reservoir:** e.g. rivers, canals etc. are liable to be polluted by sewage, waste water and industrial sources
- **Impurities during storage:** e.g. from containers
- **Impurities during distribution:** e.g. from distribution pipes or from distributors

## Water pollution vs Water contamination

| Water pollution                             | Water contamination                        |
|---------------------------------------------|--------------------------------------------|
| Turbidity present                           | Turbidity present or absent                |
| Presence of pathogen is doubtful            | Presence of pathogen is definite           |
| Suspended solid and BOD determine pollution | Microscopy culture determine contamination |

## Water-borne diseases: Biological

|                    |                                                             |
|--------------------|-------------------------------------------------------------|
| <b>Viral</b>       | Hepatitis A & E, poliomyelitis, rotaviral diarrhoea         |
| <b>Bacterial</b>   | Typhoid and paratyphoid fever, cholera, bacillary dysentery |
| <b>Protozoal</b>   | Amoebiasis, giardiasis                                      |
| <b>Helminthic</b>  | Roundworm, threadworm, hydatid disease                      |
| <b>Leptospiral</b> | Weil's disease                                              |
| <b>Snail</b>       | Schistosomiasis                                             |
| <b>Cyclops</b>     | Guinea worm, fish tapeworm                                  |

## Water-related diseases: Chemical

| Chemical                                 | Health effects              |
|------------------------------------------|-----------------------------|
| Excessive magnesium sulphate or chloride | Bowel irritation; Diarrhoea |
| Brackish water from wells                | Dyspepsia                   |
| Lead containing water                    | Plumbism                    |
| Excess zinc                              | Constipation                |
| Excess iron                              | Dyspepsia and constipation  |
| Excess fluorine                          | Fluorosis                   |
| Fluorine <1ppm                           | Dental caries               |

## Water-related diseases

- **Dental health:** Fluoride in drinking water more than 1gm/litre cause mottling of the dental enamel.
- **Cyanosis in infants:** High nitrate content of water causes methaemoglobinaemia
- **Cardiovascular diseases:** Hardness of water appears to have beneficial effects against CVD

## Purification of water on a large scale

- The components of purification of water at a large scale comprises one or more of the following measures:

- **Storage**
- **Filtration**
- **Disinfection**
  - i. Chlorination
  - ii. Ozonation
  - iii. Membrane process

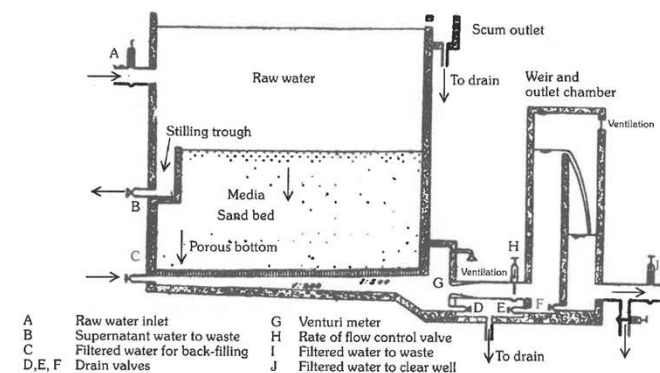
## Purification of water: Storage

- This is **natural** purification process.
- A very considerable amount of purification takes place.
- It is described from 3 point of view:
  - **Physical:** About 90% of suspended impurities settle down in 24 hours by gravity.
  - **Chemical:** The aerobic bacteria oxidize the organic matter present in the water with the aid of dissolved oxygen. As a result, free ammonia is reduced and a rise in nitrates occurs.
  - **Biological:** There is 90% drop in bacterial count in the first 5-7 days while river water is stored.

## Purification of water: Filtration

- Two types** of filters are used:
  - a. **Slow sand filters or biological filters**
  - b. **Rapid sand filters or mechanical filters:** It is of 2 types-
    - i. **Gravity type:** Paterson's filter
    - ii. **Pressure type:** Candy's filter

## Purification of water: Slow sand filters



## Purification of water: Slow sand filters

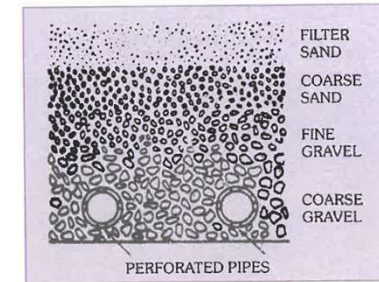
### • Elements of a slow sand filters:

- **Supernatant (raw) water:** It is 1-1.5 meter in depth above the sand bed.
- **A bed of graded sand**
- **An under-drainage system**
- **A system of filter control valves:** Venturi meter is an important component which measures the bed resistance or "loss of head".
- The first 3 elements (raw water, sand bed and under-drainage system) are **contained in filter box**.

## Purification of water: Slow sand filters

### Sand bed

- **Most important** part of the filter.
- Thickness is **about 1 meter**.
- Supported by a layer of **graded gravel, 30-40 cm** deep.
- **Purification processes-** mechanical straining, sedimentation, adsorption, oxidation and bacterial action.



## Purification of water: Slow sand filters

### Vital layer:

- When the filter is newly laid, it acts merely as a mechanical strainer, and cannot **truly be considered as 'biological'**.
- But very soon, the surface of the sand bed gets covered with a slimy growth known as "**Schmutzdecke**", **vital layer, zoogeal layer or biological layer**.
- The layer is **slimy and gelatinous** and consists of **threadlike algae** including plankton, diatoms and bacteria.

## Purification of water: Slow sand filters

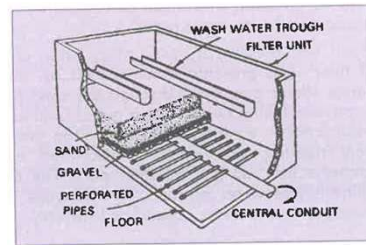
### Vital layer:

- It may **take several days** to develop and extends for **2-3 cm** into the top portion of sand bed.
- It is **the heart** of the slow sand filter.
- It removes organic matter, holds back bacteria and oxidizes ammoniacal nitrogen into nitrates and yielding a bacteria-free water.
- Until the vital layer is fully formed, the first few days **filtrate is usually run to waste**.

## Purification of water: Rapid sand filters

- The following steps are involved in purification of water by rapid sand filters:

- Coagulation
- Rapid mixing
- Flocculation
- Sedimentation
- Filtration



25

Dr. Md. Rahul Parvez, Lecturer (Community Medicine), Rajshahi Medical College

## Purification of water: Rapid sand filters

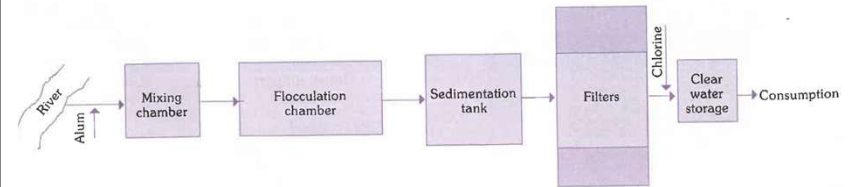


Fig: Flow diagram of a rapid sand filtration plant

26

Dr. Md. Rahul Parvez, Lecturer (Community Medicine), Rajshahi Medical College

## Rapid sand filters vs Slow sand filters

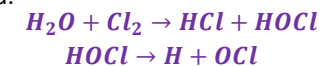
|                        | Rapid sand filter             | Slow sand filter         |
|------------------------|-------------------------------|--------------------------|
| Space                  | Occupies very little area     | Occupies large area      |
| Rate of filtration     | 200 m.g.a.d.                  | 2-3 m.g.a.d.             |
| Effective size of sand | 0.4-0.7 mm                    | 0.2-0.3 mm               |
| Preliminary treatment  | Coagulation and sedimentation | Plain sedimentation      |
| Washing                | By back-washing               | By scraping the sand bed |
| Operation              | Highly skilled                | Less skilled             |
| Loss of head allowed   | 6-8 feet                      | 4 feet                   |
| Removal of turbidity   | Good                          | Good                     |
| Removal of color       | Good                          | Fair                     |
| Removal of bacteria    | 98-99%                        | 99.9-99.9%               |

27

Dr. Md. Rahul Parvez, Lecturer (Community Medicine), Rajshahi Medical College

## Purification of water: Chlorination

- In water works practice, the term **disinfection** is synonymous with **chlorination**.
- Chlorine kills **pathogenic bacteria** but not spores and certain viruses (e.g. polio, viral hepatitis) except in high dose.
- When chlorine is added to water, it forms hydrochloric and hypochlorous acid.



- Hypochlorous acid is the most effective form** of chlorine for water disinfection.

28

Dr. Md. Rahul Parvez, Lecturer (Community Medicine), Rajshahi Medical College

## Purification of water: Chlorination

- The **chlorine demand** of water is the difference between the amount of chlorine added to the water, and the amount of residual chlorine remaining at the end of a specific period of contact at a given temperature and pH of the water.
- The presence of free residual chlorine for a **contact period of at least 1 hour** is essential to kill bacteria and viruses.
- The recommended minimum concentration of free residual chlorine is **0.5mg/L for 1 hour**.
- **Methods of chlorination:** Chlorine gas; Chloramine; Perchloron

## Purification of water on a small scale

- **Household purification of water:**
  - **Boiling:** Rolling boil for 10-20 minutes is most effective.
  - **Chemical disinfection:** Bleaching powder, Chlorine solution, High test hypochlorite or perchloron, Chlorine tablets, Iodine, Potassium permanganate
  - **Filtration:** Pasteur Chamberland filter, Berkefeld filter, Katadyn filter
  - **Ultraviolet irradiation**
  - **Multi-stage reverse osmosis purification of water**
- **Disinfection of wells**

## Disinfection of wells: Steps

- Find the **volume of water** in a well:  $\frac{\pi d^2 h}{4} \times 1000$
- Find the **amount of bleaching powder** required for disinfection
- **Dissolve bleaching powder** in water
- **Delivery of chlorine solution** into the well
- **Contact period:** One hour is allowed
- **Orthotolidine arsenite test:** To test the free residual chlorine after one hour contact. If the residual chlorine level is less than 0.5mg/L, the chlorination procedure should be repeated.

## Water quality: criteria and standards

- The guidelines for drinking water quality recommended by WHO comprises:
  - **Acceptability aspects**
  - **Microbiological aspects**
  - **Chemical aspects**
  - **Radiological aspects**

## Acceptability aspects

|                 |            |                  |           |
|-----------------|------------|------------------|-----------|
| Colour          | 15 TCU     | Iron             | 0.3 mg/L  |
| Taste and odour | Acceptable | Manganese        | 0.1 mg/L  |
| Temperature     | Acceptable | Sodium           | 100 mg/L  |
| Turbidity       | 1 NTU      | Sulphate         | 250 mg/L  |
| Aluminium       | 0.2 mg/L   | TDS              | 1000 mg/L |
| Ammonia         | 1.5 mg/L   | Zinc             | 4 mg/L    |
| Chloride        | 250 mg/L   | Hydrogen sulfide | 0.05 mg/L |
| Copper          | 1 mg/L     |                  |           |

## Microbiological aspects

- **Bacteriological indicators:**
  - **Coliform organisms:** *E. coli*, *Klebsiella aerogens*
  - **Faecal streptococci**
  - **Clostridium perfringens**
- **Virological aspects:** Acceptable drinking water should be free from any viruses.
- **Biological aspects:** Should be free from all protozoa causing diseases in human.

## Microbiological aspects

|                                                                                               |                                             |
|-----------------------------------------------------------------------------------------------|---------------------------------------------|
| All water intended for drinking<br>E. Coli or thermotolerant coliform bacteria                | Must not detectable in any<br>100 ml sample |
| Treated water entering the distribution system<br>E. Coli or thermotolerant coliform bacteria | Must not detectable in any<br>100 ml sample |
| Total coliform bacteria                                                                       | Must not detectable in any<br>100 ml sample |
| Treated water in the distribution system<br>E. Coli or thermotolerant coliform bacteria       | Must not detectable in any<br>100 ml sample |
| Total coliform bacteria                                                                       | Must not detectable in any<br>100 ml sample |

## Hardness of water

- **Hardness** may be defined as the **soap destroying power** of water.
- The hardness in water is caused mainly by **four dissolved compounds**: Calcium bicarbonates; Magnesium bicarbonate; Calcium sulphate and Magnesium sulphate
- Hardness is classified as **carbonate and non-carbonate** hardness.
- **Carbonate or temporary hardness** is due to the presence of calcium and magnesium bicarbonates.
- **Non-carbonate or permanent hardness** is due to the presence of calcium and magnesium sulphates, chlorides and nitrates.

## Classification of hardness in water

- Hardness in water is expressed as **milli-equivalent per litre**.
- 1 mEq/L** of hardness producing ion is equal to **50 mg  $\text{CaCO}_3$** .

| Classification        | Level of hardness (mEq./L) |
|-----------------------|----------------------------|
| Soft water            | < 1 mEq/L (<50 mg/L)       |
| Moderately hard water | 1-3 mEq/L (50-150 mg/L)    |
| Hard water            | 3-6 mEq/L (150-300 mg/L)   |
| Very hard water       | > 6 mEq/L (>300 mg/L)      |

## Removal of hardness of water

- Methods of removal of temporary hardness
  - Boiling
  - Addition of lime
  - Addition of sodium bicarbonates
  - Permutit process
- Methods of removal of permanent hardness
  - Addition of sodium bicarbonates
  - Base exchange process

## References

- Park, K. (2023) Parks Textbook of Preventive and Social Medicine. 27th Edition, M/S Banarsidas Bhanot Publishers, Jabalpur.
- Rashid, Khabir, Hyder's textbook of community medicine and public health. 6<sup>th</sup> Edition, MAHS Publishers, Dhaka.

