



## **GOOD AND CLEAN WATER IS THE KEY TO A LONG AND PAINLESS LIFE**

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### **Relevance of the Topic**

Today, the preservation and strengthening of human health is one of the most urgent problems of our time. In order to feel good, a person should use only clean, high-quality drinking water.

It is difficult to overestimate the importance of water for a person, since each of us knows that an adult human body consists of 70% water, which is present in all its tissues. This is the second component after oxygen, necessary for the survival of all living things.

Since ancient times, people have valued water for its useful, unique, healing abilities, using baths, rubdowns, mineral baths, worshiped it, giving it a special mysterious, magical meaning.

But today , human attempts to subjugate nature, climate change, waste of water in agriculture and industry, and its use by some countries for political purposes have begun to pose serious risks.

According to the World Water Council, more than 1 billion people in the world suffer without clean drinking water. Statistics also state that in 2050, two-thirds of the population of our planet will face the problem of lack of fresh water.

### **Purpose of the Study**

As the great French microbiologist Louis Pasteur wrote in the 19th century, "Man drinks 90% of his diseases." More than two centuries have passed since then, and despite the fact that medicine has stepped forward, even today drinking water can pose a serious threat to people.

World Water Day is held annually on 22 March. This day emphasizes the importance of drinking water. Ecologists around the world urge the world's population to remember that water resources are not unlimited. The lack of clean water is a global problem of our time.





According to WHO statistics, poor-quality water causes up to 80% of all diseases in the world, which means that every year 3 million people die from water-borne diseases.

The main pollutants that enter drinking water and can affect health are:

- iron, manganese, strontium - due to pollution of water supply sources;
- residual aluminum, chloroform (organochlorine substances) - in water treatment;
- iron, manganese, lead - when transporting water in distributing networks.

According to the results of studies, the excess of MPC (maximum permissible concentration) of substances of 2-3 hazard classes in drinking water was: iron - 2007.

- 63.6%, 2006 - 62.2%, residual aluminum - 2007 - 48.9%, 2006 - 46.4%, chloroform - 2007 - 8.3%, 2006 - 7.89 %.

### Questionnaire

In order to find out the level of students' knowledge about the quality of drinking water and its impact on the human body, we conducted a survey among 2nd year students of the Faculty of Medicine of EMU University (Tables No. 1 - 7)

**Table 1. The result of a survey of students on the choice of drinking water**

What kind of water do you drink?	raw water	boiled	filtered	bottled
	10 %	twenty%	thirty %	40%

**Table 2. The result of a survey of students about harmful substances in the composition water**

What harmful elements are in the water you drink?	Salt, dirt	Chlorine	Bacteria and microbes	iron and calcium
	10 %	51%	nineteen %	twenty %

**Table 3. The result of a survey of students on the quality of drinking water in Tashkent city**

What do you think about the quality of drinking water in our city?	Low	high	Compliant
	55%	five%	40%



**Table 4. The result of a survey of students on the reasons for using bottled water**

Why do you use imported bottled water more?	Cleaner than a faucet	delicious	Useful
	80%	fifteen%	five %

Among the respondents, 80% believe that people are increasingly using imported bottled water because it is cleaner than from a tap, 15% believe that it is tasty, and 5% that it is healthy.

**Table 5. The result of a survey of students about the use of coolers installed at the university**

Are there coolers at the university and do students use them?	There is	No
	10%	90%

When asked about coolers, 10% of respondents answered that the university has coolers with drinking water, most of the respondents answered that this number of coolers is not enough for all students. It turns out that the majority of respondents experience difficulties in observing the drinking regime while at the university.

**Table 6. The result of a survey of students on the impact of water on human health**

Does water affect human health?	Yes	No
	fifty%	fifty%

respondents agree with the opinion that water quality affects health, 50% believe that it does not.

**Table 7. The result of a survey of students about the negative impact of water on human organs**

Which organs are negatively affected by the water you drink?	On the liver	On the kidneys	On the digestive system	On the heart
	40%	40%	fifteen %	five %

## Findings

In conclusion , it was concluded that half of the respondents were not sufficiently informed about the consequences of the impact of low- quality water on the body of



each of us. Students underestimate the harm caused by such drinking water to the human body.

In addition, most students consider tap water to be of poor quality. But the student should know that drinking water released on the territory of the Republic of Uzbekistan, when used for its intended purpose during its expiration date and storage conditions, does not harm human life and health. The organism of local residents is accustomed to such an input, and receives all the necessary microelements from it.

The survey also showed that respondents are distrustful of the quality of tap water. Young people prefer filtered and boiled water, but at the same time they allow the use of tap water as drinking water without any water treatment. Tap water in the capital of Uzbekistan really does not need additional treatment. Specialists of the Kodiriya hydroelectric complex categorically insist that the treatment of drinking water with gaseous chlorine guarantees the complete destruction of all pathogenic bacteria and viruses in it. What's more, the presence of residual chlorine in tap water makes it safe for a while longer. Whereas in water stored in glass jars in the kitchen, even if it is passed through household filters, pathogens from the air can multiply again.

If something cloudy, unpleasantly smelling or leaving a lot of scale flows from the tap, then the water pipes are rusted.

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