

Hygienic Description of Wastewater

Yadgarova Sh. S.

Bukhara State Medical Institute

Abstract: Wastewater, a byproduct of human activity including water from toilets, sinks, showers and industrial processes, poses a significant risk to both human health and the environment due to its high concentrations of pollutants. Understanding the hygienic description of wastewater is critical to taking effective measures to treat and manage this hazardous substance. By understanding the composition and potential risks associated with wastewater, we can take proactive steps to ensure a cleaner, safer environment for everyone.

Wastewater consists of a mixture of organic and inorganic substances, which makes it hazardous. Organic elements found in wastewater include human waste, food waste, oils and detergents. These substances come from household sources such as residential toilets, kitchens and laundry rooms.

Inorganic compounds found in wastewater include heavy metals (such as lead, mercury, and cadmium), various chemicals (including pesticides, solvents, and cleaning agents), and pharmaceuticals (from drugs that are excreted through urine and feces). These inorganic substances often end up in industrial process wastewater, storm drains and other sources.

The presence of these pollutants in wastewater poses a major challenge to maintaining good hygiene standards. Organic matter can promote the growth of pathogens, create unpleasant odors and reduce oxygen levels in water bodies, harming aquatic life. Inorganic compounds such as heavy metals and some chemicals can be toxic to people, animals and the environment in high concentrations.

It is important to understand the composition of wastewater in order to develop appropriate treatment methods and disposal strategies. Effective treatment processes are designed to remove or neutralize these contaminants, making the wastewater safe for discharge or reuse. By addressing the specific organic and inorganic elements present in wastewater, we can implement targeted approaches to ensure hygienic water management and protect public health.

In general, the diverse composition of wastewater requires comprehensive treatment measures that can effectively eliminate the range of organic and inorganic substances present. By doing so, we can minimize the adverse environmental and health impacts of wastewater and contribute to a healthier, more sustainable future.

Improper treatment or disposal of wastewater poses a significant health risk to both individuals and society. One of the pressing problems is the contamination of drinking water sources. If wastewater is not properly treated before being discharged into rivers, lakes or groundwater, it can directly contaminate these water sources that are used for drinking, cooking and other domestic purposes.

Drinking water contaminated with untreated or poorly treated sewage can lead to various waterborne diseases. For example, cholera, caused by the bacterium *Vibrio cholerae*, is a common waterborne disease associated with drinking water contaminated with feces. Likewise, dysentery, which is characterized by severe diarrhea and abdominal pain, can also be transmitted through contaminated water.

Exposure to raw sewage or untreated sewage can also have direct health effects. Contact with sewage can lead to skin infections, including various types of dermatitis and rashes. Pathogens present in wastewater can cause breathing problems, especially when the air is contaminated with feces or other harmful substances. This can lead to respiratory infections, allergies and other respiratory problems.

In addition, long-term exposure to wastewater and associated pollutants can have chronic health effects. Chronic exposure to pathogens, chemicals and heavy metals found in improperly treated wastewater can lead to serious health risks. These may include chronic gastrointestinal problems, liver and kidney damage, and even an increased risk of certain types of cancer.

Understanding the potential health hazards associated with wastewater provides strong motivation to take effective hygiene measures. By implementing proper wastewater treatment processes, ensuring safe disposal practices, and maintaining sanitation standards, the risk of waterborne illnesses and other health complications can be significantly reduced.

The hygienic description of wastewater emphasizes the critical role of effective treatment processes in mitigating its harmful effects. Wastewater treatment typically involves a combination of physical, chemical, and biological processes to remove contaminants and produce treated wastewater that meets regulatory standards for safe disposal or reuse.

Physical treatment:

Physical treatment methods involve removing solids and debris from wastewater. This is often achieved through various processes such as screening, desanding and sedimentation. Screening involves the use of screens or sieves to catch larger particles such as plastic, paper or other solid waste. Degritting helps separate and settle heavier particles such as sand or gravel. Sedimentation is used to cause suspended particles to settle to the bottom of the tank, resulting in the formation of sludge.

Chemical treatment:

Chemical treatment processes are used to further treat wastewater and remove contaminants. Coagulation is a common chemical treatment method in which chemicals called coagulants are added to facilitate the aggregation of smaller particles into larger ones, making them easier to remove. Flocculation, a subsequent step, involves gently stirring the water to help these larger particles form clumps or “flocs.” Disinfection is another important chemical process that aims to inactivate or destroy harmful microorganisms using disinfectants such as chlorine or ultraviolet (UV) light. Filtration is often used as a final step to remove residual suspended solids and ensure water clarity.

Biological treatment:

Biological treatment processes rely on the activity of microorganisms to decompose and remove organic matter from wastewater. This step is critical to breaking down complex organic compounds that may still be present in the wastewater after physical and chemical treatment. Biological treatment often occurs in specialized treatment facilities such as activated sludge systems or wastewater lagoons. Here, microorganisms, including bacteria and protozoa, consume and biologically convert organic matter into simpler substances such as carbon dioxide, water and microbial biomass.

When physical, chemical and biological treatment processes are combined, wastewater undergoes complex treatment designed to remove or neutralize a wide range of contaminants. The goal is to produce treated wastewater that meets or exceeds regulatory standards for safe discharge into waterways or for reuse in a variety of applications such as irrigation or industrial processes.

The hygienic description of wastewater emphasizes the importance of proper treatment methods for protecting public health and protecting the environment. By implementing effective treatment processes, we can ensure the removal of contaminants, reduce the risk of waterborne diseases and minimize impacts on ecosystems.

Proper disposal and reuse of treated wastewater are essential components of maintaining hygiene and preventing pollution. Instead of treating wastewater as waste to be thrown away, it can be seen as a valuable resource that can be recycled and reused for a variety of purposes.

Agricultural irrigation:

One of the most common uses of treated wastewater is agricultural irrigation. Treated wastewater contains valuable nutrients that can benefit crops, and its use for irrigation helps conserve freshwater

resources. However, it is important to maintain strict controls and regulations to ensure that treated wastewater meets specific quality guidelines to prevent any potential health risks associated with the use of wastewater in food production.

Industrial processes:

Treated wastewater can also be used in a variety of industrial processes such as cooling systems, manufacturing processes and even as a water source for boilers. Industries can use treated wastewater, reducing dependence on freshwater sources and minimizing environmental impacts by reducing pressure on freshwater resources.

Groundwater recharge:

In some cases, treated wastewater can be used to recharge groundwater. This process involves injecting treated wastewater into underground aquifers to replenish groundwater reservoirs. Here it undergoes natural filtration processes, becoming an additional source of water for future use.

However, it is essential to have strict controls and regulations to ensure safe and hygienic reuse of treated wastewater. This includes monitoring the quality of treated wastewater for compliance with specific guidelines and standards. Appropriate disinfection and filtration may be required to remove potential remaining contaminants. Ongoing monitoring and testing of treated wastewater and its reuse is essential to ensure public health and safety.

Moreover, proper education and awareness is vital to address any potential problems or stigma associated with wastewater reuse. Public opinion and acceptance play an important role in promoting the safe and sustainable reuse of treated wastewater.

By recycling and reusing treated wastewater, we can minimize pressure on freshwater resources, reduce pollution and contribute to sustainable water management. However, it is essential to maintain strict controls, guidelines and monitoring to ensure that recycled wastewater is used safely and does not pose any risk to human health or the environment.

Hygiene practices play a critical role in ensuring responsible wastewater management. By following responsible practices, individuals and businesses can do their part to maintain hygienic conditions and prevent pollution. Here are some basic hygiene rules to consider:

Adequate sanitation infrastructure: Having well-designed sewerage systems and adequate sanitation infrastructure is essential for effective wastewater management. This includes installation and maintenance of wastewater treatment plants, sewer lines and septic tanks. Adequate sanitation infrastructure helps ensure the safe collection, treatment and disposal of wastewater, preventing contamination of water sources and minimizing health risks.

Regular Maintenance and Inspection of Drainage Systems: Regular maintenance and inspection of drainage systems is vital to prevent leaks, clogs or other problems that could lead to wastewater not being properly discharged. Regular cleaning and cleaning of drains and gutters can help ensure the smooth flow of wastewater, reducing the risk of build-up and overflows that can pollute the environment.

Proper waste disposal:

Proper waste disposal practices are critical to preventing contamination of water sources. Citizens should ensure that waste such as solid waste and hazardous materials are disposed of in designated trash containers or recycling facilities. Avoid disposing of harmful chemicals, oils and pharmaceuticals down drains or toilets to prevent them from entering the wastewater system.

Public education:

Education plays a vital role in promoting good hygienic wastewater management practices. Public awareness campaigns can help educate people about the importance of proper waste disposal, water conservation, and the potential risks associated with improper wastewater management. By raising

awareness, people can make informed choices and take actions that contribute to a cleaner, safer environment.

Compliance with Regulations: Compliance with local wastewater management regulations is critical. Businesses and industries must adhere to certain standards for wastewater treatment and discharge. These regulations help ensure wastewater is treated properly, minimizing environmental and public health impacts.

By following these hygiene rules, individuals and businesses can actively contribute to hygienic wastewater management. Responsible practices combined with adequate sanitation infrastructure, regular maintenance, public education, and compliance are essential to protecting water sources, protecting public health, and promoting a sustainable environment.

Conclusion: Understanding the hygienic description of wastewater is indeed critical to achieving a cleaner environment and protecting public health. By understanding the composition of wastewater and the risks associated with it, we can take the necessary actions to ensure proper treatment, responsible practices and effective management. Implementing comprehensive waste management strategies allows us to mitigate the negative impacts of wastewater and protect both the environment and human well-being. Through proper disposal, treatment and responsible reuse of wastewater, we can conserve water resources, prevent pollution and create a more sustainable future. Let's all work together to prioritize hygienic wastewater management and protect our precious water resources for future generations.

References

1. Salikhovna, Y. S. (2021). Medical Factors Associated with Physical Development in Children. *Central Asian Journal of Medical and Natural Science*, 2(5), 129-133. <https://doi.org/10.47494/cajmns.v2i5.303>
2. ШС Ядгарова (2021). Антропометрические Показатели Детей Города И Сельской Местности. *Central Asian Journal of Medical and Natural Science*, 319-322. <https://doi.org/10.47494/cajmns.vi0.435>
3. Salikhovna, Y. . S. (2022). Basics of Hygienic Assessment of Children’s Physical Development in Preschool Educational Institutions. *AMALIY VA TIBBIYOT FANLARI ILMIIY JURNALI*, 119–123. Retrieved from <https://sciencebox.uz/index.php/amaltibbiyot/article/view/3910>
4. Salikhovna, Y. S. (2022). A Modern Approach to the Health Status and Cognitive Development of Children and Adolescents During The Reform of the Preschool Educational Institution. *Amaliy va tibbiyot fanlari ilmiy jurnali*, 124–127.
5. YS Salikhovna. Hygienic Assessment of Child Growth and Development in the Context of Preschool Education Reform- *European Journal of Life Safety and Stability* 2660 ..., 2022
6. ШС Ядгарова, ШО Сайтов, СС Набиева - Требования к питанию и применение биологически активных добавок при COVID-19 - *Новый день в медицине*, 2020
7. YS Salixovna. Hygienic assessment of the health state and physical development of preschool children under combined exposure to chemical factors of the environment- 2022
8. Олимова Д.В. Синдром жжения во рту: обзор его диагностического и терапевтического подхода. // *the best innovator in science – 2022*. – С. 37-43
9. Olimova D.V. differential diagnostic methods galvanosa and glossodinia in ambulatory conditions. // *galaxy international interdisciplinary research journal (GIIRJ) ISSN (E): 2347- 6915 Vol. 10, Issue 1, Jan. (2022)*. – P. 524-526
10. Olimova D.V. A complex approach to glossalgia treatment based on the current data on the specificity of its etiopathogenesis. // “bilig – ilmiy faoliyat” nashri <http://bilig.academiascience.or> - B. 141-146

11. Олимова Д. В. Use of modern methods in the treatment of glossalgia // Analytical Journal of Education and Development, <https://sciencebox.uz/index.php/jars/issue/view/45> P. - 197-200
12. Олимова Д. В. Диагностики и лечения глоссалгии и глоссодинии // Journal of Advanced Research and Stability ISSN: 2181-2608. - Special Issue | 2022. P – 147-152
13. Олимова Д. В. Стомалгия, методы лечения // Analytical Journal of Education and Development, <https://sciencebox.uz/index.php/ajed/issue/view/43> P. - 237-244
14. YS Salikhovna. Modern view on the growth and development of the child in the context of the reform of preschool education- barqarorlik va yetakchi tadqiqotlar ..., 2022
15. YS Salikhovna . Scientific and methodological bases of a doctor's activity in hygiene of children and adolescents- barqarorlik va yetakchi tadqiqotlar ..., 2022
16. YS Salikhovna . Hygienic assessment of informatization of education and upbringing - ta'lim va rivojlanish tahlili onlayn ilmiy ..., 2022
17. Ядгарова , Ш. . (2023). Оқава сувларни тозалашда қўлланиладиган усуллар ва уларни самарадорлигига таъсир этувчи омиллар. Евразийский журнал медицинских и естественных наук, 3(11), 144–151. извлечено от <https://inacademy.uz/index.php/EJMNS/article/view/23710>
18. Ядгарова Ш. С. (2023). Гигиеническая Оценка Сооружений Для Очистки Хозяйственно-Бытовых Сточных Вод Малых Объектов. Amaliy va tibbiyot fanlari ilmiy jurnali, 2(8), 79–82. Retrieved from <https://www.sciencebox.uz/index.php/amaltibbiyot/article/view/7921>
19. Ядгарова Ш. С. (2023). Условия И Методы Обеззараживания ХозяйственноБытовых Сточных Вод. Amaliy va tibbiyot fanlari ilmiy jurnali, 2(8), 75–78.
20. Ш. С. Ядгарова. Analysis of indicators of Physical development of Preschool children. Central Asian Journal of medical and natural sciences-2021. – P. 154-157