

MINERAL WATER : PURE OR UNSAFE



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FROM THE DESK OF CHAIRMAN

Over the years, we have been made to believe that a bottled water (popularly known as mineral water) is a safer alternative to the tap water. Infact some of the brand has become synonymous to pure and safe drinking water. When we are on the go, when we are in some social function, or many time at corporate meetings, we grab mineral water and take sip out of it.

However, the latest study reveals it is the other way we think. It may not be as safe and pure as it is considered. Water in plastic bottle, contains nearly a quarter million invisible pieces of ever-so-tiny nano-plastics that were detected and categorised for the first time by a microscope using dual lasers.

Nanoplastics are particles that are less than a micron in size. There are 25,400 microns – also called micrometres because it is a millionth of a metre – in an inch. A human hair is about 83 microns wide.

When a plastic water bottle comes in contact with heat, it releases micro plastics in the water, which further make their way into our body once we drink that water. In hot country like India, the bottles are very often exposed directly in sun especially during transportation in open carriers, storage facilities at local vendors etc.

According to a study by a Columbia physical chemist, much of the plastic seems, come from the bottle itself.

The dangers of nanoplastics to health

Drinking water from plastic bottles can have many detrimental impacts on your health and the environment

From the polar ice caps to mountain peaks, microplastics has rippled through the ecosystems and have found their way into drinking water and food. They are so tiny that they can easily pass through the digestive system and lungs, entering the bloodstream directly, and from there to organs, including the brain and heart.

The world is drowning under the weight of plastic pollution, with more than 430 million tonnes of plastic produced annually. Microplastics are found in the world's oceans, food, and drinking water, with some of them coming from clothing and cigarette filter.

Some early lab studies have linked nano-plastics to toxic effects, including reproductive abnormalities and gastric issues. These nanoplastics with all kinds of chemical additives, can be internalised into cells, and can cause cell stress, DNA damage, and change metabolism or cell function.

A un-published work has found more than 100 “known cancer-causing chemicals in these plastics.”

According to a study “in participants who consume water from polycarbonate bottles, the urinary concentrations of the chemical bisphenol A (BPA) (used to produce polycarbonate plastics) are significantly higher. The study further noted that hot liquids would cause this effect to be even bigger

And everyone knows the impact of plastic bottles on the environment.

Wayforward:

To minimize potential risks, consider the following:

- Choose bottles labeled as BPA-free.
- As much as possible, store bottles away from the heat and direct sunlight.
- Avoid reusing single-use bottles, as repeated use can increase the risk of chemical leaching.
- Consider using reusable water bottles made from materials like stainless steel or glass.
- If possible, drink water from a safe and reliable source, such as filtered tap water.

Thank you all.... Always in Gratitude

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