



Physiological, Hygienic and Epidemiological Importance of Water

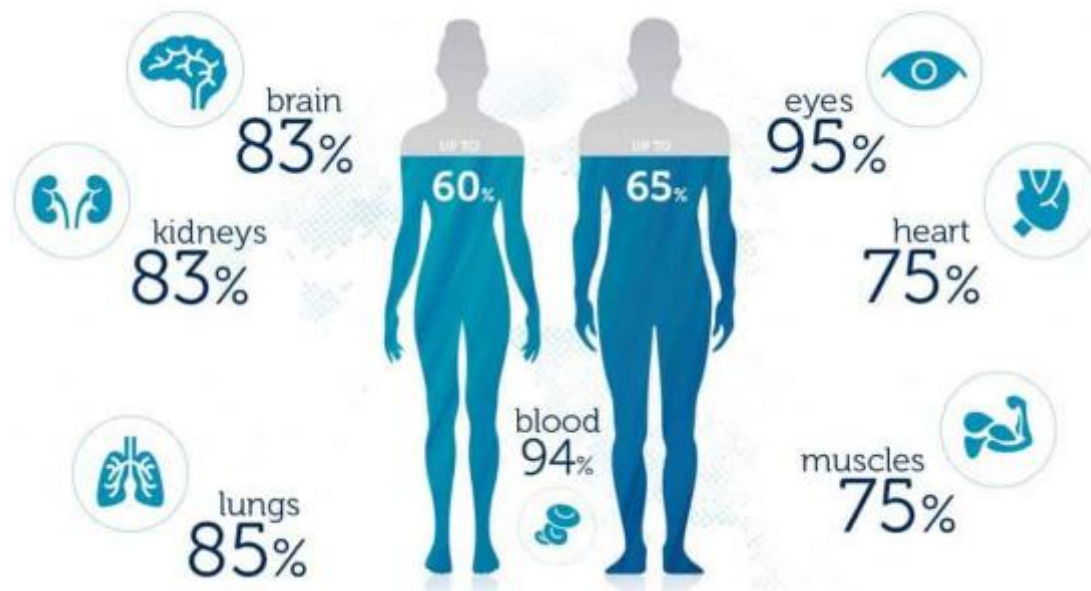
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Abstract: On average, 65% (for adults) - 80% (children's body) of the human body consists of water. Water is considered a universal solvent of all substances in the body, and no biochemical process that occurs in the body without water is complete, it is an important component of the cell element, water actively participates in the process of heat management in the body.

Key words: microclimate, physiological, pathological, thirst, cholera, typhus, paratyphoid, cholera, hepatitis, brucellosis.

On average, about 1.5 l of water is needed during one day and night to perform physiological functions in the microclimate in comfortable conditions. This amount is the minimum physiological need of the body, and when consumed in smaller amounts, the body is dehydrated. When 5% of water is lost from the body, we may experience thirst, when 10% of water is lost, functional changes and various pathological conditions, when more than 20% of water is lost - death may occur due to dehydration of the body. Physiological need for water in a comfortable microclimate is 2.2 l per day. In our hot climate, during the hot seasons of the year, the body's sweating process is very high, and depending on it, the body's physiological need for water increases to 8-10 l per day (4-5 l on average).



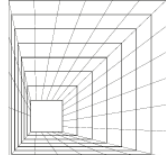
It is natural for a person to spend a large amount of water in order to fully satisfy his hygienic needs, including maintaining the cleanliness of the body, keeping clothes - heads, residences, dishes - trays clean, and keeping the body clean. For the mentioned purposes, a person spends several tens of liters of water during one day and night. The day-by-day increase in water consumption by the population is related to the day-by-day improvement of sanitary and hygienic conditions in the life of the population.



Epidemiological importance of water. Water plays an important role as a factor that transmits and spreads many diseases, including cholera, typhoid, paratyphoid, cholera, hepatitis, brucellosis, etc. and is a spreader of some types of invasive diseases (rishta). This situation is not only due to the fact that many microorganisms can live in the water environment for a long time (from several days to several months), but they can also fully maintain their virulence in the water environment. This is especially important in hot climates, because in such conditions microorganisms, especially pathogenic microbes, can survive for very long periods of time. Therefore, the water environment is a very important factor in the spread of infectious diseases in our Republic. Identifying the rapid spread of infectious diseases through water (water epidemics) allows for quick and effective measures to prevent their further spread. It should be noted that epidemics spread through water have certain characteristics, such as: a large number of one type of disease is detected in a very short time (mass infection), the detected infectious disease has a specific place of residence (limitedness), and after the disease is detected, measures to neutralize the contaminated source are taken, and the incidence decreases sharply. In treatment-preventive institutions with a general profile, water consumption for 1 bed is 115 - 200 l per day, for an infectious disease hospital it is 240 l per day, in polyclinics and outpatient clinics it is 13 l for one patient in one shift. . Compared to the previous norms of water consumption, these norms of water consumption are given much less and are connected with the limitation of fresh water sources in the territory of our Republic. Implementation of the State Program on water supply of residential areas requires the correct selection of water sources for water supply. The role of medical personnel in this area is very high, because the main criterion for choosing a water source is its compliance with hygienic requirements.

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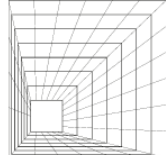
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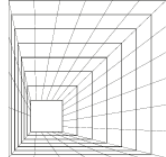
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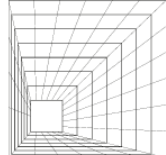
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