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Health Issues due to Water Pollution in Balochistan

Water is one of life's vital molecules that support life. Water is one of the cell's main ingredients and is essential for life on earth. Above 70% in human and 80% of the microorganism weight consist of water.

Water performs multiple functions in our body, serves as a natural air conditioner and controls body temperature.

Access to safe drinking water is a key issue for the growing population. Water pollution is one of Balochistan's most important environmental issues.

Balochistan uses imbalanced water quality such as salty, rotten smell, poor taste, cloudy and colored water is found to be inappropriate for drinking purposes.

This serious issue of the environment leads to many deaths in Balochistan. Both surface and groundwater sources of drinking water are contaminated throughout Balochistan with coli

forms, toxic metals, and pesticides.

In four cities of Balochistan, i.e. Ziarat, Loralai, Quetta, and Khuzdar, water quality was heavily polluted with microorganisms that made water unfit for human use. Water Samples of these cities revealed that the concentration of NO₃ was higher than the approved WHO limits.

Water pollution occurs when microorganisms and toxic chemicals from household waste and industry come into contact with water bodies or run into groundwater or freshwater resources.

Drinking Water Sanitation system and drainage line run in parallel, causing leakage and mixing, results in water quality degradation.

Different standards for drinking water quality set by WHO are often violated. The main factors leading to the degradation of water quality are human activities such as improper disposal of

urban and industrial effluents and indiscriminate applications of agrochemicals in agriculture.

The main factors responsible for various public health problems are bacterial and chemical contaminants. People in these areas are drinking polluted water because clean water is not available. Drinking polluted water can cause major diseases of health in Balochistan, including diarrhea, gastroenteritis, typhoid, cryptosporidium infections, giardiasis of intestinal worms and other hepatitis strains.

The Water and Sanitation Agency (WASA) will take action to protect water resources and regulate pollution from its source with the assistance of private institutions. There is also a need for great attention to avoid the intrusion of saline water into fresh groundwater supplies.

It is necessary to make water safe for drinking purposes as water comes

from the surface water supply. Chlorination is the popular method of drinking water disinfection in treatment facilities and sanitation systems.

Chlorination and filtration are used in some areas to purify water but it is not sufficient and limited to urban areas, and only 15 percent of people do this procedure for water cleaning. Those areas with more population are at high risk of pollution as a result of poor quality of drinking water.

Management strategies will include the safety of sources from pollution, upgrading and proper maintenance of drinking water distribution lines, and citizens monitoring and understanding.

The water management sector will ensure that there is no leakage of contaminated water into areas from where drinking water is supplied to the public due to the poor sanitation and sewerage system.

Government should take steps to repair, function properly, and manage existing drinking water treatment plants. To order to stop the spread of waterborne diseases, proper operation, inspection and sampling analysis are required twice a year to ensure safe drinking water to compliance with quality standards.

The government should provide the latest and appropriate instruments and trained employees to assess the reliability of drinking water. Regular inspections of existing treatment plants need to be conducted and updated.

The results drew attention to the need to consider sewerage interference with drinking water as a significant environmental and health issue.

Protective measures and treatment technologies are urgently needed to overcome the unhygienic condition of the supply of drinking water in various areas.