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Spread of Water-borne Diseases in Pakistan

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Water pollution can have an impact on us directly if we drink or bathe in a polluted stream, such as when we use municipal water, or indirectly if we consume vegetables that have been irrigated with contaminated water, fish, or other animals that live in or eat animals that have been raised in contaminated water. Drinking water contaminated with germs and chemicals is the primary cause of diarrhea. Contaminated water transmits infectious illnesses. Temperature, climate, topography, drainage, stream velocity, seepage properties of soil, safe drinking water supply, and adequate water disposal are all environmental factors that influence the prevention of water-borne diseases.
Most common waterborne illness in Pakistan are cholera, dracunculiasis, typhoid and paratyphoid fever, hepatitis A& E, diarrhea, ulcers, dysentery, jaundice, amoebiasis and malaria.

Around 2 - 2.5 million people die from diarrhea every year, and over 2.5 billion people lack access to modern sanitation systems (Fenwick, A. 2006). About 40% of deaths in Pakistan have been attributed to illnesses spread by polluted water (Akbar et al 2013). Access to safe water is a fundamental human right and a necessary prerequisite for health and development. Water-related illnesses brought on by inadequate access to clean water and poor sanitation and hygiene. Water that is contaminated and unclean is un-hygienic for living things, especially for human health. If not addressed quickly, it causes a number of grave health issues that can finally result in death.

In Pakistan there is a need to improve the availability of clean water and sanitary facilities for both urban and rural populations, even in the most distant places. The ground water contaminated by various chemical components of industrial waste including arsenic, manganese, chlorine, and iron is very damaging. Surface drinking water is often polluted with E. coli, Enterobacter, Salmonella, and Clostridium, but lack of hygiene awareness is also a big factor in why people's health is suffering.

In order to offer cleaner drinking water, the Pakistani government urgently needs to organize new waste water treatment facilities and restore old ones. Although reverse osmosis membranes are still in use today, it would be wiser to prepare for carbon nanotubes to take their place because they are less expensive and more effective. Additionally, there are three strategies to reduce the spread of waterborne infections in Pakistan and other developing nations: by increasing the amount and quality of drinking water; through better sewage disposal; and by providing access to affordable and suitable sanitation facilities.