



Assessment of the Chemical Constituents of Drinking Water Used by Diabetic Patients

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ABSTRACT : Water is a very important element for people survival. For diabetic people who have no enough water levels supplied to the body, it can make the situation worse. Blood concentration and blood sugar will be elevated due to dehydration and getting diabetes and heart disease. The constituents of water also influence the diabetes. The present study of research was attempted to analyze chemical constituents *i.e.* pH, total hardness, chloride, alkalinity, fluoride and nitrate in drinking water used by diabetic subjects. Mean, standard deviation and T test were calculated for comparing water quality in RO, boring and tap water consumed by diabetic subjects. Results shows that pH, chloride and alkalinity were in safe level and total hardness, fluoride and nitrate were at unsafe level as compared with WHO standards. In case of total hardness, it is beneficial for diabetic subjects because calcium and magnesium present in water it help to prevent coronary heart disease (CHD) and diabetes. Alkaline pH of water is useful for improvement in health of diabetic subjects.

How to cite this paper : Sachan, Jyoti (2016). Assessment of the Chemical Constituents of Drinking Water Used by Diabetic Patients. *Internat. J. Med. Sci.*, **9**(1) : 5-9.

KEY WORDS :

Diabetes, Drinking water, Total hardness, Alkalinity, Chloride, Flouride

Paper History :

Received: 06.11.2015;
Revised : 18.02.2016;
Accepted: 20.03.2016