

RO Water Effect on Human Body

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Abstract: Reverse osmosis (ro) water sanctification is extensively used to remove pollutants from drinking water, making it safer for mortal consumption. Still, the process also removes salutary minerals similar as calcium, magnesium, and potassium. This review discusses the implicit goods of consuming ro water on mortal health, with a particular focus on mineral insufficiency and affiliated health issues. While ro water can enhance hydration and reduce exposure to dangerous substances, dragged input of demineralized water may contribute to scarcities in essential nutrients, potentially impacting bone health, cardiovascular function, and overall metabolic processes. The slightly acidic nature of ro water could further impact sits effect on the body, especially in individualities with certain health conditions. To alleviate these pitfalls, strategies similar as remineralizing the water or icing an acceptable salutary in of calcpur of minerals are recommended. This paper emphasizes the significance of balancing water chastity with mineral input to maintain optimal health issues when using ro water for long- term consumption.

Keywords: insufficiency part of calcium in bone development, osteoporosis, lack of sodim, rear osmosis process, disese cause due to insufficiency of essential mineral