

## **INFLUENCE OF THE MINERAL COMPOSITION OF WATER ON HUMAN HEALTH**

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In this paper, we will consider the effect on human health of water that is excessively rich in minerals. The pathogenic effect on the human body of water will be considered, which contains an increased concentration of iron, zinc, manganese, selenium and chlorides.

*Keywords:* water, health, minerals.

Water is the foundation of human life. All biochemical processes in the body can occur only in solutions, that is, the functioning of the body is possible only in the presence of water. But, in order for the use of water to benefit the body, to ensure its normal functioning, water must have a certain mineral composition. Normally, water should have a certain concentration of minerals. Consider what changes in health can be expected with the use of water changed in mineral composition.

When drinking water that is excessively rich in iron, a person may have impaired blood formation, and the course of redox reactions will be disrupted. Also, with the use of such water, the likelihood of developing atopic dermatitis is high.

Excessive chloride content in water also causes health problems in people who use this water daily. First of all, digestive system dysfunction, dyspeptic symptoms will be observed. With the use of hyperchlorinated water, cases of the development of cancer of the esophagus and larynx were detected.

When the water contains an excessive amount of manganese, it also has a pathogenic effect on the human body. Manganese has a cholestatic effect. If a person has hepatic pathology, then when drinking water rich in manganese, his health condition may deteriorate as a result of the progression of hepatic pathology, which will be caused by manganese.

Excessive saturation of water with zinc has a pathogenic effect on the normal activity of the stomach and causes diseases of the motor apparatus.

Water that is excessively rich in selenium can adversely affect dental health - the integrity of tooth enamel is compromised.

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## **THE CARCINOGENIC EFFECT OF BENZAPYRENE AS A SUBSTANCE IN THE COMPOSITION OF EXHAUST GASES OF CARS**

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The essence of benzapyrene as a chemical substance is determined in the work, the concept of a carcinogenic effect and the mechanism of action of benzapyrene on body cells are considered. The pathogenesis of leukemia is described as the main manifestation of the pathogenic effects of a carcinogen by inhalation of automobile ex-haust.

*Keywords:* benzapyrene, exhaust gases, automobiles, leukemia, carcinogenic effect.

A carcinogenic effect is the property of a substance to activate and stimulate the development of malignant neoplasms in the human body. Benzapyrene fully possesses this effect.

Benzapiren is a polycyclic hydrocarbon that is released into the environment by burning automobile fuel. Thus, this substance enters the human body through the upper respiratory tract. It is chemically and thermally stable. In addition, it has the property of accumulation in the body, that is, accumulation in it.