



## A PLASTIC DRINK

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None of us ever anticipated to arrive in an era where plastic not only invaded land or ocean but has started invading our body too. Plastics are everywhere with numerous uses and forms. But what if those plastics may have invaded your body system too? According to the research by Orb Media, tests shows that billions of people around the globe are drinking water contaminated by plastic particles with 83% of samples found to be polluted. These plastic are “Microplastics” that have plagued the world’s drinking water. The chief sources are synthetic clothing and dust from tires and road markings. However every million tons

of plastic released each year break down in the environment into minute pieces. These plastics have been shown to take up toxic chemicals associated to cancer and other diseases and release them when consumed by fish and mammals. Scientists analyzed tap water samples from many nations, out of which United States topped with 94% of samples tested positive for microscopic plastic fibers. Whereas for India the tap water was collected from New Delhi and 82% of samples tested positive. Later new analysis revealed that some of the world’s popular bottled water brands to contain more than 90% of tiny pieces of plastic. Subsequently, The World Health Organization (WHO) announced a review in the possible risk of plastic in drinking water. According to the study reported by Guardian, only 17 out of 259 bottles tested were free of plastics. The scientists revealed that they found approximately twice as many plastic particles within bottled water as compared to the study of tap water. The most common type of plastic fragment found was polypropylene, the

identical sort of plastic used to make bottle caps. According to WHO, this is an emerging area of concern. One can start with daily habits by choosing natural fiber clothes instead of synthetic clothes, using reusable water bottles, avoiding packaged drinking water bottles and plastic straws, using reusable carrying bags and decreasing the use of plastic packaging can be an initial step towards minimizing plastic pollution that ultimately affect our body and environment. One can keep on blaming and complaining each other for the crisis, or one can start thinking about the possibilities of reducing further plastic accumulation in our environment. And the latter begins with you.

*Some of the world’s popular bottled water brands contain many tiny pieces of plastic called ‘Micro-plastic’.*