

Metadata Details

Title

Mineralising Snow-Melt Water.

Science Keywords

Category	Paleoclimate
Topic	Rocks/Minerals
Expedition Year	1985-1986
ISO Topic	Meteorology

Summary

Abstract

In Antarctica, due to poor thirst drive and lack of taste in the local freshwater, the water needs of the body tend to get neglected. Synthetic mineral tablets were developed by the Defence Laboratory, Jodhpur to restore the taste to snow-melt water. The treated water was subjected to a practical user trial in Antarctica during the Fifth Expedition with favourable results. Most of the expedition members liked the taste of the mineralised water and found it satisfying.

Purpose

Certain minerals (chemical elements) play an important role in fundamental life processes. They are essential, like proteins, carbohydrates, etc., for nutrition, energy, and normal functions of the body. The mineral nutrients, numbering 17 elements (Na, K, Mg, Ca, S, Cl, P, Cu, Zn, Se, Cr, Mo, F, I, Mn, Fe and Co) found essential for man are (NAS, 1980; WHO, 1973) all contained in requisite amounts for specific functions in different constituents of the human body. However, as a direct consequence of the life processes and associated body functions, the body content of the minerals is continually depleted by excretions for removal of metabolic waste and maintenance of body temperature. All such excretions are accompanied by a simultaneous loss of water and heat from the body. It is, therefore, imperative to replenish the minerals, as also water, lost in excretions on a daily basis for the normal functions and energy of the body.

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