

## A short review on use, presence and ecotoxicology of paracetamol in the aquatic environment

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### ABSTRACT

**Abstract:** Paracetamol are biologically active and persistent substance which is often detected in sewage treatment plant effluents while the soil pollution and groundwater is more limited. Chronic ecotoxicity data as well as information on the current distribution levels in different environmental compartments continue to be sparse and are focused on those therapeutic classes that are more frequently prescribed and consumed. This article reviews the different contamination sources as well as presence and ecotoxicological effects on the environment.

### I. Introduction

Water pollution research using pharmaceutical residues is one of the important aspect of current environmental research due to their physiological effects on animals and people at very low concentrations [1, 2], It has been revealed that they can cause aquatic toxicity, develop resistance to pathogenic microbes and have genotoxicity and endocrine disruption [3].

Paracetamol (Figure 1) is one of the most widely used drugs in the world. It is a particularly well tolerated analgesic and antipyretic with few harmful secondary effects. As an example, Paracetamol is one of the fewer drugs authorized for use by pregnant women or young children [4,5]. The international common name recommended by the World Health Organization is "Paracetamol", but in the National Formulary13 (U.S.A.), the name "Acetaminophen" appears. It is also known in the literature as acetamidophenol, acetyl-aminophenol, parahydroxy-acetanilide or N-acetyl-para aminophenol.

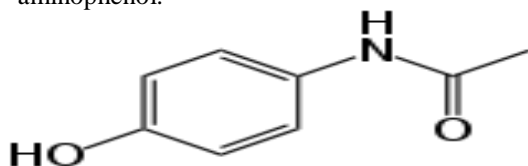


Figure 1 .Chemical formula of paracetamol.

From a chemical point of view, paracetamol has an aromatic cycle to which various nitrogenous, phenolic (Figure 1), or acidic functional groups are bonded. Table 1 summarizes the main physico-chemical properties of paracetamol.

Table1. Physico-chemical properties of paracetamol.

Physico-chemical properties	
Gross formula	C <sub>9</sub> H <sub>8</sub> NO <sub>2</sub>
Molar mass	151.2 g/mol
Melting point	168-172°C
Solubility	Water: quite soluble. Alcohol: easily soluble. Ether and chloroform: very slightly soluble. [6].
Mass density	1.293g /ml at 21°C
Dissociation constant	pKa = 9.5
Hydrophobicity	Log Kow = 0.46
Elementary analysis	C: 63.56%, H: 6%, N: 9.27%, O: 21.17% [7]
Organoleptic characters	Is presented in the form of a white, odourless, crystalline powder [8].

## II. Use and Consumption

Paracetamol, discovered more than a century ago, was first synthesized by Morse in 1878. It is the most frequently used analgesic and antipyretic[9-11], with or without a medical prescription[12] and certainly the most widely used by the population in different medicinal specialties in the world[13] for the fever treatment, headaches and some minor pains[14,15]. The most important harmful side effect of paracetamol is liver and kidney alteration by the formation of hepatotoxic metabolites such as N-acetyl-p-benzoquinone imine [16, 17] with a potential risk of hepatitis development[18].

More than 160 pharmaceutical specialties commercialized in France are based on paracetamol [19]. Paracetamol is available in different dosage forms such as pills, capsules, drops, elixirs, suspensions and suppositories. It is notably found in Doliprane, Efferalgan and Dafalgan, which occupy the top three places in terms of quantity sales. [20].

As a result, current world production of paracetamol is very high: nearly 150,000 t/year [21] with an annual increase of 2 to 3% [22], its consumption throughout the world has also increased. Rates in some developed countries have exceeded 20 g / person / year. The French people are very high consumers of paracetamol (47 g / person / year) with a total consumption of (3303 tons)[23] compared to the English people (16 g / person / year), German people (4.5 g / person / year) and Spanish people (3.6 g / person / year)[24]. In the United Kingdom, a more recent estimate of consumption, including paracetamol and the combination of paracetamol pills purchased without a prescription, was 3.5 billion 500 mg pills in 2000 [25].

Paracetamol was distributed in 2006 in Wales (population of about 3 million) at the level of more than 140 tons, more than 45 g / person / year [26]. In Italy, per habitant consumption is much lower, about 9 g / person / year, but total consumption is still considerable at 500 tonnes / year[27] and with a total consumption of 295 tonnes / year in Australia [28].

## III. Origin and Presence

The presence of pharmaceutical products in the environment is due to different sources: human (the excretion of drugs or their metabolites that are not absorbed by the human body via the toilet) [47], agriculture (veterinary and aquaculture drugs)[30], and industry (pharmaceutical manufacturing residues)[31, 32]. Residues and metabolites are released to the environment through various transfer pathways as shown in Figure.2[33].

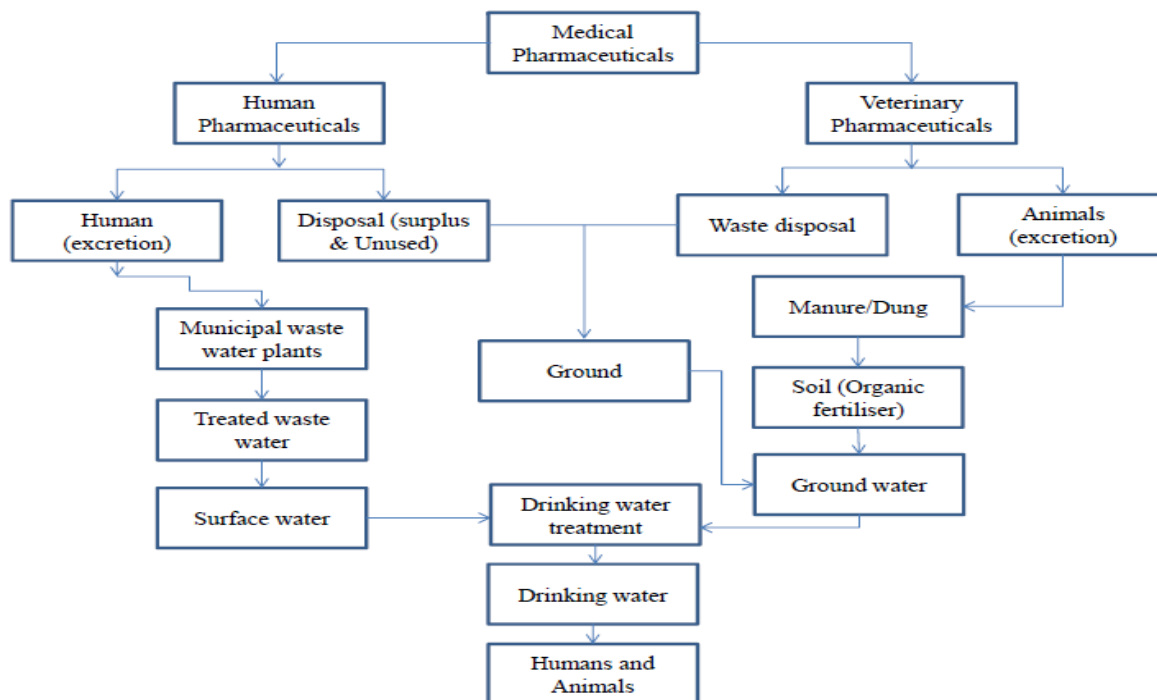
After use, pharmaceutical products are excreted in their native form or as metabolites form via urine and faeces [34, 35] and then directed into

municipal wastewater treatment networks (and on the soil for most veterinary drugs)[36-40]. Effluents from hospitals and the pharmaceutical industry, as well as landfill leachate from landfills, are also a non-neglected source [41]. These pharmaceutical products are more or less eliminated by water treatment plants and are found in rivers, lakes, estuaries and even more rarely in groundwater and drinking water [42-45]. In addition, residues of veterinary drugs are released directly to the ground via animal excreta. They will then enter surface water by entrainment with runoff water or migrate deep into the soil. In the case of aquaculture, drug residues are directly placed in farm water [46].

There are also additional paths for the introduction of drug residues into the environment such as sewer leaks, spreading contaminated sewage sludge on the ground (for drug residues that would be trapped in such sludge) may also result in soil and surface water pollution through streaming (runoff) or the release of unused drugs with household waste that can thus pollute soil and groundwater in landfills [47,48]. The main source of surface water pollution by paracetamol comes from wastewater treatment plant effluents[49,50], when discharged or released to land and sewers, or when it is thrown into garbage, septic tanks or wastewater [51], polluting water bodies, while soil and groundwater pollution is more limited[52]

Presence of drugs in the aquatic environment became a global issue[53] with potential effects on living systems[54-58], not only because of pharmaceutical products volumes used, but also due to their persistence [59,60] and critical biological activity (high toxicity, potential effects on major biological functions, such as reproduction and bioaccumulation in the food chain)[61]. Surface and groundwater are the main resources for the production of drinking water in Europe and worldwide (for example, in France, 67% of the water distributed comes from groundwater and 33% from surface water [62]). Compound Paracetamol, is widely used, is found in all aquatic environments [63,64], including effluents from urban wastewater treatment plants, where it is still found in STPs inputs at high concentrations and more particularly from 32 ng/L to 127 µg/L in France[46], up to 150 µg/L in the United States[65] ; 218 µg/L in China[66] ; 246 µg/L in England[67] ; 85 µg / L in Sweden[68].

In wastewater treatment plant of effluents, paracetamol has important concentration variations: it is sometimes measured at a few tens of ng/L [69, 70, 71] but concentrations have been observed up to tens of µg/L[72, 73] or even hundreds of µg/L[74]. Detected in a Michigan wastewater treatment plant in the United States at a concentration of 670 µg/L [75] and up to 6 µg/L in wastewater treatment plant in Europe [49], as an example, a sampling at the STPTancarville in France in June 2011 is



**Figure 2.** Sources and pathways for the introduction of pharmaceutical product residues into the aquatic environment.

exceptional because the cumulative concentration has a very high value. In addition, paracetamol concentration is particularly high: 70 µg/L. This indicates a malfunction of the station because these high concentrations are more encountered in the case of STP inlet water [45]. [72] and [74] also found paracetamol in STP outlet waters up to 250 µg/L and 201 µg/L.

According to published documents, paracetamol is found in surface waters at varying concentrations: 14.7 ng/L in France [62] ( 0.11 µg/L in French rivers water [76] and is also most frequently found in French rivers, with concentrations of 100 ng /L but up to 250 µg/L in the Mediterranean Sea around Marseille [77]) from 24 to 435 ng/L in Thailand [78], 1968 ng/L in Spain [74], 13.2 µg/L in Costa Rica [79] and up to 10 µg/L in the United States [76]. It is also detected in groundwater with a maximum concentration of 1890 ng/L in the United States [80] and 5.3 ng/L in France [81] and in the order of a few dozen ng/L in the Loire-Bretagne basin [72]. It is found in drinking water in the order of 210.1 ng/L [72].

#### IV. Ecotoxicological Impact

In recent years, researchers have focused their efforts on a more comprehensive assessment of the risk that pharmaceutical residues can cause to the environment, taking into account drug metabolism, toxicity and biodegradability [82]. According to studies carried out in Denmark and England, paracetamol is among the molecules of

greatest concern for the environment [83] which presents a danger to the aquatic environment [84].

The paracetamol processing efficiency in treatment plants varies from 38 to 100% with an average abatement of 87.3% [85], about 80% and 86% in hospital and municipal wastewater treatment plants respectively [86-88]. This justifies their occurrence in all aquatic environments at a lower concentration level [77]. However, under the effect of improperly treated or untreated water in STPs [79, 89], their undesirable effects in different organisms were observed by high quantities of BOD<sub>5</sub>, COD and COD/DBO<sub>5</sub> [90, 91].

Paracetamol, highly prescribed, is a weak inhibitor of the enzyme cyclo-oxygenase, whose high-dose side effects are mainly associated with the formation of hepatotoxic metabolites into sulfate metabolites and glucuronide [92] and induces the proliferation of cancer cell cultures via estrogen receptors, but has no estrogenic activity in rodents [93].

In secondary processing, where substances are transformed by biological degradation through activated sludge and secondary sedimentation, they can be transformed into toxic by-products via tertiary treatment [94, 95]. This is the case of paracetamol, which is biodegradable during water treatment [96] according to laboratory and plant studies [97, 98], it is transformed by chlorination of drinking water and effluents into N-acetyl-p benzoquinone and 1,4-benzoquinone imine form

when glutathione rate is diminished in liver cells [99], the first molecule is toxic to the liver while the second is suspected to be genotoxic and mutagenic[100,101]. Kinetic studies on the stability of paracetamol in Al-Quds activated sludge have proven that paracetamol biodegrades in less than a month to provide p-aminophenol at high efficiencies, it has been determined that *Pseudomonas aeruginosa* is the most responsible bacteria for the biodegradation of paracetamol to p-aminophenol and hydroquinone[102].

In toxicity studies,[103] suggested that paracetamol at low concentrations below a few ng/L may disrupt vital systems such as the endocrine system (reduce/increase of fertility, increase incidence of hermaphrodital cases, disruptions of steroid metabolism) in aquatic organisms, tests were performed on algae, water flakes, fish embryos, luminescent bacteria and ciliates, the most sensitive species is crustaceans (*Daphnia magna*) for which the Lethal Dose values of 50% (LD<sub>50</sub>) (is the lethal concentration that causes 50% of mortality in the exposed population of organisms[85]) of 30.1 mg/L[104], 50 mg/L[105] and 11.85 mg/L[106]. Also a Korean study confirms the potential ecological risks of paracetamol after tests on *Vibrio fischeri* and *Daphnia magna*[107].

A homologue of the COX 2 isoform is one of the targets of paracetamol that has been discovered in the macrophages of trout fish (*Oncorhynchus mykiss*) [108] and a receptor homology in rainbow trout indicates a sensitivity of fish to this molecule [109]. In another study, 0.05 M (7.5 mg.l<sup>-1</sup>) paracetamol prevents 50% of vitellogenin production in isolated trout liver cells[110], significant sublethal (sub-lethal) effects were observed on the zebra mussel (*Dreissena polymorpha*) when exposed to a mixture of diclofenac, ibuprofen and paracetamol[110].

A study on the use of paracetamol as a poison against snakes leads to the exposure of non-target species to high concentrations via hidden pills in mice, consumed by snakes. Potentially affected non-target species are those that will consume contaminated carcasses of mice and dead snakes. Doses attributed to snakes show an accumulation of 30% of the ingested dose, i.e. between 200 and 600 µg/g of dry weight. Unfortunately, there have been no measurements in consumers (crows, crabs, lizards, etc.), but the mortality of these species does not seem to be significantly different between the treatment period and the period before paracetamol was used as a poison[111], hence, paracetamol could pose a threat to non-target organisms[61].

Table 2. Parameters of the column obtained at different flow rates.

Country	Samples	Concentration (ng/l)	Ref	Taxon	Species	Ecotoxicity data (mg/l)	Ref
Spain	• STP effluent	32-4300	[112]	Bacteria	<i>V. fischeri</i>	2.68	[113]
	• Hospital effluent	500-29000	[114]	Fish	<i>O. latipes</i>	267.5	[18]
	• Surface water	2-112	[115]	/	/	/	/
United kingdom	• STP effluent	< 50	[116]	Ciliates	<i>Tetrahymena pyriformis</i>	112	[105]
	• Surface water	299	[67]	Fish	<i>B. rerio</i> (zebrafish)	378	
Serbia	• Danube River water	78.17	[117]	Bacteria	<i>V.fischeri</i>	650	[105]
	• Surface water	10	[62]				
France		103	[118]	/	/	/	/
	• Drinking water	45	[119]				
		210	[120]				
Taiwan	• Hospital effluent	62.25	[121]	Crustacean	<i>D. magna</i>	26.6	
	• Pharmaceutical production facility effluent	124					[18]
South korea	• Surface water	5-127	[121]				
		129	[45]				
	• Han river water	4.1-73	[122]	Crustacean	<i>D. magna</i>	50	
	• STP effluent	< 5-9	[122]				[105]
	• STP effluent	< 5-127	[70]	Algae	<i>Scenedesmus subspicatus</i>	134	
	1.8-19						
Canada	• Drinking water	17	[123]	/	/	/	/
USA	• Surface water	380	[124]	Crustacean	<i>D. magna</i>	30.1	[18]
		10 µg	[125]				

## V. Conclusion

The presence of pharmaceuticals product in the environment is being reported world wide. Furthermore, new data on the sources, presence and effects of paracetamol in the environment, seem to indicate the possibility of a negative impact on different ecosystems and imply a threat to public health.

For this assumption, data from acute and chronic ecotoxicity tests on species belonging to different trophic levels such as bacteria, algae, crustaceans and fish among others, is relevant to illustrate these several adverse effects that environmental exposure to measured concentrations of these contaminants can have. The principal toxicological endpoints/studies that are described are growth, survival, reproduction and immobilization of species.

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