

# The elixir of life and the challenges of its conservation

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## Description

Freshwater is one of the most precious resources on Earth, sustaining life and ecosystems while playing a critical role in human civilization. From drinking water to agriculture, industry, and sanitation, freshwater is indispensable to our daily lives. However, despite its fundamental importance, freshwater resources face unprecedented challenges, including pollution, overexploitation, climate change, and inequitable distribution. In this article, we will delve into the significance of freshwater, the threats it faces, and the urgent need for sustainable management and conservation efforts. Freshwater constitutes only a small fraction of the Earth's total water supply, with rivers, lakes, wetlands, and groundwater reservoirs accounting for less than 3% of the planet's water. Yet, this seemingly scarce resource is vital for biodiversity, ecosystem services, and human well-being. Ecosystems such as rivers, lakes, and wetlands support a rich array of plant and animal species, playing crucial roles in nutrient cycling, flood regulation, and habitat provision. Freshwater habitats are biodiversity hotspots, harbouring species found nowhere else on Earth. Moreover, freshwater is essential for human survival and socio-economic development. Access to clean drinking water and sanitation is a fundamental human right, recognized by the United Nations. Beyond drinking, freshwater is indispensable for agriculture, providing irrigation water for crops that feed billions of people worldwide. Industry relies on freshwater for manufacturing processes, energy production, and cooling purposes, while hydropower contributes significantly to the global energy mix. Pollution from industrial discharge, agricultural runoff, urban wastewater, and plastic waste contaminates freshwater ecosystems, endangering aquatic life and compromising water quality. Chemical pollutants, including heavy metals, pesticides, and pharmaceuticals, pose risks to human health and ecosystem integrity. Unsustainable water extraction for agriculture, industry, and domestic use depletes freshwater reserves, leading to groundwater depletion, river drying, and wetland degradation. Over-extraction exacerbates water scarcity, particularly in arid and semi-arid regions, where

water stress is already high. Climate change amplifies the pressures on freshwater resources, altering precipitation patterns, increasing the frequency and intensity of extreme weather events, and exacerbating droughts and floods. Rising temperatures accelerate glacial melting, threatening the stability of freshwater supplies for millions of people dependent on glacier-fed rivers. Human activities such as dam construction, river channelization, and land reclamation alter freshwater habitats, fragmenting ecosystems and disrupting natural hydrological processes. Wetland drainage and deforestation reduce the capacity of ecosystems to regulate water flow, exacerbating flooding and erosion downstream. Despite the global abundance of freshwater, access to clean and safe drinking water remains unequal, with marginalized communities disproportionately affected by water scarcity, pollution, and inadequate infrastructure. Addressing the water gap requires addressing social inequalities and ensuring equitable distribution and access to water resources. Addressing the multifaceted challenges facing freshwater resources requires concerted efforts at local, national, and global levels. Adopting an IWRM approach involves coordinating the management of water resources across different sectors and stakeholders, considering social, economic, and environmental objectives. IWRM promotes sustainable water use, allocation, and governance, balancing competing demands while safeguarding ecosystem health.

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## Conflict of Interest

The author declares there is no conflict of interest in publishing this article.

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