



PHARMACEUTICALS IN THE AQUATIC ENVIRONMENT: A REVIEW ON THE ECOTOXICITY OF DICLOFENAC

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ABSTRACT

Pharmaceuticals are the biologically active compounds that are used to treat various ailments in human and animals. These have made their entry into the aquatic systems through different pathways and are showing devastating effects on the biota. The issue of pharmaceuticals as the emerging pollutants and their impact on the environment has aroused the interest of researchers all around the world. They have been detected in the surface waters worldwide in the range of ng/l to µg/l. Diclofenac is a widely prescribed non-steroidal anti-inflammatory drug which is used to reduce pain and inflammation in disorders like rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, gout, dysmenorrhea, spondylarthritis etc.. It has been frequently found in surface waters worldwide. Many laboratory studies have shown its toxic effects on the aquatic biota like microorganisms, algae, crustaceans and fish. There are evidences of bioconcentration in tissues of fish and its bioaccumulation in the food chain. It has also shown cytotoxic, genotoxic, estrogenic and teratogenic effects in fish and frog. The transformation products were proven to be more toxic than parent compound. This article comprises of the occurrence, fate and toxicity of diclofenac. It also encompasses mechanism of its action, efficacy and potential side effects of the drug. The available literature warrants further research on all the above aspects.

KEY WORDS: pharmaceuticals, Diclofenac, toxic effects, bioconcentration.

INTRODUCTION

Pharmaceuticals are a potent group of chemical components that are designed to exert specific biological effects at very low concentrations in human and animals.^[1] The extensive use of both human and veterinary drugs has made their emergence into the aquatic environment through waste disposal.^[2] The existence of drugs in surface waters, ground water and even marine systems has been confirmed at concentrations of high ng/l to µg/l.^[3] Pharmaceuticals generate toxic effects even at low concentrations.^[4] Most of the drug targets are conserved across various organisms on the evolutionary lines and they induce their effects even in non-target species.^[5] There are ample experimental evidences indicating the harmful effects of pharmaceuticals, such as morphological, biochemical and sex alterations on aquatic species, selection of antibiotic resistance in pathogenic microorganisms and disruption of biodegradation activities in sewage treatment plants.^[6] Consequently, pharmaceuticals have emerged as significant pollutants and have drawn the attention of researchers all over the globe.^[7]

Diclofenac, 2-(2,6 dichloranilino) phenylacetic acid is a prominent emerging contaminant that has been frequently detected in surface waters worldwide.^[8] It was

first introduced in Japan in 1974.^[9] It is a commonly prescribed non-steroidal anti-inflammatory drug which has analgesic, anti-inflammatory and anti pyretic properties.^[9] It is available in the form of tablets, capsules, suppositories, intravenous solutions and injections and is usually supplied in the form of either sodium or potassium salt. It is available with the common brand names as Voltaren, Pennsaid, Arthotec, Flector, Slaraze etc.. It is effective in reducing acute and chronic pain, and treating inflammation in some disorders like rheumatoid arthritis, osteoarthritis, ankylosing spondylitis, gout, dysmenorrhea, spondylarthritis etc.^[10]

The annual consumption of the drug is in millions of tons all over the world.^[8] The usage of veterinary drug diclofenac for livestock has led to the extinction of three vultures, *Gyps bengalensis*, *Gyps indicus*, *Gyps tenuirostris* in Indian subcontinent.^{[11] [12] [13] [14]} The vultures when fed on the carcasses of cattle recently treated with diclofenac would die due to renal failure.^[12] The loss of vultures has led to the serious impact on the ecosystem and has also created socio-economic consequences.^[15] The governments of India, Nepal and Pakistan have introduced a ban on the manufacture of veterinary diclofenac.^[16] An alternative drug,

Meloxicam was introduced and proven to be harmless to vultures but effectively treated the cattle.^[17]

Occurrence

Diclofenac has been detected in surface waters of rivers, lakes, seas, influents and effluents of waste water treatment plants, ground water, drinking water, soil and sediment world wide.^[18] The determination of pharmaceuticals from different sources was conducted by using various technologies like liquid chromatography, gas chromatography, mass spectrometry, time of flight mass spectrometry, electrospray ionization, solid phase extraction, etc.^[19] Diclofenac has been detected in Switzerland^{[8][20][21][22]}, Europe^[23] United kingdom,^{[24][25]} Brazil^[26], South Korea^{[27][28][29]}, Spain^{[30][31]}, Pakistan^[32], Taiwan^[33], India,^[34] Italy^{[35][36][37]}, France^[35], Canada^{[38][39]}, Germany^{[40][41][42][43][44]}, Greece^[35], Sweden^{[35][45]},^[46] Finland^{[47][48]}, Malaysia^[19] Mexico.^[49] It is commonly found in wastewater at median concentration of 0.81 μ g/L^[40] whereas the maximal concentration in wastewater and surface water is up to 2 μ g/L^{[26][40][50]} It was found in Germany in the range of 1.3-3.3 μ g/ml^[43]

Fate and Transformation

Diclofenac enters into the aquatic environment through various pathways and undergoes many changes such as biodegradation, chemical degradation, photodegradation, adsorption, sedimentation, precipitation and volatilization. Biodegradation and sorption are two main processes through which pharmaceuticals are usually degraded.^[51] A study using high frequency ultrasound has reported that at neutral pH, diclofenac would completely convert into 45% of carbon, 30% of chlorine, and 25% of nitrogen.^[52] Diclofenac could be removed from the waste water effluents through ozone treatment.^[53,54] The ozonation process was found to be accelerated in the presence of activated carbons, particularly P110 Hydriffin, and the ecotoxicity was found to be reduced through ozonation but the catalytic ozonation increased the toxicity.^[55] Photolysis was another efficient mechanism for the removal of diclofenac from surface waters.^{[8][56][57][35][21][58]} A study on photodegradation in aqueous solution by photofenton reaction has shown that diclofenac would undergo complete oxidation after 60 minutes and complete mineralization after 100 minutes.^[59] A study on diclofenac degradation by TiO₂ photocatalysis has inferred that UV absorbance kinetics would reveal the transformation of intermediates easily.^[60] TiO₂ catalysed photodegradation was found to be dependent on the geometry of the photoreactor, nature of water matrices and was an efficient method for the removal of diclofenac from surface and drinking waters.^[61] P- Benzoquinone imine of 5-hydroxydiclofenac was an important metabolite that was formed by the biodegradation of microorganisms found in the river sediments.^[62] It was removed upto 39% and the lowest removal rate was attributed to disturbances in the activated sludge process.^[63] A study has shown that molecularly imprinted polymer which was synthesized

by using diclofenac as a template was found to be effective for removal from complex water.^[64] There are evidences that conventional drinking water treatment along with granular activated carbon filtration has removed diclofenac upto 99.7%.^[65] The nanofiltration technique was also utilised to remove diclofenac from drinking water resources^[66] The degradation of diclofenac was studied using river biofilms in rotating annular reactors and about 10-25% of degradation was found to occur within 4 days.^[67] The removal of diclofenac was also studied with the help a fungus *Phanerochaete sordida* YK-624. It was found that diclofenac degraded completely in 6 days and 4-hydroxy diclofenac, 5-hydroxy diclofenac and 4'5'-dihydroxydiclofenac were formed by fungal biotransformation.^[68] A study has shown that Diclofenac would undergo photocyclisation into carbazole derivatives, initial decarboxylation and further oxidation of the alkyl chain during photolysis.^[69] A recent study has shown that diclofenac undergoes phototransformation in the presence of sunlight and forms carbazoles as major metabolites which contain a ring with diketone function.^[70] Diclofenac was found in higher concentrations in effluents than influents of sewage treatment plants and the rate of its removal was lowest with 26% \pm 17%.^[48] The solid phase extraction with prior methylation was used for the extraction of acidic pharmaceuticals from surface water, effluents from waste water plants and the optimized usage of gas chromatography and ion trap tandem mass spectrometry has resulted in the method detection limits of 1-1.0 ng/l.^[71] Diclofenac removal from wastewater treatment plants was found to be low due to its poor biodegradation and sorption to sludge. However, the usage of membrane bioreactors, attached growth biomass process, enhancement of the hydraulic retention time and bioaugmentation would increase the elimination process.^[72] A study has reported that calcined hydrotalcite was an efficient adsorbent for the removal of diclofenac through sorption.^[73]

Toxicity

The primary sources of pharmaceuticals in the environment are human excretion^[74] and disposal of unused products.^[75] Diclofenac enters into the aquatic systems through discharge from domestic sewage systems, waste water treatment plant effluents and release from manufacturing units^{[76][77]} It shows negative consequences on the flora and fauna of the aquatic environment. This includes the microorganisms, phytoplankton, zooplankton, invertebrates and fishes.^[4] Many experimental studies have been done on different aquatic organisms to detect its toxicity.

Studies with the use of different technologies on the lotic biofilms have indicated that DCF inhibits the growth of algae and bacteria.^[67] A study on a fungus, *Candida albicans* has indicated that diclofenac sodium inhibited the hypha formation in both solid and liquid media^[78] The bacterium, *Vibrio fischeri* has shown a 50%

reduction in bioluminescence with EC₅₀ for 30 min at 13.5 mg/L of diclofenac.^[30] Diclofenac has shown noteworthy effect on the population density of the marine phytoplankton, *Dunaliella tertiolecta* with the EC₅₀ value for 96 hour static algal bioassay protocol at 185690µg/l.^[79] The acute and chronic toxicity of diclofenac was assessed by using standardized toxicity tests in *Daphnia magna*, *Pseudoinirikella subcapitata*, and *Lemna minor* and the results were compared with the various biomarkers in Zebra mussel. The risk quotient value was calculated for diclofenac and was found above 1.^[80] The studies have revealed that diclofenac can cause prominent change at environmentally relevant concentrations acting through oxidation pathways with destabilization of lysosomal membrane.^[81] Acute toxicity studies of diclofenac in algae and invertebrates have inferred that phytoplankton was more sensitive with lowest EC₅₀ for 96 h as 14.5 mg/L than zooplankton with lowest EC₅₀ for 96 h as 22.43 mg/L.^{[82] [83]} A biochemical investigation using hsp70 level as a biomarker after 48hr in *Daphnia magna* has determined that hsp induction occurred at a lowest observed effect concentration of 30mg/l diclofenac along with 0.6mg/l dimethyl sulphoxide and at a lowest observed effect concentration of 40mg/l diclofenac alone.^[84] A study on rotifer, *Platyonus patulus* and cladoceran, *Moina macrocopa* has shown that diclofenac would decrease their population growth at 1.56- 25mg/l.^[85] A chronic study on freshwater crustaceans *Daphnia magna* and *Moina macrocopa* for three months has resulted in the decrease in their reproduction at 25mg/l and 50mg/l respectively.^[86] A study on marine mussel, *Mytilus species* has indicated that diclofenac at environmentally relevant concentration of 1µg/l and elevated concentration of 1000µg/l after 96 h exposure would induce the lipid peroxidation indicating tissue damage.^[87] Diclofenac has shown severe effects after exposure for four weeks on the survival, growth, reproduction and immunological processes of a soil arthropod, *Folsomia candida*.^[88] A study on a crab, *Carcinus maenas* has depicted that on exposure to diclofenac at near environmental concentrations would significantly alter the osmoregulatory function.^[89]

There is inadequate data about the acute toxicity of fish. Diclofenac has shown highest acute toxicity to fish with lowest observed effect concentration often below 100mg/l.^[90] The acute and chronic sub lethal toxicity of diclofenac was observed in fish and fern using mitochondrial activity, chlorophyll, lipid peroxidation and DNA content as biomarkers. The results have depicted that it would cause harmful effects in sensitive population.^[91] Recent data on chronic toxicity has suggested that it had no adverse affect on zebra fish and rainbow trout upto 320µg/l.^[92] There are evidences that diclofenac would bioconcentrate in certain tissues of fish and might accumulate in the food chain.^[50] Some studies have evidenced that at environmental relevant concentrations, diclofenac could affect the multiple gene expression in the exposed fish.^[93] Many chronic studies

have reported that diclofenac would impair renal functions in fish.^{[94] [50] [95]} Most of the earlier studies have demonstrated acute toxic effects on aquatic organisms at concentrations higher than environmental concentrations.^{[96][93][97][98] [99] [100]} A subchronic toxicity study on common carp has indicated the lowest observed effect concentration at 0.03mg/l and no observed effect concentration at 0.015mg/l of diclofenac.^[101] A chronic study in rainbow trout after 28 days of exposure has demonstrated histopathological effects at the LOEC of 5µg/L which include renal lesions (degeneration of tubular epithelia, interstitial nephritis) and alterations of the gills.^[51] Another study in rainbow trout exposed to five different concentrations (1, 5, 29, 100, 500µg/l) has depicted cytological alterations in liver, kidney and gills at 1µg/L.^[94] The eggs of zebrafish were exposed to six different concentrations of diclofenac (0, 1, 20, 100, 500, 1000, and 2000 µg l⁻¹) but had not shown any effect on the embryonic development, except delayed hatching at 1000 and 2000µg/l.^[102] Fish embryo toxicity tests have shown effect on hatching, yolk sac formation and tail deformation at above 1.5mg/l of diclofenac.^[103] A study on rainbow trout exposed to diclofenac intraperitoneally and through water at 1.7µg/l has reported the presence of the drug and its metabolites in bile.^[104] The drug was observed in the bile of two wild fishes namely roach, *Rutilus rutilus* at the concentration of 44-148ng/ml and bream *Abramis brama* at the concentration of 6-95ng/ml from a lake which received treated municipal waste water.^[105] The toxic effects of diclofenac were studied in *Clarius gariepinus* by acute and chronic static renewable bioassay. Acute exposure has caused abnormal behavior and mortality of some fish and with 96h LC₅₀ value as 25.12mg/l. Chronic exposure of the fish to different concentrations (1.57, 3.14 and 6.28mg/L) has shown significantly higher mean corpuscular concentration of the drug. Furthermore, the levels of alanine aminotransferase (ALT), aspartate aminotransferase (AST), lactate dehydrogenase (LDH) and glucose values have significantly increased while protein levels were reduced ($p < 0.05$) in serum and gills throughout the 42-day exposure period.^[106] Recent studies have indicated the presence of metabolites of diclofenac in the fish bile and the compound has undergone bioconcentration in fish bile showing the bioconcentration factor values upto 1000.^[70] A study on Brown trout exposed to 0.5, 5 and 50µg/l of diclofenac for 7, 14 and 21 days, has revealed that diclofenac significantly reduced haematocrit levels after 7 and 14 days of exposure. After 21 days, there were reports of histopathological alterations like increased monocyte infiltration in the liver, telangiectasis in gills, and the occurrence of interstitial hyaline droplets, interstitial proteinaceous fluid and mild tubular necrosis in trunk kidney. Immunohistological analysis has revealed that there was an increase in the number of granulocytes and their accumulation in primary gill filaments, and increased major histocompatibility complex II expression in kidney, suggesting inflammatory process in these organs. The ability of diclofenac to hinder the

stimulation of prostaglandin E2 synthesis was shown in head kidney macrophages of brown trout in vitro.^[95] There was an alteration in the feeding behavior of Japanese medaka fish on exposure to 1mg/l of diclofenac.^[107] A subchronic exposure in rainbow trout has inferred that diclofenac and its metabolites were accumulated in the bile, interfered the biochemical functions by altering the expression of *cyp1a1*, *cox1*, *cox2* and *p53* genes and histopathological alterations were observed in intestine and kidney.^[108] Long term exposure of *Oryzias latipes* for three months has reported that diclofenac would delay hatching as the concentrations increased from 0.001-10mg/l and no vitellogenin induction was observed in male fish.^[109] Both short term and long term exposure of diclofenac on Indian major carp has shown significant changes in different enzymological parameters.^[110] The expression of biomarker genes was related to cytotoxicity, genotoxicity and estrogenic effects in Japanese medaka exposed to 8mg/l and 1µg/l concentrations of DCF in fish.^[111] A subchronic exposure of fish to sublethal concentrations of DCF to 5, 15, 30 and 60mg/l for 28 days has caused decrease in the growth of fish at 30mg/l and 60mg/l.^[112] A study on a fish, *Cyprinus carpio* has indicated that diclofenac would cause oxidative stress in liver, gill, brain and blood.^[113] ^[114] Diclofenac has inhibited the enzyme ethoxyresorufin-O-deethylase (EROD) activity at sublethal concentrations in primary culture of rainbow trout hepatocytes.^[115] The bioconcentration factor values of diclofenac were reported in the fish rainbow trout in plasma as 4.02-0.75 l/kg^[93] 7 l/kg^[116] 4.9-5.7 l/kg^[117] in bile as 509-657 l/kg^[108] 476-797 l/kg^[117] and in liver 2.54-0.36 l/kg.^[93]

The comparison of fish blood plasma concentrations to the human therapeutic levels has indicated that Diclofenac has the highest risk for non-target species.^[116] Studies on embryos of the frog, *Xenopus* have inferred that diclofenac causes morphological anomalies, but would not alter developmental tissue during embryogenesis.^[118] A chronic exposure study on Swiss albino mice has revealed that diclofenac causes genotoxicity with induction of chromosomal aberrations and formation of micronucleipolychromatic erythrocytes in bone marrow and sperm abnormality in germ cells.^[119]

Studies on Vulture mortality in Indian subcontinent was due to acute renal failure and visceral gout^[12] and the occurrence of extensive deposits of uric acid on and within internal organs.^[120] Diclofenac was proved to be toxic to the *Gyps fluvus* and *Gyps africanus* which were from Eurasia and Africa respectively.^[121] The findings of a simulation model on Vulture population has supported that diclofenac poisoning was the cause of their rapid decline.^[13] A comparative study in poultry birds using nimesulide and diclofenac sodium has inferred that it would cause histopathological lesions in liver and kidney.^[11] The renal failure in oriental white backed vultures was found to be due to inhibition of the modulating effect of prostaglandin on angiotensin -2

mediated adrenergic stimulation.^[122] A pathological and microbiological study on Vultures has indicated that death of birds was due to visceral gout and intra nuclear inclusions, perivascular lymphoid aggregates and haemolytic *E.coli* were also noticed in the tissues.^[123] Diclofenac at higher doses has caused alterations in hepatobiliary, nephric and gastrointestinal systems in Swiss albino mice.^[124] A major biliary metabolite of diclofenac, diclofenac acyl glucuronide has increased the ulceration in small intestine in rats.^[125] A study on rats has revealed that intestinal bacteria play a significant role in the cause of hepatotoxicity by diclofenac.^[126]

Diclofenac in human

Diclofenac can be administered either orally or topically into the human body. The World health organization has recommended a daily dose of 100mg for diclofenac.^[72] It is rapidly absorbed from the gastrointestinal tract.^[127,128] It is bound to the plasma proteins and thus its wider distribution to the extracellular spaces is reduced.^[129,130] Diclofenac undergoes hepatic biotransformation involving aromatic hydroxylations and conjugations.^[131,132] There are about five metabolites formed in the liver.^[133] The drug is eliminated in the form of glucuroconjugates and sulphate metabolites to a greater extent and very little amount is excreted as parent drug through kidneys.^[130] There are about six metabolites formed from diclofenac in human plasma namely 4' hydroxy diclofenac, 5'- hydroxydiclofenac, 3' hydroxy-diclofenac, 4',5- dihydroxy-diclofenac 4'-hydroxy-3-methoxy-diclofenac, 3'-hydroxy 4'-methoxy diclofenac.^[134] ^[135,136] About 70% of the orally administered dose is excreted through urine and 30% in feces as the parent drug or its metabolites.^[134] The mean terminal half life of the oral drug and intravenous doses in plasma were 1.8 hours and 1.1 hours respectively.^[137]

Mode of action

It exerts its action by inhibiting the effect of cyclooxygenase-1 (COX-1) and cyclooxygenase - 2 (COX-2) enzymes which are helpful in the biosynthesis of prostaglandins.^[138] Prostaglandins are produced at the sites of injury or damage, and cause pain and inflammation.^[139] Diclofenac by blocking the effect of COX enzymes, helps in the less production of prostaglandins, thus reducing pain and inflammation.^[140] It may also interact with the lipoxygenase pathway with the release and reuptake of arachidonic acid.^[9]

Efficacy

Diclofenac mouthwash was found to be helpful in reducing periodontal postoperative pain but was more effective in controlling pain when used along with other drugs. A study has found that diclofenac was more effective when used with vitamin B in the treatment of pain originated by lower limb fracture and surgery.^[141] There was no clinical evidence that topical non steroidal anti inflammatory drugs were more effective in long duration.^[142] A comparative study of diclofenac with other non steroidal anti-inflammatory drugs against

osteoarthritis and rheumatoid arthritis has found that the risk and safety depends on the individuals and should be taken into consideration before treatment.^[143] A study has shown that fixed dose combination of diclofenac and tramadol was effective in reducing acute moderate to severe pain in various disorders.^[144] Diclofenac when used along with muscle relaxant Thioclochocoside would decrease pain, stiffness and physical function of orthopedic patients than used alone.^[145] Diclofenac in addition to its efficacy has acceptable tolerability profile in elderly patients with osteoarthritis.^[146] It was effective in treating pain after conventional radiofrequency neurotomy with minimum cost of treatment.^[147] Low dose submicron diclofenac was found as an effective agent for the treatment of chronic pain caused due to osteoarthritis.^[148] Diclofenac was effective in treating acute shoulder pain.^[149] Diclofenac epolamine topical patch 1.3% was effective in managing pains in soft tissue injuries as sprains, strains and contusions.^[150,151] Diclofenac 100C topical formulation was found to be efficient in penetration into the local tissues without high systemic concentrations found in oral forms.^[152] The usage of topical solution for the treatment of osteoarthritis was more effective and found to be safe with minimum side effects as local skin irritation.^{[153] [154]} Diclofenac continues to be an effective pain management drug in osteoarthritis on par with other recent drugs.^[155] Diclofenac along with Paracetomal was found to be effective in treating postoperative pain cesarean section against Meperidine.^[156] It reduces the calcium loss in urine thus inhibiting the bone resorption in postmenopausal stage of women.^{[157] [158]} The long term usage of diclofenac sodium gel was effective in treating knee osteoarthritis in elderly population with oral drug.^[159] It was tested for antibacterial activity in vitro against 397 bacteria and resulted in inhibition at 50-100µg/100ml and the in vivo data was significant ($P < 0.001$).^[160] Diclofenac was found to be an effective antimicrobial agent inhibiting several antibiotic resistant bacteria.^[161] Many strains of gram positive and gram negative bacteria were inhibited by diclofenac sodium due to the inhibition of DNA synthesis at the concentration 50-100mg/l.^[162]

Risks

Diclofenac is reported to cause several side effects. It leads to gastrointestinal toxicity causing ulcers and bleeding.^[128] The gastrointestinal toxicity and bleeding from the intestinal ulcers was believed to be due to the inhibition of the COX-1 gene and was proved in an invitro study.^[163] Recently the COX -2 specific inhibitors have come into use to reduce the incidence of ulcers.^[164] The excessive dosage of Diclofenac has reported the gastrointestinal damage with perforations.^{[165] [166]} A clinical trial has shown that in a population of 268 patients, 0.3% were with gastrointestinal ulcers.^[167] An ex-vivo study using precision-cut intestinal slices from jejunum of donors has indicated that Diclofenac can cause intestinal toxicity at the therapeutic concentrations independent of the metabolites formed in the liver or

intestine.^[168] There are evidences that diclofenac could cause hepatic toxicity related with higher rates of aminotransferase elevations.^[169] A large clinical trial in arthritis patients treated with diclofenac has revealed that DCF caused aminotransferase elevations in 4-6 months of treatment and clinical liver injury might occur early or late in therapy.^[170] There are evidences of hepatotoxicity in rat and human cell lines with the impairment of mitochondrial activity and futile consumption of NADPH.^{[171] [172]} The high dose of diclofenac was found to be associated with a moderate increase in the risk of cardiovascular functions.^[173] Diclofenac given intramuscularly in the left arm deltoid region has developed gangrene in the upper limb.^[174] The intramuscular injection of diclofenac has caused Nicolau syndrome with symptoms of necrosis of skin, subcutaneous and muscle tissue.^{[175] [176]} Sonographic studies of Nicolau syndrome after intramuscular injection of Diclofenac has shown diffuse thickening with increased echogenicity of the skin and subcutaneous fat layer, while MRI has revealed extensive edema involving gluteal and piriformis muscles and deep fascia, and fluid collection.^[177] Diclofenac was associated with the increased risk of cardiovascular diseases even in low dose with short duration treatment and it was inferred that its usage in patients with myocardial infarction was more dangerous.^[178] A comparative study of patient groups taking COX-2 inhibitor, Celecoxib and non steroidal anti-inflammatory drugs ibuprofen or Diclofenac has demonstrated that thromboembolic events like myocardial infarction, cardiovascular deaths, stroke and peripheral events were similar in all patient groups.^[179] A systemic review of the observational studies has indicated that there is an increased risk of ischemic stroke with the use of rofecoxib and diclofenac.^[180] A study in general population of Netherlands has inferred that there was a high risk of stroke with the use of both selective COX-2 and non-selective COX -2 non steroidal anti inflammatory drugs.^[181]

CONCLUSION

The availability of sophisticated instrumentation has made possible the detection of the pharmaceuticals from various sources. The fate and removal of pharmaceuticals has also been studied using different techniques. Further research is needed to understand the complete transformation and degradation of pharmaceuticals. The efficiency of sewage treatment plants should be improved to diminish the entry of pharmaceuticals into surface waters. The adverse impact of diclofenac on various organisms including human is not predictable with the available ecotoxicological data. The acute toxicity data of pharmaceuticals reveals that they are not of great concern to aquatic life at present environmental concentrations. However, chronic toxicity is anticipated as they are continuously released into the environment. There is a paucity of data on chronic toxicity studies in aquatic organisms, particularly in fish. Future research should be focussed on chronic toxicity

using novel approaches rather than conventional standard acute toxicity tests in all aquatic species. There is a need of more research on mixture toxicity of various drugs and their synergistic effects. In order to minimize the side effects of Diclofenac in human, it should be administered in combination with such compounds which do not alter the functional anatomy of human.

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