

Review Article

Lactonova Dishwash concentrated powder : A safe Alternative against chemical based dishwashers Damaging our Gut Health

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Chemicals dish soaps may be adding to our Plates, and why we need to worry even after washing, traces of dishwashing liquid get left behind on our dishes, enter our bodies with every next meal and can negatively affect the gut microbiome and hence, overall health. Many dishwashing liquids contain triclosan, an antibacterial and antifungal compound. Triclosan's extensive usage in hospitals has also led to the development of MRSA — multi-antibiotic resistant *Staphylococcus aureus*. The present Article Reviews role of Lactonova Dishwashing powder, A safe Alternative against chemical based dishwashers Damaging our Gut Health.

Keywords: Lactonova, Dishwashing powder, Triclosan, Gut Health.

1. Introduction

The market offers a wide variety of dishwashing liquids - some that promise to clean your utensils in one swipe, others that promise a pleasant fragrance after.

But some base ingredients remain common in most, if not all of these commercial dishwashing liquids. These are the active agents required to clean the grease and stubborn food residue from your plates, cutlery and cookware.

2. Harmful ingredients in dishwashing liquids

The followings were some of the harmful synthetic ingredients, a majority of commercial dishwashing (liquid or powder) brands used in their products.

Triclosan is one of these active ingredients widely used in the gels. This antibacterial and antifungal agent was banned in the USA for its adverse effects on the mitochondria - the powerhouse of our cells.

Following this, many companies that sell in India also stopped its usage in products that have chances of ingestion—like toothpaste. Although diluted, triclosan is still used in dishwashing liquids.

Sodium Laureth Sulfate (SLES) is used in toilet cleaners as well as in dishwashing soaps. Mainly used as a foaming agent that can penetrate through grease and clean it from the surface of utensils, SLES can be absorbed by skin cells. This may lead to rashes and allergic reactions if you have sensitive skin.

Disodium EDTA, a foaming agent, is commonly found in dishwashing liquids. This ingredient is not

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[Makers of Lactonova Dishwashing powder](#)

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hazardous in diluted forms, but since it is a “penetration enhancer,” it is known to disturb skin cells in a way that allows other chemicals to be absorbed.

Phosphates, Another commonly found ingredient in these dishwashing gels are phosphates, which, although found in nature, can disrupt an ecosystem when introduced in a concentrated form.

Formaldehyde, The Food Safety and Standards Authority of India (FSSAI) has forbidden the use of this organic compound to preserve fish. It’s health hazards are far-ranging, the most serious being that it is a known carcinogen. Even with these serious consequences, Formaldehyde or its diluted form (Formalin) is found in a few dish soap brands.

When you release phosphates into lakes, ponds and other water bodies through your drainage system, it causes algae to grow faster than average, thus adversely affecting the ecosystem there. Fig.1 shows the printed details of the Lactonova dishwash concentrated powder.

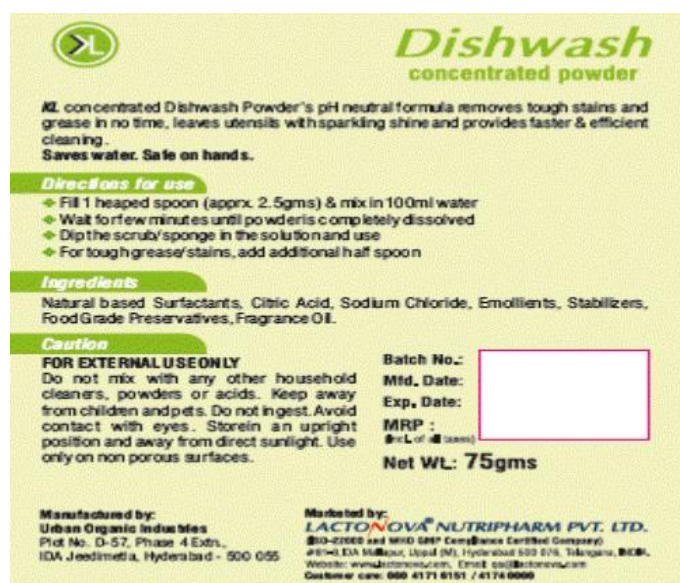


Fig. 1. Direction for use and Ingredients of Lactonova Dishwasher

3. Harmfulness of these ingredients

The chemicals mentioned above are just active agents commonly found in the ingredients list of dishwashing liquids. In addition to these, fragrances, colouring dyes, preservatives, sodium chloride etc. are also used in various permutations and combinations and can be extremely harmful in concentrated forms.

To be fair to the detergents we get in markets, the ingredients are used in a diluted state, but one can never be too sure about how efficiently the detergents are cleaned from the plates, cutlery and utensils.

A recent clinical Study data reveals that Dishwashing Liquid Can Be Damaging to our Gut Health. According to recent research out of the University of Chicago. The gut microbiome is 4-plus pounds of useful symbiotic bacteria, yeast, and viruses lining the gastrointestinal tract in the human body.

Many dishwashing liquids contain triclosan, an antibacterial and antifungal compound. In experiments on fish, the study found that the chemical changed the population of gut bacteria. This reversed itself after the triclosan was removed. In another experiment on biofilms - a group of microorganisms that stick to each other and to a surface - the microbiome remained altered even after the exposure was eliminated.

Alyson Yee and Jack Gilbert, the study’s authors, linked changes like these to a wide array of diseases and metabolic disorders, including obesity, inflammatory bowel disease, irritable bowel syndrome, and behavioral and metabolic disorders, and suggest these effects might be more harmful to fetuses and newborns than adults. Triclosan’s extensive usage in hospitals has also led to the development of MRSA — multi-antibiotic resistant *Staphylococcus aureus*. Humans are exposed to triclosan transiently and in small doses, but the presence of triclosan in surface, ground and drinking water indicates its potential to persist and accumulate in the environment.

4. Conclusion

Chemicals dish soaps may be adding to our Plates for washing. Then why we need to worry even after washing, traces of dishwashing liquid get left behind on our dishes, enter our bodies with every next meal and can negatively affect the gut microbiome and hence, overall health. Many popular dishwashing liquids contain triclosan, an antibacterial and antifungal compound. Triclosan’s extensive usage in hospitals has also led to the development of MRSA—multi-antibiotic resistant *Staphylococcus aureus*. Lactonova Dishwashing powder, A safe Alternative against chemical based dishwashers Damaging our Gut Health.

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