Iodine is an important micronutrient required for human nutrition. Lack of iodine in the diet leads to a visible and invisible spectrum of health consequences collectively called iodine deficiency disorders (IDD). In India, a nation wide survey revealed that out of 283 studied districts of 29 states and four union territories, 235 have prevalence of endemic goitre (Chandra, 2006). Requirement of iodine is normally met from food and drinking water. Drinking water is one of the most important sources of iodine intake. The sources of drinking water reflect upon the iodine level based on the composition of rocks and soil of the region. It has been identified that there is considerable difference in the levels of iodine in water from different sources and places.

Natural factors like the erosion of soil in riverine areas which occur due to loss of vegetation which is again linked to forest clearing for agriculture, overgrazing, or the depletion of forests for domestic requirement of wood ensures a continued and increasing loss of iodine from the soil. Ground water and locally grown plants in these areas also lack iodine. Iodine deficiency in human beings is thus due to the ecological chain of consumption, who are dependant on these animals and plants for their dietary supply of iodine.

Differences in iodine nutriture and goitre in subjects have been attributed to significant differences in iodine content of water in Siwa Oases (Coble Yank et al., 1968). A good correlation between iodine content of drinking water and incidence of thyroid enlargement points to the inadequate intake of iodine as the most probable cause of goitre in Iran (Emami et al., 1969).

Although, many factors such as iodine content, pH, and...