

BALANTIDIUM COLI

General description

Balantidium coli is a unicellular protozoan parasite with a length up to 200µm, making it the largest of the human intestinal protozoa. The trophozoites are oval in shape and covered with cilia for motility. The cysts are 60–70µm in length and resistant to unfavourable environmental conditions, such as pH and temperature extremes. *Balantidium coli* belongs to the largest protozoan group, the ciliates, with about 7200 species, of which only *B. coli* is known to infect humans.

Human health effects Infections in humans are relatively rare, and most are asymptomatic. The trophozoites invade the mucosa and submucosa of the large intestine and destroy the host cells when multiplying. The multiplying parasites form nests and small abscesses that break down into oval, irregular ulcers. Clinical symptoms may include dysentery similar to amoebiasis, colitis, diarrhoea, nausea, vomiting, headache and anorexia. The infections are generally self-limiting, with complete recovery.

Source and occurrence

Humans seem to be the most important host of *B. coli*, and the organism can be detected in domestic sewage. Animal reservoirs, particularly swine, also contribute to the prevalence of the cysts in the environment. The cysts have been detected in water sources, but the prevalence in tap water is unknown.

Routes of exposure

Transmission of *B. coli* is by the faecal–oral route, from person to person, from contact with infected swine or by consumption of contaminated water or food. One waterborne outbreak of balantidiasis has been reported. This outbreak occurred in 1971 when a drinking-water supply was contaminated with stormwater runoff containing swine faeces after a typhoon.

Significance in drinking-water

Although water does not appear to play an important role in the spread of this organism, one waterborne outbreak is on record. *Balantidium coli* is large and amenable to removal by filtration, but cysts are highly resistant to disinfection. Within a WSP, control measures to reduce potential risk from *B. coli* should focus on prevention of source water contamination by human and swine waste, followed by adequate treatment. Due to resistance to disinfection, *E. coli* (or, alternatively, thermotolerant coliforms) is not a reliable index for the presence/absence of *B. coli* in drinking-water supplies.

Selected bibliography

Garcia LS (1999) Flagellates and ciliates. *Clinics in Laboratory Medicine*, 19:621–638. Walzer PD et al. (1973) Balantidiasis outbreak in Truk. *American Journal of Tropical Medicine and Hygiene*, 22:33–41.