

Article

Maximizing Bio-Hydrogen and Energy Yields Obtained in a Self-Fermented Anaerobic Bioreactor by Screening of Different Sewage Sludge Pretreatment Methods

Alaa A. El-kebeer ¹, Usama F. Mahmoud ¹, Sayed Ismail ², Abu Abbas E. Jalal ¹, Przemysław Kowal ^{3,*} , Hussein E. Al-Hazmi ^{3,*}  and Gamal K. Hassan ^{4,*} 

¹ Department of Civil Engineering, Faculty of Engineering, Al-Azhar University, Cairo 11651, Egypt; alaaelkebeer.14@azhar.edu.eg (A.A.E.-k.); dr.usama_fathy@yahoo.com (U.F.M.); aboalabbbaseissa.14@azhar.edu.eg (A.A.E.J.)

² Department of Civil Engineering, Faculty of Engineering, Ain Shams University, Cairo 11241, Egypt; sayed.ismail@eng.asu.edu.eg

³ Faculty of Civil and Environmental Engineering, Gdansk University of Technology, Narutowicza 11/12, 80-233 Gdansk, Poland

⁴ Water Pollution Research Department, National Research Centre, 33El-Bohouth St. (Former El-Tahrir St.), Dokki, P.O. Box 12622, Giza 12622, Egypt

* Correspondence: przkowal@pg.edu.pl (P.K.); hussein.hazmi1@pg.edu.pl (H.E.A.-H.); gk.hassan@nrc.sci.eg (G.K.H.)

Abstract: Egypt faces significant challenges in managing its sewage sludge generated in large quantities from wastewater treatment plants. This study investigates the feasibility of utilizing sewage sludge as a renewable resource for hydrogen production through anaerobic digestion at the 100 L bioreactor level. Hydrogen is considered a promising alternative energy source due to its high energy content and environmental benefits. To optimize the microbial degradation process and maximize hydrogen production from sewage sludge, a specialized pretreatment is necessary. Various pretreatment methods have been applied to the sewage sludge, individually and in combination, to study the bio-hydrogen production from sewage sludge. The four methods of treatment were studied in batch assays as a pilot scale. Thermal pretreatment of sewage sludge significantly increases bio-hydrogen production yield compared to other sewage sludge pretreatment methods, producing the highest H₂ yield (6.48 LH₂/g VS). In general, the hydrogen yield of any type of pretreated inoculum was significantly higher than the untreated inoculum. At the same time, alkaline pretreatment improved the hydrogen yield (1.04 LH₂/g VS) more than acid pretreatment (0.74 LH₂/g VS), while the hydrogen yield for the combination of pretreatments (shock alkali pretreatment) was higher than both (1.73 LH₂/g VS). On the other hand, untreated sewage sludge (control) had almost no hydrogen yield (0.03 LH₂/g VS). The self-fermented anaerobic bioreactor improved sewage sludge utilization, increased bioenergy yields, and seems to be promising for treating complex wastes at this scale.

Keywords: bio-hydrogen; CSTR; dark fermentation; pretreatment; sewage sludge



Citation: El-kebeer, A.A.; Mahmoud, U.F.; Ismail, S.; Jalal, A.A.E.; Kowal, P.; Al-Hazmi, H.E.; Hassan, G.K. Maximizing Bio-Hydrogen and Energy Yields Obtained in a Self-Fermented Anaerobic Bioreactor by Screening of Different Sewage Sludge Pretreatment Methods. *Processes* **2024**, *12*, 118. <https://doi.org/10.3390/pr12010118>

Academic Editors: Francesca Raganati and Alessandra Procentese

Received: 17 December 2023

Revised: 28 December 2023

Accepted: 31 December 2023

Published: 2 January 2024



Copyright: © 2024 by the authors. Licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

1. Introduction

According to the Central Agency for Public Mobilization and Statistics organization, Egypt had over 100 million inhabitants in 2021, making it one of the most populous countries in Africa and the Middle East. The exponential population growth has led to a substantial increase in water consumption, resulting in a significant volume of wastewater during its final cycle process. To address this issue, it is essential to ensure that the wastewater undergoes proper treatment in wastewater treatment plants, particularly addressing the byproduct known as sewage sludge.

Sewage sludge is composed of diverse organic and inorganic constituents and is considered to be a significant societal issue due to the country's population. In Egypt,

sewage sludge is generally processed and disposed of in landfills or used as fertilizer [1]. Regarding the situation in Egypt, it has been recently reported that Egypt produced nearly 2.1 million tons of sludge in 2018 in Greater Cairo [2] [3]. The Egyptian situation pushes the researchers to find a solution for achieving the sustainability of the sanitation sector via the proper treatment of sewage sludge [4].

Anaerobic digestion (AD) is a common method for the co-digestion of sewage sludge with different substrates [5–7]. This process usually produces biogas that forms a mixture of methane (CH_4), carbon dioxide (CO_2), a small percent of hydrogen gas, hydrogen sulfide, and stabilized digestate [8]. Hydrogen, as one of the produced biogases, is considered a valuable energy source. Hydrogen has a higher energy density and is a clean fuel [9]; as a sustainable fuel that generates water and energy, it overcomes the negative effects of the usage of fossil fuels [10]. Hydrogen has many uses as a fuel source for fuel cells and as a feedstock in the chemical industries [11]. Utilizing microbial processes through dark or photo fermentation methods represents an economically viable and highly promising approach for bio-hydrogen production [12]. Recent research findings indicate that the generation of bio-hydrogen via dark fermentation, specifically through the stages of hydrolysis and acidogenesis, represents an efficient approach for harnessing energy from wastewater with a high organic content. Additionally, recent research findings have demonstrated that sewage sludge presents a diminished hydrogen production potential when compared to carbohydrate-abundant substrates, yielding below 1 mmol H_2 /g volatile solids (VS) [13,14]; this contrasts with 5–10 mmol H_2 /g VS observed in waste such as agricultural wastes and food waste, as reported by other researchers [15–17].

Challenges in the dark fermentation of sewage sludge lie in the limited availability of easily fermentable substrates [13], low yielding of bio-hydrogen, and the up-scaling of the fermentative bioreactors [18]. It has been reported that dark fermentation for hydrogen production was improved by pretreating the substrate or inoculum, which helps decrease the activity of the bacteria that produce methane and increase the activity of the bacteria that produce hydrogen [19]. Pretreatment methods, such as thermal, chemical, or enzymatic techniques, enhance the accessibility of fermentable substrates for microorganisms by disrupting the cell structures and liberating the substrates [20]. Consequently, this improves the overall hydrogen production during dark fermentation [13,21]. Several pretreatment processes, such as mechanical [22], thermal [23], chemical [24], or irradiation [25], have been proposed to increase the ability of sewage sludge for fermentation. Sewage sludge has been extensively pretreated with thermal and chemical pretreatments in some research [26–28].

Thermal pretreatment is helpful for the growth of hydrogen-producing bacteria after suppressing the activity of methanogens [29]; however, in the chemical treatment processes that were treated by acetylene, iodopropane, methanol and bromo ethane sulfonic acid (BESA), these served as inhibitors and very toxic for bacteria [30]. Some researchers have demonstrated that alkaline pretreatment methods outperform acidic pretreatment techniques as a pretreatment method for anaerobic sludge [31]. Some researchers have integrated the two distinct pretreatment methods to enhance the sludge solubilization process, increasing the availability of fermentable substrates to produce more biogas [32–34]. Despite the lack of a comprehensive investigation comparing the impacts of various pretreatment methods and their combinations on dark fermentative hydrogen generation from sewage sludge, most prior research has focused on batch processes, with only a limited number of studies reporting continuous reactor experiments and up-scaling of the process [35].

Dark fermentation, a biochemical reaction, is influenced by the pH and temperature during the fermentation phase. The ideal pH and temperature for hydrogen generation are unique for sewage sludge [34,35]. The process of dark fermentation involving carbohydrate-rich substrates is typically conducted under mildly acidic conditions ($\text{pH} < 6$) to facilitate the growth of hydrogen-producing microorganisms [36]. They possess the ability to suppress rival microorganisms such as methanogenic archaea [37].



The aim of this study was to study the impact of using multi-pretreatment methods to enhance the self-fermented anaerobic sewage sludge for bio-hydrogen production in a 100 L bioreactor. Hydrogen production from a pretreated 100 L sewage sludge bioreactor was studied with different pretreatments and pH to provide the maximum hydrogen yield. To the best of our knowledge, such a study of the effects of different pretreatments on hydrogen production from sewage sludge using an up-scale of 100 L has not been conducted before. Bio-energy yields produced from the different pretreatment methods from this scale have also been assessed in this study, with analysis of the microbiological examination for the ideal case.

2. Materials and Methods

2.1. Properties of Initial Sewage Sludge and Experimental Setup

The excess sludge was harvested from the full-scale anaerobic sludge treatment plant existing in the El-Gabal El-Asfar wastewater treatment plant located in Qalyubia government in Egypt. The main characteristics of the sludge are presented in Table 1. To study the availability of producing of bio-hydrogen at a scale of 100 L of sewage sludge, various pretreatment methods were applied to the sewage sludge mixture, as follows: a control (C) experiment where no pretreatment was performed on the sludge; a thermal pretreatment (TP) experiment involving heat treatment of the sludge mixture at 75 °C for 15 min; a shock alkali pretreatment experiment (SALP), where the sludge underwent alkaline treatment with sodium hydroxide (1 N) to reach pH of 11.5 for 4 h, followed by adding phosphoric acid to reach pH 5.5; an alkaline pretreatment (ALP) experiment, where the sludge mixture was treated with sodium hydroxide (1 N) to adjust pH 11.5; and an acid pretreatment (ACP) experiment, where acidification of the sludge mixture was achieved through treatment with phosphoric acid (pH 5.5).

Table 1. Characteristics of mixed sewage sludge.

Parameters	pH	COD _{tot} (g/L)	VFA _S (g/L)	ALK (g/L)	TS (g/L)	VS (g/L)
Initial sewage sludge (Control (C))	7.62	32.43	0.82	2.78	26.55	17.92
Thermal pretreatment (TP)	6.40	39.70	0.74	2.67	21.00	14.20
Shock alkaline pretreatment (SKP)	6.70	33.20	0.97	2.75	26.00	18.20
Alkaline pretreatment (KP)	7.40	37.87	0.86	2.62	24.70	19.11
Acid pretreatment (AP)	6.90	34.23	0.94	2.84	21.00	14.28

2.2. CSTR Setup and Operation

To produce hydrogen from the mixed sewage sludge, the pilot-scale CSTR with a total volume of 100 L and a working volume of 70 L was utilized. The area of the reactor had three sampling or feeding ports on the side, a bottom port for sludge removal, and 4 holes on the upper side of the reactor were used for gas collection, temperature, and pH monitoring. Mechanical mixing of the CSTR content was carried out by external pumped recirculation. The temperature was maintained by using electrical heaters. The resulting gas was collected into a 25-L steel container, and after that, the gas was received using gas bags, as shown in Figure 1. The CSTR was fed with mixed sewage sludge that had been pretreated and operated in batch mode.

2.3. Analysis and Calculations

Gas production in the continuous stirred tank (CSTR) reactor was assessed on each operating day using the water displacement technique. The pH value was measured using a JENWAY 3510 device (Long Branch, NJ, USA), and chemical oxygen demand (COD) was measured using the HACH method [5]. Volatile fatty acids (VFAs), ammonia nitrogen, total Kjeldahl nitrogen (TKN) (steam distillation, Behr S-1, Dusseldorf, Germany), total solids (TS) (drying oven, DHG-9055A, Dobetter Group of Corporations, Shanghai, China),

and volatile solids (VS) (Vulcan A-550, Ransom & Randolph GmbH, Rötha, Germany) were measured according to the standard methods for the examination of water and wastewater [21]. Briefly, total solids were measured by drying the samples at 105 °C for 24 h, and the solid contents were determined from the difference between the sample weights before and after drying. Volatile solids content was calculated from the loss on ignition after ashing the dried residue at 550 °C for 2 h. Volatile solids were a part of the total solids, and some calculations were used from the standard methods for the examination of water and wastewater for measuring these processes [21]. Biogas composition was determined using a portable biogas 5000 gas analyzer (Geotech, Geotechnical Instruments (UK) Ltd., Coventry, England). The bacterial community was identified from the hydrogen reactors using the Biolog GEN III system (BIOLOG, Hayward, CA, USA), as discussed previously in the literature [38].

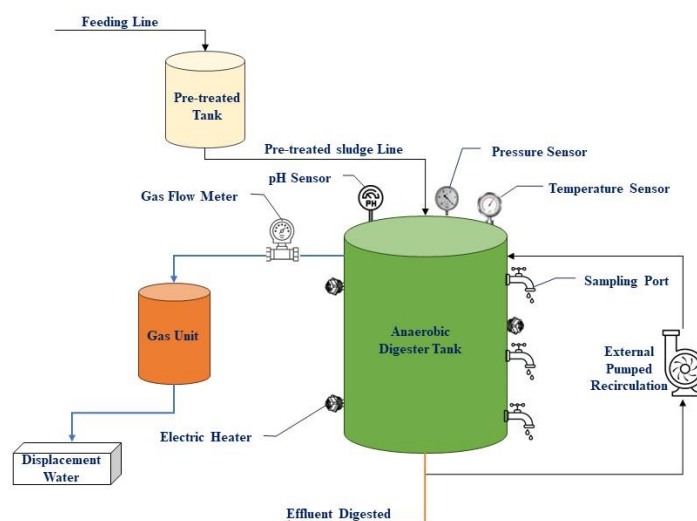


Figure 1. Schematic diagram of the CSTR producing hydrogen from mixed sewage sludge.

3. Results and Discussion

3.1. Bio-Hydrogen Production from a 100 L Sewage Sludge Bioreactor Using Different Pretreatment Methods

The potential for bio-hydrogen production was evaluated through batch assays on the pretreated mixed sewage sludge with different initial treatments, as described before (C, TP, SALP, ALP, and ACP). The hydrogen yields of the four kinds of pretreated and non-pretreated sludge in anaerobic fermentation are shown in Figure 2. As per the results of the batch experiment, the pretreatment methods used in the mixed sewage sludge leads to production of different bio-hydrogen gas, and consequently, production of different hydrogen yields.

The sludge without pretreatment was used as a control for the whole experiment, producing hydrogen gas and the following hydrogen yield, as shown in Figure 2. It shows that the control batch gave a small amount of hydrogen gas that accounted for 0.03 (L H₂/g VS). Figure 2 shows that the hydrogen yield obtained after each pretreatment increased significantly compared to the yield from the raw mixed sludge. Temperature can influence the metabolic activity of fermentative microorganisms, which can affect the hydrogen production rate. Hydrogen is usually produced as a byproduct by fermentative microorganisms in their metabolism, which involves breaking down organic matter in the sewage sludge in the absence of oxygen. These microorganisms' metabolic activity can be influenced by several factors, including temperature [39]. As shown in Figure 2, the highest H₂ yield was produced by TP of the anaerobic sludge at 6.48 (L H₂/g VS). This indicates that heat pretreatment success fully eliminated H₂-consuming bacteria (HCB) and improved the H₂ production rate and hydrogen production yield.

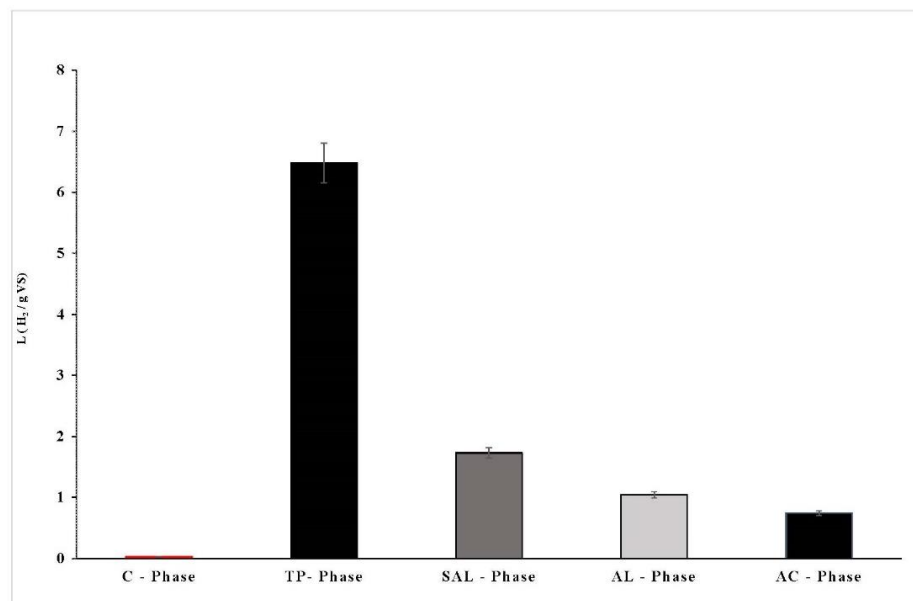


Figure 2. Effects of various pretreatments on total hydrogen yields.

Figure 2 also shows the effect of initial pH on the hydrogen yield in the cases of SALP, ALP, and ACP. The variations were significant because the higher pH could further disrupt the microbial cell of sludge and gave different values for the bio-hydrogen gas, as stated by some researchers [30,40]. The hydrogen yield of various pretreated sludge at various initial pH was completely different at this scale. At an initial pH of 5.54 (acidic), the hydrogen yield was 1.73 L H₂/g VS; however, the hydrogen yield decreased to 1.04 L H₂/g VS when the reactor was working at an alkaline pH (pH = 11.34). These results are better than the results that were provided by Zhang et al. (2007) [41] at pH 4.0, who provided an accumulative hydrogen yield of only 0.15 L H₂/g VS at the same pH while undertaking an anaerobic digestion process for cornstalk waste; however, the results of this study were without any substrate and was self-fermented. Another researcher, Antonopoulou et al. (2010), reported an optimum pH range of 4.7–5.3 for bio-hydrogen production from sweet sorghum extract in a continuous stirred tank bioreactor [42], and Assawamongkholsiri et al. (2013), reported a maximum hydrogen production potential of 481 mL H₂/L from an activated sludge pretreated with acid (0.5% (w/v) HCl) for 6 h [43]. Another study prepared by Zhang et al. (2003) reported that the optimal initial pH for converting starch to hydrogen was found at 6.0 under thermal conditions [44]. On the other hand, our study results did not correspond to the results obtained by Cai et al. (2004), who indicated that the optimum pH for producing hydrogen gas at the rate of 11.68 mL H₂/g VS was 11.5 and, in contrast, when they used a pH of 7.0, the biohydrogen gas was only 1.46 mL H₂/g VS [45]. The hydrogen yield was only 0.74 L H₂/g VS in the case of shock alkaline pretreatment. These experimental results suggested that all pretreatments could enhance hydrogen production from sewage sludge by anaerobic fermentation at different rates, and the heat pretreatment was the best, with good availability to do this in the real field as well. The values in parentheses for the maximum H₂ yield are the incubation pH at which the maximum yield was obtained.

Table 2 compares the maximum hydrogen yield in sewage sludge fermentation. It can be seen from Table 2 that the maximum hydrogen yield in the present work (6.48 (L H₂/g VS/100 L)) was higher compared with sewage sludge fermentation in other studies. This result indicated that the real field experiment (100 L) was the best, with a good availability of hydrogen compared to other laboratory studies, as shown in Table 2.

Table 2. Comparison with the reported data of hydrogen yield using sewage sludge.

Substrate	Fermentation Conditions	Maximum Hydrogen Yield	References
Thermal pretreated sludge	Batch 37 °C	12.23 mL/g-VS _{added}	[46]
Ultrasound pretreated sludge	CSTR 36.5 °C	25.2 mL/g-VS _{added}	[47]
Alkaline pretreated sludge	Batch 37 °C	11.68 mL/g-VS _{added}	[48]
Thermal pretreated sludge	Batch 37 °C	60 mL/g VS _{added}	[49]
Thermal pretreated sludge	Batch 36 °C	20.8–51.7 mL/g VS	[50]
Thermal pretreated sludge	CSTR 55 °C	64.8 mL H ₂ /g VS	our study

3.2. Effect of Pretreatment on the Composition and Characteristics of Mixed Sewage Sludge

To enhance the bio-hydrogen production, various pretreatments were applied to the sewage sludge—some of them acted individually (thermal, alkaline, and acidic), and one case was in combination (alkaline + acidic) compared to the control experiment. Because the mechanisms of pretreatments were different, the produced bio-hydrogen from the sewage sludge was also different [51]. Table 3 summarizes the effects of the five pretreatments on the sludge after anaerobic fermentation. Because these pretreatments can break part of the bacteria structures and the microbial cells of the sludge, biogases are produced and detoxification of the waste happens, as recorded by many researchers previously [52].

Table 3. The effect of different pretreatments on mixed sewage sludge characteristics.

Item	Control (C)	Thermal (TP)	Shock Alkaline (SKP)	Alkaline (KP)	Acid (AP)
pH	7.45	6.50	6.05	8.91	5.40
COD _{tot} (g/L)	27.80	27.60	23.76	25.17	22.94
ALK (g/L)	2.49	2.82	2.79	2.08	2.18
TS (g/L)	21.89	15.43	27.10	34.00	18.65
VS (g/L)	13.98	9.88	15.99	21.76	10.26
Max H ₂ yield (L H ₂ /g VS)	0.03	6.48	1.73	1.04	0.74

Hydrogen was produced at an acidic pH and alkaline pH as the lysis of the cell strengthened along with the acidic and alkaline pHs, but not at a neutral pH, as compatible with the results of many previous studies [53–55]. To date, some studies have demonstrated that in alkaline conditions, the VFA production was improved significantly, and the yield was even over 3 or 4 times that at pH 5.0, or under uncontrolled pH conditions [24,56], and this is consistent with the results of our study since the hydrogen productivity in alkaline pretreatment is almost twice as high as in acidic (Table 3). This can be used to explain why the combination of solubilized protein from sludge and the formation of VFAs and ammonia during bio-hydrogen fermentation occurs.

COD_{tot} reduction is a significant parameter for measuring the productivity performance of bio-hydrogen in the study [57]. COD_{tot} reduction was monitored throughout the anaerobic process period. As shown in Figure 3A, each pretreatment process enhanced the reduction of total chemical oxygen demand at the self-fermented bioreactor work, as indicated in Table 3. The thermal pretreatment (TP) achieved the most significant decrease, resulting in a COD total reduction from 39.70 to 27.60 g/L (2.15 times higher than the untreated sludge); however, the decrease in COD_{tot} was from 33.2 g/L to 23.7 g/L in the shock alkaline phase, and the reduction was from 31.8 g/L to 25.1 in the alkaline phase. In the acidic phase, the reduction of COD was recorded from around 30 g/L to around 23 g/L. In the context of hydrogen production from sewage sludge, a decrease in the COD can be

advantageous as it indicates that microorganisms utilize the organic matter to generate hydrogen through the process of anaerobic fermentation [58–60].

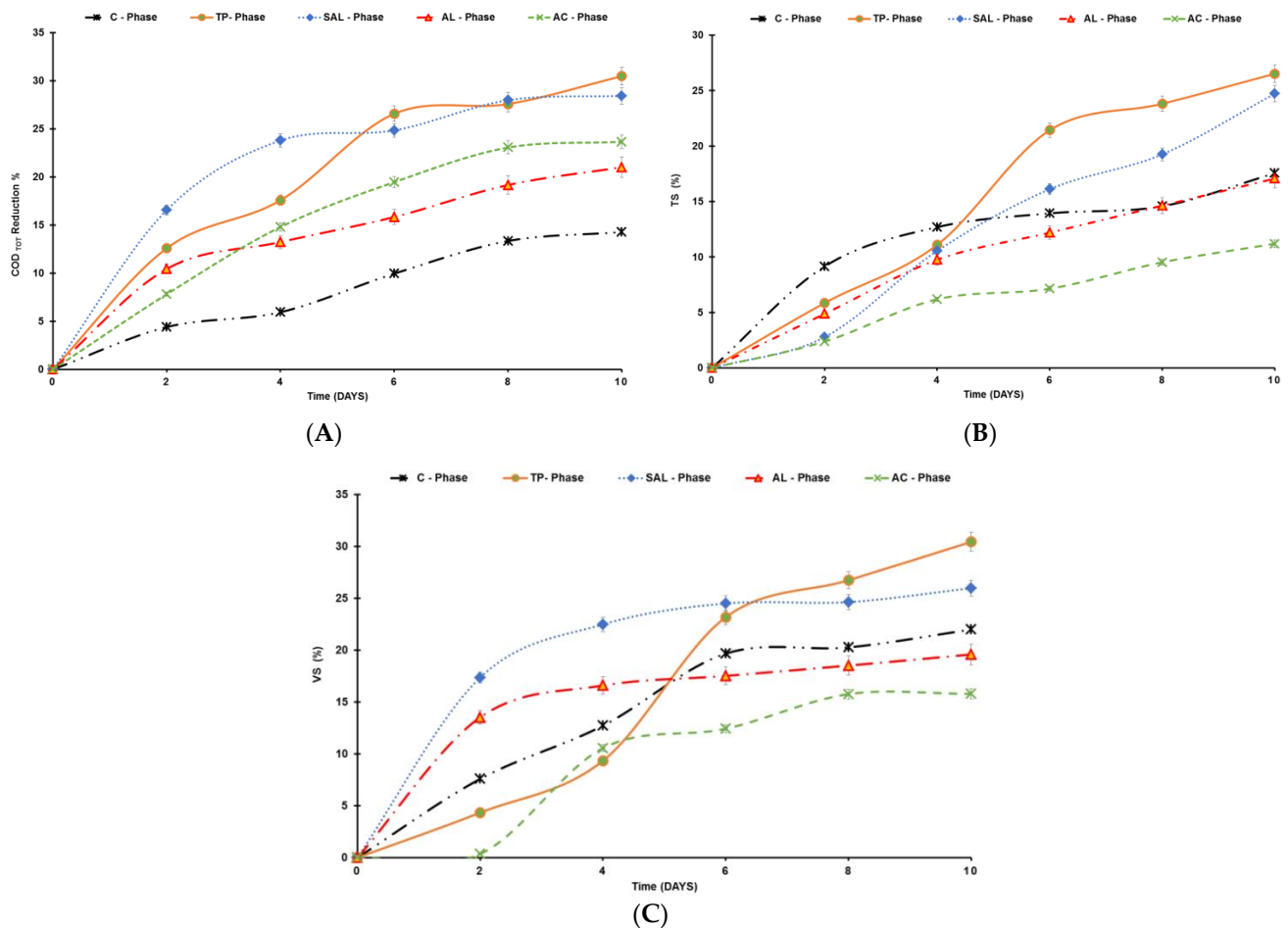


Figure 3. The effects of different pretreatments on (A) COD, (B) TS, and (C) VS reductions from the self-fermented CSTR reactor (100 L).

The total solid (TS) content plays a significant role in bio-hydrogen production from sewage sludge through anaerobic fermentation. Optimizing the TS content within an appropriate range is crucial for maximizing the bio-hydrogen yield and overall process performance [61]. Complex organic compounds in the waste material are broken down into simpler compounds during anaerobic fermentation, such as volatile fatty acids and carbon dioxide. The result is a reduction in total solids content (TS), as larger molecules are transformed into smaller ones or gases that can be easily separated from the liquid fraction. As shown in Figure 3B, each distinct pretreatment procedure contributed to an augmentation of the reduction for (TS) by a factor ranging from 11% to 27.5%. The most significant decrease was achieved through shock alkaline pretreatment (SKP), resulting in a TS reduction from 36 to 27.1 g/L; however, the results of volatile solids through the different pretreatments were variable. Volatile solids play a crucial role in the fermentation process as they refer to the organic matter that can be broken down and converted into biogas through anaerobic digestion [62]. As shown in Figure 3C, our study found that each distinct pretreatment procedure contributed to an augmentation of the reduction for (VS) by a factor ranging from 15% to 30.4%, as demonstrated in Table 3. The most significant decrease was achieved through shock alkaline pretreatment (SKP), resulting in a VS reduction from 21.60 to 15.99 g/L (1.38 times higher than the untreated sludge), as indicated in Table 3. This was due to the increase in the available solids in the shock

alkaline phase due to the addition of amounts of chemicals, which make it available for bacteria; the same observation was made by El-QLish et al., 2020 [63].

3.3. Volatile Fatty Acids Production at Different Pretreatments from the Self-Fermented CSTR Reactor (100 L)

During anaerobic fermentation, microorganisms break down organic matter to produce different byproducts. One of these byproducts is VFAs, which are organic acids with a relatively low molecular weight. VFAs are formed through the breakdown of complex organic compounds. The production of bio-hydrogen through anaerobic fermentation has the potential to have a significant effect on the production and concentration of volatile fatty acids (VFAs). The production of VFAs can depend on several factors, such as the type of organic matter being fermented, pH and temperature of the fermentation environment, and the microbial community present during fermentation [64].

Figure 4 shows the VFA yields and confirms that the yield and the produced VFAs were at the maximum value in the TP phase (2.9 g VFAs/g VS). This value was decreased in the case of ASL to 0.7 g VFAs/g VS, and this was comparable to the case of the AL-phase (1.2 g VFAs/g VS). The VFA yields were 2.6 g VFAs/g VS in the AC phase. In CSTRs, the hydrogen yield was not constant and did not correlate with the concentration of VFAs in the fermentation process, suggesting the occurrence of the homoacetogenesis process, as happened in [65]. Similar results were reported by Wan et al. 2016 [35], who obtained a hydrogen yield of 0.85 mmol H₂/g VSS from sewage sludge in a batch under thermophilic conditions (55 °C), and reported that the thermophilic temperature was the optimum case for producing hydrogen from the anaerobic fermenter.

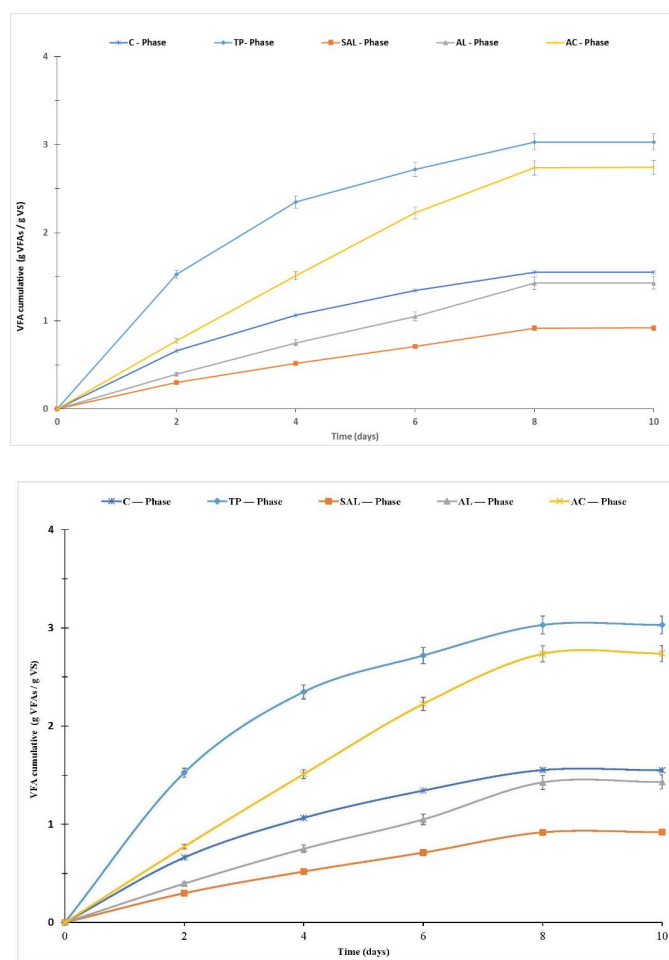


Figure 4. The effects of different pretreatment on VFA yields from the self-fermented CSTR reactor (100 L).

3.4. Microbiological Examination of Sludge in Thermal Pretreatment as the Optimum Phase

Examination of the microbial community taken from the TP phase, using Biolog GEN III, confirmed the presence of *Bacillus licheniformis* and *Bacillus pseudomycolides*; this observation was compatible with Shah et al. [66], who found that two *Bacillus* sp. strains produced a H₂ yield through the fermentation of food waste. These bacterial strains could produce up to 61 mL of H₂/g-VS and are considered good biomarkers for the development of relevant H₂-producing inoculants; these results are consistent with Hassan et al. [18], who found that the fermentation process to produce more hydrogen could happen through *Bacillus Licheniformis* species reported that the anaerobic digester also contained *Bacillus pseudomycolides*.

3.5. Total Energy Yields from the 100 L Sewage Sludge Self-Fermented Bioreactor in Different Pretreatment Methods

Table 4 shows the energy yield values of the self-fermented anaerobic CSTR using the heating values of 120 kJ/g VS fermenter for hydrogen gas [67]. The energy yields from the hydrogen fermenter was 64,300 kJ/g VS fermenter and only 300 kJ/g VS fermenter for the TP and the control phase, respectively, and this confirms that the thermal pretreatment can maximize the energy yields compared to the control phase. The energy yield increased by a factor of 24.6, 33.4, and 57.6 for acidic, alkaline, and shock alkaline phases, respectively, as a result of using the pretreatment in the preceding hydrogen production. Hassan et al., 2022 [7] used a novel technology for increasing the energy yields from the hydrogen fermenter and suggested that the thermal pretreatment would maximize the energy yields from the food waste and using such technologies (electrodialysis), the VFA concentrations will also be increased; however, in this study, the maximization of energy yields happened for a fermenter with 100 L, not 5 L, as in other studies.

Table 4. Energy yields from the 100 L sewage sludge self-fermented bioreactor at different pretreatment methods.

Pretreatment Phase	Hydrogen Yield (mL/g VS)	Energy Yield (K j/g VS)
Control	30	300
Acidic	740	7400
Alkaline	1004	10,040
Shock alkaline	1730	17,300
Thermal	6480	64,800

4. Conclusions

The present study systematically reviews, for the first time at a pilot scale, the effect of different sewage sludge pretreatments on dark fermentative hydrogen production from mixed sewage sludge at a bioreactor level 100 L scale. The thermal pretreatment of sewage sludge for the inoculum can increase the bio-hydrogen production yield with the production of the highest H₂ yield; however, the bio-hydrogen yield of any type of pretreated sludge was significantly higher than the untreated inoculum, proving the effectiveness of the pretreatment methods on the bio-hydrogen production yield. Overall, the sewage sludge or even industrial sludge is considered to be a very good source for the production of valuable products [68].

Author Contributions: Conceptualization, G.K.H.; Methodology, A.A.E.-k. and G.K.H.; Software, A.A.E.-k. and G.K.H.; Validation, G.K.H., Formal analysis, A.A.E.-k.; Investigation, A.A.E.-k. and G.K.H.; Resources, A.A.E.-k., G.K.H., S.I., P.K., H.E.A.-H. and U.F.M.; Data curation, G.K.H. and A.A.E.-k.; Writing—original draft, A.A.E.-k. and G.K.H.; Writing—review and editing, A.A.E.-k., G.K.H., S.I., A.A.E.J., P.K., H.E.A.-H. and U.F.M.; Visualization, G.K.H.; Supervision, G.K.H., S.I., A.A.E.J. and U.F.M. All authors have read and agreed to the published version of the manuscript.

Funding: This research received no external funding.



Data Availability Statement: The datasets used and/or analyzed during the current study are available from the corresponding author upon reasonable request.

Acknowledgments: This work was carried out with assistance from the Faculty of Engineering, Al-Azhar University, and the Water Pollution Research Department, at the National Research Centre in Egypt.

Conflicts of Interest: The authors declare no conflicts of interest.

References

- Ghazy, M.; Dockhorn, T.; Dichtl, N. Sewage sludge management in Egypt: Current status and perspectives towards a sustainable agricultural use. *Int. J. Environ. Ecol. Eng.* **2009**, *3*, 270–278.
- Hassan, G.K.; Abdel-Karim, A.; Al-Shemy, M.T.; Rojas, P.; Sanz, J.L.; Ismail, S.H.; Mohamed, G.G.; El-gohary, F.A.; Al-sayed, A. Harnessing Cu@Fe₃O₄ core shell nanostructure for biogas production from sewage sludge: Experimental study and microbial community shift. *Renew. Energy* **2022**, *188*, 1059–1071. [[CrossRef](#)]
- Hassan, G.K.; Mahmoud, W.H.; Al-sayed, A.; Ismail, S.H.; El-Sherif, A.A.; Abd El Wahab, S.M. Multi-functional of TiO₂@ Ag core-shell nanostructure to prevent hydrogen sulfide formation during anaerobic digestion of sewage sludge with boosting of bio-CH₄ production. *Fuel* **2023**, *333*, 126608. [[CrossRef](#)]
- Raheem, A.; Sikarwar, V.S.; He, J.; Dastyar, W.; Dionysiou, D.D.; Wang, W.; Zhao, M. Opportunities and challenges in sustainable treatment and resource reuse of sewage sludge: A review. *Chem. Eng. J.* **2018**, *337*, 616–641. [[CrossRef](#)]
- Hassan, G.; Alaneny, A.; Afify, A.; El-Liethy, M.A.; El-Gohary, F. Production of biofuels (H₂&CH₄) from food leftovers via dual-stage anaerobic digestion: Enhancement of bioenergy production and determination of metabolic fingerprinting of microbial communities. *Egypt. J. Chem.* **2021**, *64*, 4105–4115.
- Hellal, M.S.; Abou-Taleb, E.M.; Rashad, A.M.; Hassan, G.K. Boosting biohydrogen production from dairy wastewater via sludge immobilized beads incorporated with polyaniline nanoparticles. *Biomass Bioenergy* **2022**, *162*, 106499. [[CrossRef](#)]
- Hassan, G.K.; Jones, R.J.; Massanet-Nicolau, J.; Dinsdale, R.; Abo-Aly, M.M.; El-Gohary, F.A.; Guwy, A. Increasing 2-Bio-(H₂ and CH₄) production from food waste by combining two-stage anaerobic digestion and electro dialysis for continuous volatile fatty acids removal. *Waste Manag.* **2021**, *129*, 20–25. [[CrossRef](#)]
- El-Khateeb, M.; Hassan, G.K.; El-Liethy, M.A.; El-Khatib, K.M.; Abdel-Shafy, H.I.; Hu, A.; Gad, M. Sustainable municipal wastewater treatment using an innovative integrated compact unit: Microbial communities, parasite removal, and techno-economic analysis. *Ann. Microbiol.* **2023**, *73*, 35. [[CrossRef](#)]
- Edwards, P.P.; Kuznetsov, V.L.; David, W.I.; Brandon, N.P. Hydrogen and fuel cells: Towards a sustainable energy future. *Energy Policy* **2008**, *36*, 4356–4362. [[CrossRef](#)]
- Poleto, L.; Souza, P.; Magrini, F.E.; Beal, L.L.; Torres AP, R.; de Sousa, M.P.; Laurino, J.P.; Paesi, S. Selection and identification of microorganisms present in the treatment of wastewater and activated sludge to produce biohydrogen from glycerol. *Int. J. Hydrogen Energy* **2016**, *41*, 4374–4381. [[CrossRef](#)]
- Hosseini, S.E.; Wahid, M.A. Hydrogen production from renewable and sustainable energy resources: Promising green energy carrier for clean development. *Renew. Sustain. Energy Rev.* **2016**, *57*, 850–866. [[CrossRef](#)]
- Argun, H.; Dao, S. Bio-hydrogen production from waste peach pulp by dark fermentation: Effect of inoculum addition. *Int. J. Hydrogen Energy* **2017**, *42*, 2569–2574. [[CrossRef](#)]
- Guo, L.; Lu, M.; Li, Q.; Zhang, J.; She, Z. A comparison of different pretreatments on hydrogen fermentation from waste sludge by fluorescence excitation-emission matrix with regional integration analysis. *Int. J. Hydrogen Energy* **2015**, *40*, 197–208. [[CrossRef](#)]
- Xiao, B.; Liu, J. Biological hydrogen production from sterilized sewage sludge by anaerobic self-fermentation. *J. Hazard. Mater.* **2009**, *168*, 163–167. [[CrossRef](#)]
- Hassan, G.K.; Massanet-Nicolau, J.; Dinsdale, R.; Jones, R.J.; Abo-Aly, M.M.; El-Gohary, F.A.; Guwy, A. A novel method for increasing biohydrogen production from food waste using electro dialysis. *Int. J. Hydrogen Energy* **2019**, *44*, 14715–14720. [[CrossRef](#)]
- Shin, H.S.; Youn, J.H. Conversion of food waste into hydrogen by thermophilic acidogenesis. *Biodegradation* **2005**, *16*, 33–44. [[CrossRef](#)]
- Tawfik, A.; Hassan, G.K.; Yu, Z.; Salah, H.A.; Hassan, M.; Meng, F. Dynamic approach for mono-and di-fermentation of black liquor and livestock wastewater for 2-bio-(H₂&CH₄) production. *Biomass Bioenergy* **2021**, *145*, 105947.
- Hassan, G.K.; Hemdan, B.A.; El-Gohary, F.A. Utilization of food waste for bio-hydrogen and bio-methane production: Influences of temperature, OLR, and in situ aeration. *J. Mater. Cycles Waste Manag.* **2020**, *22*, 1218–1226. [[CrossRef](#)]
- Mohan, S.V.; Babu, V.L.; Sarma, P.N. Effect of various pretreatment methods on anaerobic mixed microflora to enhance biohydrogen production utilizing dairy wastewater as substrate. *Bioresour. Technol.* **2008**, *99*, 59–67. [[CrossRef](#)]
- Kumar, G.; Dharmaraja, J.; Arvindnarayan, S.; Shoban, S.; Bakonyi, P.; Saratale, G.D.; Nemestóthy, N.; Bélafi-Bakó, K.; Yoon, J.-J.; Kim, S.H. A comprehensive review on thermochemical, biological, biochemical and hybrid conversion methods of bio-derived lignocellulosic molecules into renewable fuels. *Fuel* **2019**, *251*, 352–367. [[CrossRef](#)]
- Zhang, C.; Su, H.; Baeyens, J.; Tan, T. Reviewing the anaerobic digestion of food waste for biogas production. *Renew. Sustain. Energy Rev.* **2014**, *38*, 383–392. [[CrossRef](#)]

22. Bougrier, C.; Carrère, H.; Delgenes, J.P. Solubilisation of waste-activated sludge by ultrasonic treatment. *Chem. Eng. J.* **2005**, *106*, 163–169. [[CrossRef](#)]
23. Weemaes, M.P.; Verstraete, W.H. Evaluation of current wet sludge disintegration techniques. *J. Chem. Technol. Biotechnol.* **1998**, *73*, 83–92. [[CrossRef](#)]
24. Yuan, H.; Chen, Y.; Zhang, H.; Jiang, S.; Zhou, Q.; Gu, G. Improved bioproduction of short-chain fatty acids (SCFAs) from excess sludge under alkaline conditions. *Environ. Sci. Technol.* **2006**, *40*, 2025–2029. [[CrossRef](#)] [[PubMed](#)]
25. Yin, Y.; Wang, J. Gamma irradiation induced disintegration of waste activated sludge for biological hydrogen production. *Radiat. Phys. Chem.* **2016**, *121*, 110–114. [[CrossRef](#)]
26. Al-Hazmi, H.E.; Maktabifard, M.; Grubba, D.; Majtacz, J.; Hassan, G.K.; Lu, X.; Piechota, G.; Mannina, G.; Bott, C.B.; Makinia, J. An Advanced Synergy of Partial Denitrification-Anammox for Optimizing Nitrogen Removal from Wastewater: A Review. *Bioresour. Technol.* **2023**, *381*, 129168. [[CrossRef](#)]
27. Bundhoo, M.Z.; Mohee, R.; Hassan, M.A. Effects of pre-treatment technologies on dark fermentative biohydrogen production: A review. *J. Environ. Manag.* **2015**, *157*, 20–48. [[CrossRef](#)]
28. Al-Hazmi, H.E.; Hassan, G.K.; Maktabifard, M.; Grubba, D.; Majtacz, J.; Makinia, J. Integrating Conventional Nitrogen Removal with Anammox in Wastewater Treatment Systems: Microbial Metabolism, Sustainability and Challenges. *Environ. Res.* **2022**, *215*, 114432. [[CrossRef](#)]
29. Zhu, H.; Béland, M. Evaluation of alternative methods of preparing hydrogen producing seeds from digested wastewater sludge. *Int. J. Hydrogen Energy* **2006**, *31*, 1980–1988. [[CrossRef](#)]
30. Mersal, M.; Zedan, A.F.; Mohamed, G.G.; Hassan, G.K. Fabrication of Nitrogen Doped TiO₂/Fe₂O₃ Nanostructures for Photocatalytic Oxidation of Methanol Based Wastewater. *Sci. Rep.* **2023**, *13*, 4431. [[CrossRef](#)]
31. Yu, H.; Du, W.; Zhang, J.; Ma, F.; Zhang, X.; Zhong, W. Fungal treatment of cornstalks enhances the delignification and xylan loss during mild alkaline pretreatment and enzymatic digestibility of glucan. *Bioresour. Technol.* **2010**, *101*, 6728–6734. [[CrossRef](#)]
32. Kavitha, S.; Kannah, R.Y.; Yeom, I.T.; Do, K.U.; Banu, J.R. Combined thermo-chemo-sonic disintegration of waste activated sludge for biogas production. *Bioresour. Technol.* **2015**, *197*, 383–392. [[CrossRef](#)] [[PubMed](#)]
33. Kim, D.H.; Jeong, E.; Oh, S.E.; Shin, H.S. Combined (alkaline+ ultrasonic) pretreatment effect on sewage sludge disintegration. *Water Res.* **2010**, *44*, 3093–3100. [[CrossRef](#)]
34. Yang, S.S.; Guo, W.Q.; Cao, G.L.; Zheng, H.S.; Ren, N.Q. Simultaneous waste activated sludge disintegration and biological hydrogen production using an ozone/ultrasound pretreatment. *Bioresour. Technol.* **2012**, *124*, 347–354. [[CrossRef](#)] [[PubMed](#)]
35. Wan, J.; Jing, Y.; Zhang, S.; Angelidaki, I.; Luo, G. Mesophilic and thermophilic alkaline fermentation of waste activated sludge for hydrogen production: Focusing on homoacetogenesis. *Water Res.* **2016**, *102*, 524–532. [[CrossRef](#)] [[PubMed](#)]
36. Masset, J.; Calusinska, M.; Hamilton, C.; Hiligsmann, S.; Joris, B.; Wilmotte, A.; Thonart, P. Fermentative hydrogen production from glucose and starch using pure strains and artificial co-cultures of *Clostridium* spp. *Biotechnol. Biofuels* **2012**, *5*, 35. [[CrossRef](#)] [[PubMed](#)]
37. Li, C.; Fang, H.H. Fermentative hydrogen production from wastewater and solid wastes by mixed cultures. *Crit. Rev. Environ. Sci. Technol.* **2007**, *37*, 1–39. [[CrossRef](#)]
38. Al-Dhabaan FA, M.; Bakhali, A.H. Analysis of the bacterial strains using Biolog plates in the contaminated soil from Riyadh community. *Saudi J. Biol. Sci.* **2017**, *24*, 901–906. [[CrossRef](#)]
39. Burrows, E.H.; Chaplen, F.W.; Ely, R.L. Optimization of media nutrient composition for increased photofermentative hydrogen production by *Synechocystis* sp. PCC 6803. *Int. J. Hydrogen Energy* **2008**, *33*, 6092–6099. [[CrossRef](#)]
40. Xiao, B.; Liu, J. pH dependency of hydrogen fermentation from alkali-pretreated sludge. *Chin. Sci. Bull.* **2006**, *51*, 399–404. [[CrossRef](#)]
41. Zhang, M.L.; Fan, Y.T.; Xing, Y.; Pan, C.M.; Zhang, G.S.; Lay, J.J. Enhanced biohydrogen production from cornstalk wastes with acidification pretreatment by mixed anaerobic cultures. *Biomass Bioenergy* **2007**, *31*, 250–254. [[CrossRef](#)]
42. Antonopoulou, G.; Gavala, H.N.; Skiadas, I.V.; Lyberatos, G. Influence of pH on fermentative hydrogen production from sweet sorghum extract. *Int. J. Hydrogen Energy* **2010**, *35*, 1921–1928. [[CrossRef](#)]
43. Assawamongkholisiri, T.; Reungsang, A.; Pattra, S. Effect of acid, heat and combined acid-heat pretreatments of anaerobic sludge on hydrogen production by anaerobic mixed cultures. *Int. J. Hydrogen Energy* **2013**, *38*, 6146–6153. [[CrossRef](#)]
44. Zhang, T.; Liu, H.; Fang, H.H. Biohydrogen production from starch in wastewater under thermophilic condition. *J. Environ. Manag.* **2003**, *69*, 149–156. [[CrossRef](#)] [[PubMed](#)]
45. Cai, M.; Liu, J.; Wei, Y. Enhanced biohydrogen production from sewage sludge with alkaline pretreatment. *Environ. Sci. Technol.* **2004**, *38*, 3195–3202. [[CrossRef](#)]
46. Xiao, B.Y.; Liu, J.X. Effects of thermally pretreated temperature on bio-hydrogen production from sewage sludge. *J. Environ. Sci.* **2006**, *18*, 6–12.
47. Wu, F.; Zhou, S.Q. Continuous pro-hydrogen by anaerobic fermentation of municipal sludge. *Int. J. Green Energy* **2011**, *8*, 130–145. [[CrossRef](#)]
48. Xiao, B.Y.; Liu, J.X. Effects of various pretreatments on biohydrogen production from sewage sludge. *Chin. Sci. Bull.* **2009**, *54*, 2038–2044. [[CrossRef](#)]
49. Yang, G.; Wang, J. Co-fermentation of sewage sludge with ryegrass for enhancing hydrogen production: Performance evaluation and kinetic analysis. *Bioresour. Technol.* **2017**, *243*, 1027–1036. [[CrossRef](#)]

50. Yang, G.; Wang, J. Enhanced hydrogen production from sewage sludge by Co-fermentation with forestry wastes. *Energy Fuels* **2017**, *31*, 9633–9641. [[CrossRef](#)]
51. Kim, J.; Park, C.; Kim, T.H.; Lee, M.; Kim, S.; Kim, S.W.; Lee, J. Effects of various pretreatments for enhanced anaerobic digestion with waste activated sludge. *J. Biosci. Bioeng.* **2003**, *95*, 271–275. [[CrossRef](#)] [[PubMed](#)]
52. Elmaadawy, K.; Liu, B.; Hassan, G.; Wang, X.; Wang, Q.; Hu, J.; Hou, H.; Yang, J.; Wu, X.; Protection, E. Microalgae-assisted fixed-film activated sludge MFC for landfill leachate treatment and energy recovery. *Process Saf. Environ. Prot.* **2022**, *160*, 221–231. [[CrossRef](#)]
53. Lin, C.Y.; Chang, R.C. Hydrogen production during the anaerobic acidogenic conversion of glucose. *J. Chem. Technol. Biotechnol.* **1999**, *74*, 498–500. [[CrossRef](#)]
54. Fang, H.H.; Liu, H. Effect of pH on hydrogen production from glucose by a mixed culture. *Bioresour. Technol.* **2002**, *82*, 87–93. [[CrossRef](#)] [[PubMed](#)]
55. Liu, C.Q.; Yu, Y.F.; Lin, H.; Zhao, Y.C. Effects of initial pH on bio-hydrogen production from alkaline pretreated municipal sludge. *Adv. Mater. Res.* **2014**, *878*, 689–698. [[CrossRef](#)]
56. Appels, L.; Baeyens, J.; Degreè, J.; Dewil, R. Principles and potential of the anaerobic digestion of waste-activated sludge. *Prog. Energy Combust. Sci.* **2008**, *34*, 755–781. [[CrossRef](#)]
57. Yin, Y.; Hu, J.; Wang, J. Fermentative hydrogen production from macroalgae *Laminaria japonica* pretreated by microwave irradiation. *Int. J. Hydrogen Energy* **2019**, *44*, 10398–10406. [[CrossRef](#)]
58. Sim, S.J.; Joun, J.; Hong, M.E.; Patel, A.K. Split mixotrophy: A novel cultivation strategy to enhance the mixotrophic biomass and lipid yields of *Chlorella protothecoides*. *Bioresour. Technol.* **2019**, *291*, 121820. [[CrossRef](#)]
59. Hu, J.; Danish, M.; Lou, Z.; Zhou, P.; Zhu, N.; Yuan, H.; Qian, P. Effectiveness of wind turbine blades waste combined with the sewage sludge for enriched carbon preparation through the co-pyrolysis processes. *J. Clean. Prod.* **2018**, *174*, 780–787. [[CrossRef](#)]
60. Yun, Y.M.; Lee, M.K.; Im, S.W.; Marone, A.; Trably, E.; Shin, S.R.; Kim, M.-G.; Cho, S.-K.; Kim, D.H. Biohydrogen production from food waste: Current status, limitations, and future perspectives. *Bioresour. Technol.* **2018**, *248*, 79–87. [[CrossRef](#)]
61. Ghimire, A.; Trably, E.; Frunzo, L.; Pirozzi, F.; Lens, P.N.; Esposito, G.; Cazier, E.A.; Escudé, R. Effect of total solids content on biohydrogen production and lactic acid accumulation during dark fermentation of organic waste biomass. *Bioresour. Technol.* **2018**, *248*, 180–186. [[CrossRef](#)] [[PubMed](#)]
62. Li, L.; Peng, X.; Wang, X.; Wu, D. Anaerobic digestion of food waste: A review focusing on process stability. *Bioresour. Technol.* **2018**, *248*, 20–28. [[CrossRef](#)] [[PubMed](#)]
63. El-Qelish, M.; Chatterjee, P.; Dessì, P.; Kokko, M.; El-Gohary, F.; Abo-Aly, M.; Rintala, J. Bio-hydrogen production from sewage sludge: Screening for pretreatments and semi-continuous reactor operation. *Waste Biomass Valorization* **2020**, *11*, 4225–4234. [[CrossRef](#)]
64. Zheng, H.S.; Guo, W.Q.; Yang, S.S.; Feng, X.C.; Du, J.S.; Zhou, X.J.; Chang, J.-S.; Ren, N.Q. Thermophilic hydrogen production from sludge pretreated by thermophilic bacteria: Analysis of the advantages of microbial community and metabolism. *Bioresour. Technol.* **2014**, *172*, 433–437. [[CrossRef](#)] [[PubMed](#)]
65. Saady, N.M.C. Homoacetogenesis during hydrogen production by mixed cultures dark fermentation: Unresolved challenge. *Int. J. Hydrogen Energy* **2013**, *38*, 13172–13191. [[CrossRef](#)]
66. Shah, A.T.; Favaro, L.; Alibardi, L.; Cagnin, L.; Sandon, A.; Cossu, R.; Basaglia, M. *Bacillus* sp. strains to produce bio-hydrogen from the organic fraction of municipal solid waste. *Appl. Energy* **2016**, *176*, 116–124. [[CrossRef](#)]
67. Nikolaidis, P.; Poullikkas, A. A comparative overview of hydrogen production processes. *Renew. Sustain. Energy Rev.* **2017**, *67*, 597–611. [[CrossRef](#)]
68. Xu, X.; Zhu, D.; Jian, Q.; Wang, X.; Zheng, X.; Xue, G.; Liu, Y.; Li, X.; Hassan, G.K. Treatment of Industrial Ferric Sludge through a Facile Acid-Assisted Hydrothermal Reaction: Focusing on Dry Mass Reduction and Hydrochar Recyclability Performance. *Sci. Total Environ.* **2023**, *869*, 161879. [[CrossRef](#)]

Disclaimer/Publisher’s Note: The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of MDPI and/or the editor(s). MDPI and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.