

1 **Digestion Liquid Based Alkaline Pretreatment of Waste Activated Sludge**
2 **Promotes Methane Production from Anaerobic Digestion**

3 Dandan He^{a,b}, Jun Xiao ^{a,b}, Dongbo Wang^{a,b*}, Xuran Liu^{a,b}, Qizi Fu ^{a,b}, Yifu Li ^{a,b}, Mingting Du ^{a,b}, Qi Yang^{a,b},
4 Yiwen Liu^c, Qilin Wang^c, Bing-Jie Ni^c, Kang Song ^{d*}, Zhe Cai^e, Jun Ye^e, Haitao Yu^e

5 ^aCollege of Environmental Science and Engineering, Hunan University, Changsha 410082, P.R. China

6 ^bKey Laboratory of Environmental Biology and Pollution Control, Ministry of Education, Changsha 410082,
7 P.R. China

8 ^cCentre for Technology in Water and Wastewater, School of Civil and Environmental Engineering, University
9 of Technology Sydney, Sydney, NSW 2007, Australia

10 ^dState Key Laboratory of Freshwater Ecology and Biotechnology, Institute of Hydrobiology, Chinese
11 Academy of Sciences, Wuhan 430072, China

12 ^eHunan Qing Zhi Yuan Environmental Protection Technology Co., Ltd, Changsha 410004, P.R. China

13 First author

14 Email: H_Dandan@163.com

15 *Corresponding author

16 Email: w.dongbo@yahoo.com (Dongbo Wang); sk@ihb.ac.cn (Kang Song)

17

18 **ABSTRACT**

19 This work proved an efficient method to significantly increase methane production from anaerobic
20 digestion of WAS. This method is to reflux proper of digestion liquid into waste activated sludge pretreatment
21 unit (pH 9.5 for 24 h). The yield of maximum methane improved between 174.2 ± 7.3 and 282.5 ± 14.1 mL/g
22 VSS with the reflux ratio of digestion liquid increasing from 0% to 20%. It was observed that the
23 biodegradable organics in the digestion liquid did not affect the biological processes related to anaerobic
24 digestion but increased methane production through reutilization. The ammonium in the digestion liquid was
25 the main contributor to the increase in methane production via promoting sludge solubilization, but refractory
26 organics were the major inhibitors to anaerobic digestion. It should be emphasized that the metal ions
27 present in the digestion liquid were beneficial rather than harmful to the biological processes in the anaerobic
28 digestion, which may be connected with the fact that certain metal ions were involved in the expression and
29 activation of key enzymes. In addition, it was found that anaerobes in digestion liquid were another potential
30 contributor to the enhanced anaerobic digestion.

31 **Keywords:** Digestion liquid; Anaerobic digestion; Alkaline pretreatment; Free ammonia

32 **Introduction**

33 Activated sludge process is currently the most efficient biological wastewater treatment technology being
34 widely used in wastewater treatment plants (WWTPs). But it is inevitable to produce a large amount of
35 activated sludge every day (Li et al., 2020). According to the reports, the annual output of WAS with a
36 moisture content of 80% in China will exceed 60 million tons (Li et al., 2019a; Yang et al., 2015). Untreated
37 WAS is likely to pose a threat to ecosystems, thereby affecting environmental safety and public health (Li et
38 al., 2019; Liu et al., 2020b; Xu et al., 2019). Anaerobic digestion can lead to the reduction and stability of
39 WAS, the killing of pathogenic microorganisms, and the energy recovery in the form of biogas, so it is widely

40 used in WWTPs around the world (Liu et al., 2020; Niu et al., 2019).

41 In ordinary anaerobic digestion, the reduction of WAS is usually less than 30%, which is only equivalent
42 to 5-7% of the available energy in the original sludge (Lazarova et al., 2012). The resource recovery rate of
43 anaerobic digestion is mainly limited by the biochemical methane potential and hydrolysis rate of the substrate,
44 which generally perform poorly in WAS (Li et al., 2017; Liu et al., 2019a). In order to obtain as large
45 methane production as possible, before anaerobic digestion, proper pretreatments are adopted to improve the
46 biochemical methane potential and hydrolysis rate of WAS. So far, numerous WAS pretreatment methods
47 have been proposed, such as thermal, alkaline and chemicals (Wang et al., 2019; Li et al., 2013; Tanaka et al.,
48 1997; Valo et al., 2010). For example, Tanaka et al. (1997) showed that pretreatment of sludge at 180°C for
49 60 minutes increased methane production by about 90% and VSS degradation rate by 30%, as compared with
50 the blank. Wang et al. (2019) indicated that calcium peroxide pretreatment can reduce the inhibition of
51 refractory organics such as humus and lignocellulose, and increase methane production by 1.5 times. After
52 being decomposed with 0.1 mol/L NaOH, the content of soluble organic matter in WAS was significantly
53 increased, and the biogas production was increased by 33% in comparison with the control (Li et al., 2013).
54 Although the above strategies are effective, they require a large amount of energy or reagents, which increases
55 their cost in actual management.

56 Free ammonia (FA), the non-ionized form of ammonium, can enter cells through passive diffusion,
57 causing cell depression or even death (Fux et al., 2006; Vadivelu et al., 2007). Wei et al. (2017) showed that
58 when the FA concentration was 420-680 mg NH₃-N/L, the biochemical methane potential and hydrolysis rate
59 increase from 160 L CH₄/kg VS and 0.22 d⁻¹ to 195 L CH₄/kg VS and 0.53 d⁻¹. Mechanism studies revealed
60 that the primary cause for the increase in methane production was that FA pretreatment enhanced the
61 degradation of WAS and improved the biodegradability of WAS (Wang et al., 2018). In addition, compared

62 with the free nitrous acid pretreatment technology that requires an additional nitrification reactor to be
63 constructed in the side stream to biologically convert ammonium into nitrite, the FA-based technology does
64 not require any additional reactors because FA can be obtained in situ from the digestion liquid with abundant
65 ammonium (Wei et al., 2017). Therefore, FA technology has economic advantages that cannot be ignored,
66 which gained great attraction and expectations in practical applications.

67 There have been some achievements that have boosted the FA technology to a certain extent (Calli et al.,
68 2005; Belmonte et al., 2011; Liu et al., 2019; Wang et al., 2018; Wei et al., 2017), but the FA-based
69 technology in all the previous researches originated from the chemical solution prepared by NH_4Cl , rather
70 than the actual digestion liquid. As we all know, in addition to ammonium, the real digestion liquid also
71 contains various substances. Some of them are biodegradable, such as acetic, protein and carbohydrates,
72 while others are non-biodegradable and may inhibit microorganisms such as humic acid, lignin and metal ion
73 (Mudhoo and Kumar 2013; Sawatdeenarunat et al., 2015; Xiao et al., 2018). As a result, the implementation
74 of FA-based technology in the real project is full of indeterminacy. Specifically, the residuary proteins,
75 carbohydrates, fatty acids and other substances in the digestion liquid may be reused by microorganisms in the
76 digestion system to increase methane production. However, the presence of refractory organics or metal ions
77 was shown to reduce the activity of anaerobic bacteria (Appels et al., 2010; Li et al., 2014), and their
78 coexistence may lead to the increased inhibition, which make against to anaerobic digestion. Up to now, it is
79 doubtful whether reflux of actual digestion liquid can increase methane production.

80 Hence, this study aims to determine whether an appropriate amount of digestion liquid reflux can
81 promote the energy recovery of WAS anaerobic digestion. First of all, the influence of the digestion liquid
82 with different reflux ratios (V/V, 0, 5, 10, 15, 20 and 25%) was investigated. Afterwards, the facts of how
83 digestion liquid affects methane production were clarified by studying its performance in the solubilization of

84 sludge, the biodegradability of organics released and other anaerobic digestion processes. Finally, in order to
85 identify the contribution of the main substances to the enhanced methane production, a series of anaerobic
86 digestion batch tests were also carried out. As far as we know, this is the first work to demonstrate the
87 feasibility of actual digestion liquor promoting methane production from WAS anaerobic digestion, and reveal
88 the mechanism of how digestion liquid affects methane production.

89 **Materials and Methods**

90 **Raw WAS, Inocula, and Digestion Liquid.** The sludge used for the digestion substrate in this study
91 was the WAS harvested from the second settling tank of a WWTP in Changsha, China. After the sludge was
92 collected, it was placed in a refrigerator at 4 °C and allowed to stand for 24 hours. After being discard part of
93 the supernatant, the concentrated sludge was sieved with a 20-mesh sieve for use. The inocula were
94 collected from a long-term anaerobic digester that operated in our lab. Sludge digestion for producing
95 digestion liquid was conducted at pH 9.5 according to the procedure described previously (Wang et al., 2018).
96 After digestion, the liquid phase was separated, the phosphorus was removed as struvite, with the detailed
97 operation being described in Supporting Information (Text S1). The main characteristics of the WAS,
98 inocula and supernatant digestion liquid are listed in Table 1.

99 **Digestion Liquid Pretreatment on WAS.** The 2.7 L of WAS prepared above was divided equally into
100 six bottles. Then, 0 to 150 mL digestion liquid was added to these bottles to achieve the preselected ratio of
101 0, 5, 10, 15, 20 or 25% of digestion liquid to substrate (i.e., raw WAS). Milli-Q water was then injected so
102 that each bottle of digestion substrate was 600 mL. In order to form FA and increase methane production, all
103 the bottles were pretreated with alkaline (pH 9.5) for 24 h, as in our previous report (Wang et al., 2018).

104 **Batch Biochemical Methane Potential Evaluation.** At the end of pretreatment, all the bottles were
105 purged with 200 mL of above inocula and adjusted the pH to neutral (7.0 ± 0.1). Each bottle was flushed with

106 nitrogen gas for 2 min to remove oxygen, then rubber stoppers were used to seal the bottles, which were
107 finally placed in a constant temperature incubator at 35 ± 1 °C with 120 rpm. In addition, a blank reactor was
108 set up to eliminate the influence of the inoculum on methane production, which only contained the same
109 volume of inocula and Milli-Q water. The methane production was determined by multiplying the bio-gas
110 volume by the methane concentration in the biogas, and it was a cumulative value according to the previous
111 method (Wang et al., 2019; Logan et al., 2002). The first-order kinetic model was applied to fit the methane
112 production gained above to evaluate the methane production potential and kinetics of WAS, with the details
113 being showed in Supporting Information (Text S2).

114 **Methane Production from the Reflux Digestion Liquid.** In order to eliminate the interference of
115 organics in the reflux digestion liquid on methane production, the following experiments were carried out.
116 Six reactors similar to the above were used in this experiment. The procedure of this test was the same as the
117 section of “Batch Biochemical Methane Potential Evaluation”, except that Milli-Q water instead of the
118 alkali-treated WAS was used.

119 **Effect of Major Components in the Digestion Liquid on Methane Production.** As mentioned
120 above, the components of digestion liquid are very complex, which can be divided into biodegradable
121 organics, refractory organics, ammonium, metal ions and microorganisms according to their chemical and
122 biological properties. So as to investigate the effects of these substances on methane production, the
123 following trials were carried out to assess their impacts on the performance of anaerobic digestion. These
124 trials were labeled as Test-A, Test-B, Test-C, Test-D, and Test-E, with the operational procedures being
125 detailed in Supporting Information (Text S3).

126 **Effect of Digestion Liquid and Its Main Components on Anaerobic Digestion Processes.** There
127 are some bio-processes, such as hydrolysis, acidogenesis, acetogenesis, and methanogenesis, in WAS

128 anaerobic digestion that are closely related to methane production (Madsen et al., 2011). The digestion
129 liquid will inevitably enter the digestion system and contact with the inocula. Therefore, the purpose of the
130 following batch tests was to evaluate the influence of digestion liquid and its main components on each
131 bio-process of anaerobic digestion. In this batch tests, 30 repeated batch reactors were operated. These
132 reactors were divided into five tests (i.e., Test I, Test II, Test III, Test IV, and Test V). The operation
133 procedure was introduced in Supporting Information (Text S4).

134 **Analytical Methods.** Hydrogen and methane were analyzed using a gas chromatograph (GC112A, China)
135 with a thermal conductivity detector and a 4 mm × 2 m GDX-102 stainless column (Liu et al., 2021). Soluble
136 proteins and carbohydrates were determined by Lowry-Folin method and phenol-sulfuric acid method.
137 SCFA was quantified with an Agilent 6890N with DB-MAXETR column according to the method detailed in
138 the literature (Wang et al., 2019). The determinations of COD, TSS, NH₄⁺-N and VSS were performed on
139 the basis of the standard method (APHA 1998). The determination methods for humus and lignocellulosic
140 were the same as described in the previous literature (Wang et al., 2019; Van et al., 1991). The changes of
141 liquid in pretreated WAS were characterized by using an Excitation Emission Matrix luminescence
142 spectroscopy (F-4600 FL spectrophotometer Hitachi Japan), and the specific operational procedure can be
143 found in Text S5 (Supporting Information). The inductively coupled plasma mass spectrometry (PEAA700,
144 Switzerland) was used to determine the concentration of metal ions in digestion liquid, with the operations and
145 instrument settings being described in Text S6 (Supporting Information).

146 **Statistical analysis.** The analysis of variance was used to assess the significance of experimental results. p
147 < 0.05 was indicated statistically significant, while $p > 0.05$ was considered statistically insignificant.

148 **Results and Discussion**

149 **Impact of Digestion Liquid Pretreatment on Biochemical Methane Production.** Fig. 1 shows the

150 measured methane production during the entire biochemical methane production assay period (i.e. 35 days) in
151 all the tests. The digester with a reflux ratio of 0% was set as the control. In the digester without digestion
152 liquid, methane production did not increase significantly after 25 days, so the best digestion time was 25 days,
153 and the maximum cumulative methane yield at this time was 172.1 ± 8.8 mL/g VSS. Although the
154 cumulative methane production trends of all the digesters with digestion liquid were similar, it can be clearly
155 found that the reflux of digestion liquid greatly affected methane production. For example, when the reflux
156 ratios of digestion liquid were 5%, 10%, 15%, 20% and 25%, the maximal cumulative methane yield were
157 232.2 ± 7.6 , 249.7 ± 5.4 , 263.8 ± 9.2 , 282.5 ± 14.1 and 243.5 ± 12.2 mL/g VSS, respectively. The results
158 proved that it was feasible to increase methane production through proper reflux of digestion liquid.

159 From the values of R^2 shown in Fig. 1, it can be illustrated the satisfactory fit of methane production to
160 the first-order kinetic model in all the scenarios. Compared with the control without digestion liquid reflux,
161 a higher biochemical methane potential (B_0) can be achieved at any digestion liquid reflux ratio in this test.
162 Specifically, when the reflux ratios were between 20% and 25%, the maximum increase of B_0 was 63% (from
163 187 to 304 mL/g VSS). The measured methane production in Fig. 1 also clearly reflected this trend.
164 However, the reflux of the digestion liquid caused the determined hydrolysis rate (k) to be suppressed, which
165 was reduced by approximately 21% (from 0.14 to 0.11 d^{-1}). This was contrary to the conclusion of previous
166 studies that pretreatment of FA prepared by chemical increased K (Wei et al., 2017). The reason of this
167 conflict may be attributed to the effect of substances other than ammonium in the digestion liquid on
168 anaerobic digestion, which would be discussed in the following text.

169 **Methane Production from the Reflux Digestion Liquid.** Since there are some biodegradable
170 organics remaining in the digestion liquid, these organics may be bio-converted into methane. It was found
171 that when the volume of digestion liquid served as the sole substrate increased from 30 to 150 mL, the

172 maximal methane production increased from 8.9 ± 0.6 to 35 ± 0.5 mL (Fig. 2). Assuming that the total COD
173 in the digestion liquid was completely converted to methane, the theoretical methane yields from 30, 60, 90,
174 120 and 150 mL digestion liquid were 10, 20.1, 30.1, 40.2 and 50.2 mL, respectively (Fig. 2), which only
175 accounted for 1% - 4.6% of the corresponding measured methane production in Fig. 1. This indicated that
176 the main factor for digestion liquid enhancing methane production was not the extra COD in digestion liquid.

177 **Mechanism of How Digestion Liquid Enhances Methane Production.** As the final product of
178 WAS anaerobic digestion, methane production is related to several biological processes. Therefore, it is
179 necessary to clarify the influence of digestion liquid on these processes. Sludge disintegration provide
180 substrates, such as proteins and carbohydrates, for anaerobes to produce methane. The data shown in Fig. 3a
181 indicated that the presence of digestion liquid promoted the disintegration of sludge. For example, when the
182 reflux ratio of digestion liquid increased from 0 to 25%, the soluble COD (proteins) concentration after
183 pretreatment was 1654.0 ± 51.0 mg/L (472.0 ± 22.3 mg/L) in the digester in the control (i.e., without digestion
184 liquid), whereas the corresponding datum was 2453.7 ± 81.8 mg/L (1076.0 ± 24.7 mg/L) in the digester with
185 25% reflux ratio. Similar observations were also made at other reflux ratios. Fig. 3b shows EEM spectra of
186 sludge liquid after 24 h alkaline pretreatment, which was often used to characterize the biodegradability of the
187 released organics. Two main peaks (i.e., Peak A and Peak B) were found in the fluorescence spectra. Peak
188 A and Peak B detected at excitation/emission wavelengths of 275/330-335 nm and 220/325-330 nm, were
189 considered to aromatic proteins and tryptophan protein-like substances, respectively (Baker and Andy 2001).
190 Compared with the control, refluxing digestion liquid caused a red shift of the emission wavelength and
191 enhanced the fluorescence intensity (Fig. 3b), which once again suggested that refluxing digestion liquid
192 promoted WAS to release more soluble substrates (Sheng and Yu, 2006).

193 It was observed from Fig. 3c that the refluxed digestion liquid inhibited rather than promoted the

194 bio-processes related to anaerobic digestion. For example, the specific degradation rates (mg/g VSS·h) in
195 the control without refluxed digestion liquid were 28.9 ± 1.3 in BSA, 23.1 ± 1.2 in glucose, 20.0 ± 0.7 in
196 propionate, 0.34 ± 0.02 in hydrogen and 30.6 ± 1.5 in acetate, whereas these values decreased to 23.0 ± 0.8 ,
197 22.6 ± 0.8 , 19.0 ± 1.1 , 0.13 ± 0.01 and 14.1 ± 0.7 with 20% reflux ratio of digestion liquid, respectively. The
198 results suggested that refluxing digestion liquid had no effect on acidogenesis and acetogenesis but inhibited
199 hydrolysis and methanogenesis. Moreover, methanogenesis was inhibited severer by digestion liquor than
200 other processes.

201 **Effect of Major Components in the Digestion Liquid on Methane Production.** Digestion liquid
202 includes several complicated substances, and their characteristics are quite different. These components
203 were divided into five categories (i.e., ammonium, biodegradable organics, refractory organics, metal ions and
204 anaerobes), and their impacts on methane production were further discussed.

205 There have been sufficient efforts to prove that FA improved the performance of anaerobic digestion
206 (Wei et al., 2017; Wang et al., 2018). In the ammonium digester, the level of FA (~ 131 mg $\text{NH}_3\text{-N/L}$)
207 produced from the added ammonium-synthetic medium increased methane production by 19% (Figure 4a).
208 As expected, the ammonium in the digestion liquid was a beneficial element to improve WAS anaerobic
209 digestion. Further exploration revealed that the main reason for this was that FA improved WAS
210 solubilization rather than other biological processes (Fig. 4b and Table 2). All the results were well
211 supported from previous report (Wang et al., 2018).

212 It can be seen from Fig.4 that compared with the control, the soluble COD and methane production in the
213 biodegradable organics digester increased from 1654 ± 82.7 to 1794 ± 90.2 mg/L and 177.2 ± 8.9 to $183.6 \pm$
214 12.3 mL/g VSS, respectively. However, further analysis showed that these increases were similar to the
215 theoretical conversion of organics in the added synthetic medium. In other words, the increment of SCOD

216 and methane production in the reactor containing biodegradable was likely to be the reversion
217 biodegradable organics in the added synthetic medium (Table S2). The phenomena outlined in Table 2 also
218 support this speculation. The degradation rate of any model substrate in the biodegradable organics reactor
219 was not significantly different ($p>0.05$) from the control. The results demonstrated the biodegradable
220 organics in the digestion liquid will not affect all the processes of WAS anaerobic digestion.

221 From Fig. 4a, it can be seen an interesting observation that the metal ions in the digestion liquid
222 obviously enhanced rather than inhibited the methane production. The presence of the metal ions
223 significantly facilitated the biological processes related to anaerobic digestion, especially acetoclastic
224 methanogenesis (Fig. 4b and Table 2). For instance, the degradation rate of the acetoclastic methanogenesis
225 substrate in the metal ion digester was 54.37 ± 3.26 mg/(g VSS·d), which was 36.2% higher than that in the
226 control (39.93 ± 4.76 mg/(g VSS·d)).

227 It was known that metal ions usually instruct the expression of enzymes, and the presence of metal ions
228 at appropriate amounts may stimulate enzyme activities. For example, the methyl-CoM reductase containing
229 nickel produced by strictly anaerobic archaea (e.g., methanogens) is one key enzyme that catalyzes the
230 exergonic conversion of methyl-CoM and coenzyme B into methane and the heterodisulfide of coenzyme B
231 and coenzyme M in final reaction of methanogenesis pathway (Ermler et al., 1997; Facchin et al., 2013).
232 There are three subunits (i.e., α , β and γ ,) in Methyl-coenzyme M reductase, which arrange as hexamer of
233 $(\alpha\beta\gamma)_2$ composition. This multisubunit complex contains two cofactor F_{430} as a prosthetic group, which is
234 responsible for methylation and demethylation in the catalytic cycle in methanogenesis, and must be activated
235 with Ni as the centrally coordinated ion (Fig. 5a) (Livingston et al., 1984, Pfaltz et al., 1982). In addition,
236 due to its plasticity in coordination and redox chemistry, Ni is often involved in enzymes related to the use
237 and/or production of gases, such as carbon monoxide dehydrogenase, Acyl-coenzyme A synthetase, and nickel

238 acireductone dioxygenase (Ragsdale 2009).

239 On the contrary, the methane yield in the refractory organics reactor decreased. The methane yield from
240 the refractory organics reactor reduced from 177.2 ± 8.9 to 131.1 ± 9.6 mL/g VSS, resulting in a reduction of
241 26% (Fig. 4a). Further analyses showed that the refractory organics in the digestion liquid did not promote
242 the decomposition of WAS (Figure 4b), but significantly restrained biological processes, especially
243 methanogenesis (Table 2). For example, the degradation rates of hydrogen and acetate in the reactor with
244 refractory organics were 5.68 ± 1.20 and 15.26 ± 1.01 mg/(g VSS·d), while these degradation rates in the
245 control were 12.65 ± 2.75 and 39.93 ± 4.76 mg/(g VSS·d). Based on the previous analysis method (Wang et
246 al., 2019), it can be concluded that this level of refractory organics inhibited the activities of microorganisms
247 related to hydrogentrophic methanogenesis and acetoclastic methanogenesis by 55.1% and 61.8%,
248 respectively.

249 According to the literature, some special functional microbes (e.g., microbes responsible for humic acid
250 reduction) compete with methanogens for the available substrates in anaerobic digestion processes.
251 Specifically, as shown in the Fig. 5b, the C-C and C-S bonds of acetyl CoA are cleaved by the carbon
252 monoxide dehydrogenase/acetyl-CoA synthase complex, which can also oxidize the carbonyl group with
253 transfer two electrons to the small protein electron carrier ferredoxin in the biotransformation of acetyl-CoA to
254 5-methyl-THMPT of acetoclastic methanogenesis process (Ferry 2010; Fischer and Thauer 1990). However,
255 the quinone groups of humic acid, which may come from the lignin or microbial metabolites, can serve as a
256 terminal electron-accepting moiety. This can encourage humic acid to compete for electrons, thereby
257 hindering ferredoxin regeneration (Liu et al., 2015; Cervantes et al., 2000), which may be the reason for the
258 low methane production in the refractory organics digester.

259 In the test to assess the effect of anaerobes in digestion liquid on methane production, the digestion liquid

260 treated with filter is considered sterile. Compared with the digestion liquid digester, the methane production
261 of the reactor containing the filtered digestion liquid decreased by 30.1%. It is easy to understand that the
262 refluxing digestion liquid will increase the abundance of microorganisms in the digestion system, so the
263 anaerobes involved in the digestion liquid were another contributor to promote methane production.

264 **Implications.** FA-based technology is increasingly recognized economically and practically for achieving
265 WAS reduction and energy recovery with the lowest cost through promoting a “closed-loop” concept in
266 WWTPs”. In this conception, FA is regarded as a free chemical, which produced in suit from the waste (i.e.,
267 digestion liquid) of WWTPs (Fig. 6). All the previous achievements regarding FA, however, were based on
268 chemical (e.g., NH_4Cl) rather than real digestion liquid, possibly because this was a cutting-edge approach.
269 This means that the practical application of the FA-based technology was fraught with full indetermination
270 due to the complex composition of real digestion liquid. This study was the first attempt to promote the
271 anaerobic digestion of WAS by using actual digestion liquid as a source of FA, accelerating the FA-based
272 technology being adopted in real-world applications.

273 The results showed that both sludge reduction and methane production in the digester can be achieved in
274 a more economical way with refluxing the digestion liquid to the pretreatment unit. Based on the results
275 obtained in this work, it is calculated that this strategy can save ~\$ 0.3 million cost in sludge transport and
276 disposal, and get ~\$ 0.8 million benefit in energy production from methane annually in a WWTP
277 ($Q = 10^5 \text{ m}^3/\text{day}$), as compared with the alkaline (pH 9.5, i.e., 0% reflux ratio in this work) pretreatment
278 method only (Table S3). Particularly, it was demonstrated that refractory organics in digestion liquid (e.g.,
279 humic acid) would severely suppress anaerobic digestion, and these organics could not be transformed or
280 removed in traditional digestion processes. In order to achieve a higher methane production, some extra
281 methods should be taken to eliminate the inhibition of refractory organics before anaerobic digestion. For

282 example, calcium peroxide can achieve a significant reduction in the contents of refractory organics, and
283 perform well in promoting WAS solubilization (Wang et al., 2019).

284 The surprising discovery obtained in this work was that the metal ions in the digestion liquid had great
285 potential for increasing methane production (Table 2), which may be related to the expression of key enzyme
286 activities (Fig. 5a). The discovery of this phenomenon alleviates the scruple that the metal ions in the actual
287 digestion liquid are harmful to anaerobic digestion. However, whether this conclusion obtained from the
288 batch test had broad applicability needs to be fully verified by running long-term reactors in the future.
289 Moreover, the main aim of this work is to assess the feasibility of refluxing digestion liquid to promote
290 methane production and to reveal the underlying mechanism, therefore, parameters such as reflux ratios,
291 pretreatment time, pH, inoculation method are not optimized. In addition, although the influence of single
292 factors in the digestion liquid on WAS anaerobic digestion and their related mechanisms have been discussed
293 in this work, the synergistic effect between two or three factors, such as metal ions, ammonium, anaerobes,
294 biodegradable organics, recalcitrant organics was not investigated here. Thus, mathematical model and
295 response surface method need to be used in the future to explore the synergistic effect among these various
296 components in the digestion liquid before this strategy being implemented in full-scale applications.

297 **Conclusion**

298 The purpose of this work was to evaluate whether the refluxed digestion liquid can promote methane
299 production from anaerobic digestion of WAS. The main conclusions are:

300 (1) As the reflux ratio of digestion liquid increased from 0% to 20%, the maximum cumulative methane
301 production from anaerobic digestion of alkaline pretreated sludge increased from 174.2 ± 7.3 to 282.5 ± 14.1
302 mL/g VSS.

303 (2) Refluxing digestion liquid reduced the microbial activity associated with anaerobic digestion, but it

304 promoted WAS disintegration and improved the biodegradability of the released organics.

305 (3) Ammonium in the digestion liquid was the main booster to enhance methane production in the form
306 of FA.

307 (4) It was found that the presence of metal ions (e.g., Ni) was beneficial to bio-processes of anaerobic
308 digestion, which may be related to the activation of the key enzymes, such as methyl-coenzyme M reductase,
309 and CO dehydrogenase.

310 (5) The refractory organics in digestion liquid were detrimental to anaerobic digestion through
311 suppressing the bioprocesses, especially methanogenesis.

312 **Acknowledgments**

313 This study was financially supported by Science and Technology Innovation Project of Hunan Province
314 (2018SK2028) and Huxiang high level talent gathering project (2019RS1029).

315 **Supporting Information**

316 This file contains additional analytical methods Text S1-S6 and Table S1-S3.

317 **References**

318 Appels, L., Degreve, J., Van, D., Impe, J.V., Dewil, R. 2010. Influence of low temperature thermal pre-treatment on
319 sludge solubilisation, heavy metal release and anaerobic digestion. *Biores. Technol.* 101(15), 5743-5748.

320 American Public Health Association (APHA). American Water Works Association, and Water Environment Federation:
321 Washington, DC. *Standard Methods for the Examination of Water and Wastewater*, 20th ed.; 1998.

322 Baker, A. 2001. Fluorescence excitation– emission matrix characterization of some sewage-impacted rivers. *Environ. Sci.*
323 *Technol.* 35(5), 948-953.

324 Balbuena, M.B., Garcia, P.G., Fernandez, A.G. 1988. Regeneration of Spanish Style Green Table Olive Brines by
325 Ultrafiltration. *Journal of Food ence.* 53(6), 1733-1736.

326 Belmonte, M., Hsieh, C.F., Figueroa, C., Ca Mpos, J.L., Vidal, G. 2011. Effect of free ammonia nitrogen on the
327 methanogenic activity of swine wastewater. *Electronic Journal of Biotechnology*. 14(3), 2-2.

328 Calli, B., Mertoglu, B., Inanc, B., Yenigun, O., 2005. Effects of high free ammonia concentrations on the performances
329 of anaerobic bioreactors. *Process Biochem.* 40 (3–4), 1285–1292.

330 Cervantes, F.J., Sjirk, V.D.V., Gatzke, L., Field, J.A. 2000. Competition between methanogenesis and quinone respiration
331 for ecologically important substrates in anaerobic consortia. *Fems Microbiology Ecology*. (2), 161-171.

332 Wang, D., He, D., Liu, X., Xu, Q., Yang, Q., Li, X., Li, H. 2019. The underlying mechanism of calcium peroxide
333 pretreatment enhancing methane production from anaerobic digestion of waste activated sludge. *Water Res.* 164,
334 114934.

335 Ermler, U., Grabarse, W., Shima, S., Goubeaud, M., Thauer, R.K. 1997. Crystal structure of Methyl-CoM reductase
336 containing a Ni-porphinoid. *Journal of Inorganic Biochemistry*. 67(1–4), 180-180.

337 Facchin, V., Cavinato, C., Fatone, F., Pavan, P., Cecchi, F., Bolzonella, D. 2013. Effect of trace element supplementation
338 on the mesophilic anaerobic digestion of foodwaste in batch trials: The influence of inoculum origin. *Biochemical
339 Engineering Journal*. 70, 71-77.

340 Ferry, J.G. 2010. The chemical biology of methanogenesis. *Planetary & Space Science*. 58(14-15), 1775-1783.

341 Fischer, R., Thauer, R.K. 1990. Ferredoxin-dependent methane formation from acetate in cell extracts of *Methanosarcina
342 barkeri* (strain MS). *Febs Letters*. 269(2), 368-372.

343 Fux, C., Velten, S., Carozzi, V., Solley, D., Keller, J. 2006. Efficient and stable nitrification and denitrification of
344 ammonium-rich sludge dewatering liquor using an SBR with continuous loading. *Water Res.* 40(14), 2765-2775.

345 Lazarova, V., Choo, K.H., Cornel, P. 2012. Water-energy interactions in water reuse. *Nature*. 441(7095), 880-884.

346 Li, H., Li, Y., Jin, Y., Zou, S., Li, C. 2014. Recovery of sludge humic acids with alkaline pretreatment and its impact on
347 subsequent anaerobic digestion. *Journal of Chemical Technology & Biotechnology*. 89(5), 707-713.

348 Li, H., Zou, S., Li, C., Jin, Y. 2013. Alkaline post-treatment for improved sludge anaerobic digestion. *Biores. Technol.*
349 140(3), 187-191.

350 Li, X., Xu, X., Huang, S., Zhou, Y., Jia, H. 2017. An efficient method to improve the production of methane from
351 anaerobic digestion of waste activated sludge. *Water Science & Technology*, 76(8), 2075-2084.

352 Li, Y., Wang, D., Yang, G., Yuan, X., Chen, F. 2019a. The novel pretreatment of Co^{2+} activating peroxymonosulfate
353 under acidic condition for dewatering waste activated sludge. *Journal of the Taiwan Institute of Chemical Engineers.*
354 102, 259-267.

355 Li, Y., Wang, D., Yang, G., Yuan, X., Jiang, L. 2019b. Enhanced dewaterability of anaerobically digested sludge by
356 in-situ free nitrous acid treatment. *Water Res.* 169, 115264.

357 Li, Y., Zhu, Y., Wang, D., Yang, G., Tang, W. 2020. Fe(II) catalyzing sodium percarbonate facilitates the dewaterability of
358 waste activated sludge: Performance, mechanism, and implication. *Water Res.* 174, 115626.

359 Liu, K., Chen, Y., Xiao, N., Zheng, X., Mu, L. 2015. Effect of Humic Acids with Different Characteristics on
360 Fermentative Short-Chain Fatty Acids Production from Waste Activated Sludge. *Environ. Sci. Technol.* 49(8),
361 4929-4936.

362 Liu, X., He, D., Wu, Y., Xu, Q., Wang, D., Yang, Q., Liu, Y., Ni, B.J., Wang, Q., Li, X. 2020a. Freezing in the presence of
363 nitrite pretreatment enhances hydrogen production from dark fermentation of waste activated sludge. *Journal of*
364 *Cleaner Production.* 248, 119305.

365 Liu, X., Huang, X., Wu, Y., Xu, Q., Wang, Q. 2020b. Activation of nitrite by freezing process for anaerobic digestion
366 enhancement of waste activated sludge: Performance and mechanisms. *Chemical Engineering Journal.* 387, 124147.

367 Liu, X., Wu, Y., Xu, Q., Du, M., Ni, B.J. 2021. Mechanistic insights into the effect of poly ferric sulfate on anaerobic
368 digestion of waste activated sludge. *Water Res.* 189, 116645.

369 Liu, X., Xu, Q., Wang, D., Wu, Y., Li, X. 2019a. Microwave pretreatment of polyacrylamide flocculated waste activated

370 sludge: Effect on anaerobic digestion and polyacrylamide degradation. *Biores. Technol.* 290, 121776.

371 Liu, Y., Ngo, H.H., Guo, W., Peng, L., Wang, D., Ni, B. 2019b. The roles of free ammonia (FA) in biological wastewater
372 treatment processes: A review. *Environment international.* 123, 10-19.

373 Livingston, D. A., Pfaltz, A., Schreiber, J., Eschenmoser, A. 1984. Factor F 430 from methanogenic bacteria: structure of
374 the protein-free factor. *Helv. Chim. Acta.* 67:334 –351.

375 Logan, B. E., Oh, S. E., Kim, I.S., Van Ginkel, S. 2002. Biological hydrogen production measured in batch anaerobic
376 respirometers. *Environ. Sci. Technol.* 36(11), 2530-2535.

377 Madsen, M., Holm-Nielsen, J.B., Esbensen, K.H. 2011. Monitoring of anaerobic digestion processes: A review
378 perspective. *Renewable & Sustainable Energy Reviews.* 15(6), 3141-3155.

379 Mudhoo, A., Kumar, S. 2013. Effects of heavy metals as stress factors on anaerobic digestion processes and biogas
380 production from biomass. *International Journal of Environmental Science and Technology.* 10(6), 1383-1398.

381 Niu, Q., Xu, Q., Wang, Y., Wang, D., Liu, X., Liu, Y., Li, H. 2019. Enhanced hydrogen accumulation from waste
382 activated sludge by combining ultrasonic and free nitrous acid pretreatment: Performance, mechanism, and
383 implication. *Biores. Technol.* 285, 121363.

384 Pfaltz, A., Jaun, B., Faessler, A., Eschenmoser, A., Thauer, R.K. 1982. Factor F 430 from methanogenic bacteria:
385 Structure of the protein-free factor. *Helvetica Chimica Acta*, 67(1), 334-351.

386 Ragsdale, S. W. 2009. Nickel-based Enzyme Systems. *Journal of Biological Chemistry.* 284(28), 18571-18575.

387 Sawatdeenarunat, C., Surendra, K.C., Takara, D., Oechsner, H., Khanal, S. K. 2015. Anaerobic digestion of
388 lignocellulosic biomass: Challenges and opportunities. *Biores. Technol.* 178, 178-186.

389 Sheng, P., Yu, Q. 2006. Characterization of extracellular polymeric substances of aerobic and anaerobic sludge using
390 three-dimensional excitation and emission matrix fluorescence spectroscopy. *Water Res.* 40(6), 1233-1239.

391 Shimizu, T., Kudo, K., Nasu, Y. 2010. Anaerobic waste-activated sludge digestion-a bioconversion mechanism and

392 kinetic model. *Biotechnology & Bioengineering*. 41(11), 1082-1091.

393 Tanaka, S., Kobayashi, T., Kamiyama, K. I., Signey Bildan, N. 1997. Effects of thermochemical pretreatment on the
394 anaerobic digestion of waste activated sludge. *Water Science & Technology*. 35(8), 209-215.

395 Vadivelu, V.M., Keller, J., Yuan, Z. 2007. Effect of free ammonia on the respiration and growth processes of an enriched
396 *Nitrobacter* culture. *Water Res.* 41(4), 826-834.

397 Valo, A., Carrère, H., Delgenès, J. 2010. Thermal, chemical and thermo- chemical pre- treatment of waste activated
398 sludge for anaerobic digestion. *Journal of Chemical Technology & Biotechnology Biotechnology*. 79(11),
399 1197-1203.

400 Van Soest, P.J., Robertson, J.B., Lewis, B.A. 1991. Methods for dietary fiber, neutral detergent fiber, and nonstarch
401 polysaccharides in relation to animal nutrition. *Journal of Dairy Science*. 74(10), 3583-3597.

402 Wang, D., He, D., Liu, X., Xu, Q., Yang, Q., Li, X., Liu, Y., Wang, Q., Ni, B.-J., Li, H. 2019. The underlying mechanism
403 of calcium peroxide pretreatment enhancing methane production from anaerobic digestion of waste activated sludge.
404 *Water Res.* 164, 114934.

405 Wang, D., Liu, B., Liu, X., Xu, Q., Ni, B.J. 2018. How does free ammonia-based sludge pretreatment improve methane
406 production from anaerobic digestion of waste activated sludge. *Chemosphere*. 206, 491-501.

407 Wei, W., Zhou, X., Wang, D., Sun, J., Wang, Q. 2017. Free ammonia pre-treatment of secondary sludge significantly
408 increases anaerobic methane production. *Water Res.* 118, 12-19.

409 Xiao, N., Chen, Y., Zhou, W. 2018. Effect of humic acid on photofermentative hydrogen production of volatile fatty acids
410 derived from wastewater fermentation. *Renewable Energy*. 131, 356-363.

411 Xu, Q., Liu, X., Yang, G., Wang, D., Wang, Q., Liu, Y., Li, X., Yang, Q. 2019. Free nitrous acid-based nitrifying sludge
412 treatment in a two-sludge system obtains high polyhydroxyalkanoates accumulation and satisfied biological
413 nutrients removal. *Biores. Technol.* 284, 16-24.

- 414 Yang, G., Zhang, G., Wang, H. 2015. Current state of sludge production, management, treatment and disposal in China.
- 415 Water Res. 78, 60-73.

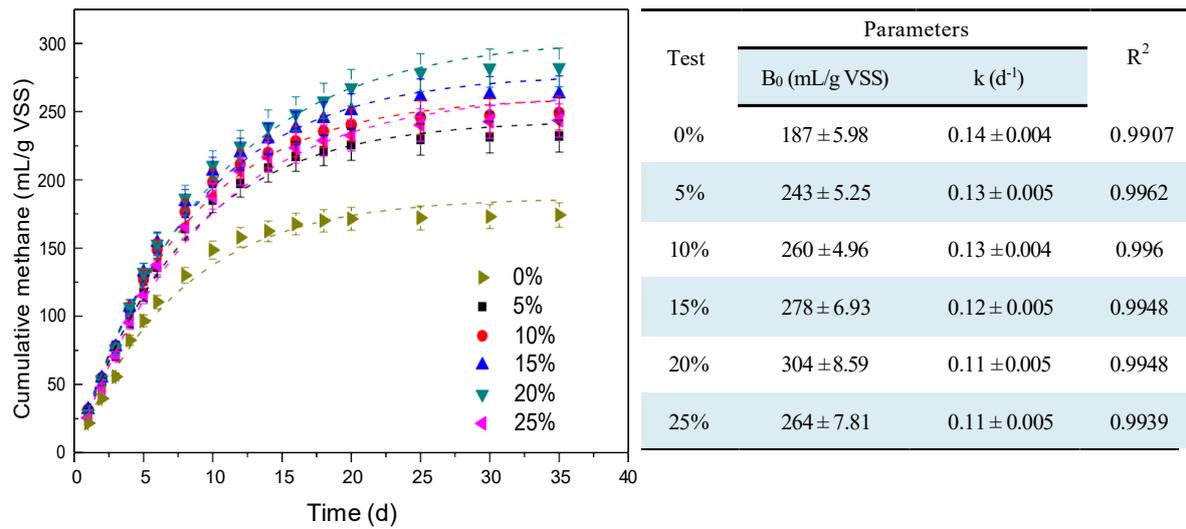
Table 1 Main characteristics of the WAS, inocula and digestion liquid

Parameters	WAS	Inocula	Digestion liquid
pH	6.9 ± 0.1	-	9.5±0.5
total suspended solids (TSS, mg/L)	22590±129	45660±680	-
VSS (mg/L)	9880± 87	39790±130	-
Total chemical oxygen demand (TCOD,mg/L)	12450 ± 170	48900 ± 430	956 ± 35
total carbohydrates (mg/L)	1060±67	-	30±7
total proteins (mg/L)	42700±157	-	107±33
NH ₄ ⁺ -N (mg/L)	28±4	-	539±76
Short-chain fatty acids (SCFA, mg/L)	-	-	Acetic:301±88; Propionic:109±36
Humus (mg/L)	-	-	humic acid: 32±11; fulvic acid: 28±8
Lignocellulose (mg/L)	-	-	Hemicellulose:7.7±3;Lignin: 27±13;Cellulose:23±10;
Metal ions (mg/L)	-	-	Ni:2.2±0.5;Zn:3.5±0.8; Mn:0.61±0.05;Cu:0.15±0.03

Table 2 Effect of main abiotic components in the digestion liquid on the specific degradation rates of BSA, glucose, propionate, hydrogen, and acetate ^a

	Control	Biodegradable organics	Refractory organics	Ammonium	Metal ions
BSA	186.76 ± 8.14	193.92 ± 11.23	149.41 ± 7.62	183.97 ± 11.23	217.43 ± 12.72
Glucose	102.45 ± 5.86	105.33 ± 7.64	85.47 ± 7.02	99.73 ± 7.53	121.48 ± 6.82
Propionate	25.68 ± 3.78	22.87 ± 2.21	17.92 ± 2.31	23.53 ± 3.76	37.37 ± 2.56
Hydrogen	12.65 ± 2.75	11.26 ± 1.36	5.68 ± 1.20	7.07 ± 0.73	21.59 ± 1.08
Acetate	39.93 ± 4.76	35.87 ± 3.65	15.26 ± 1.01	19.56 ± 1.78	54.37 ± 3.26

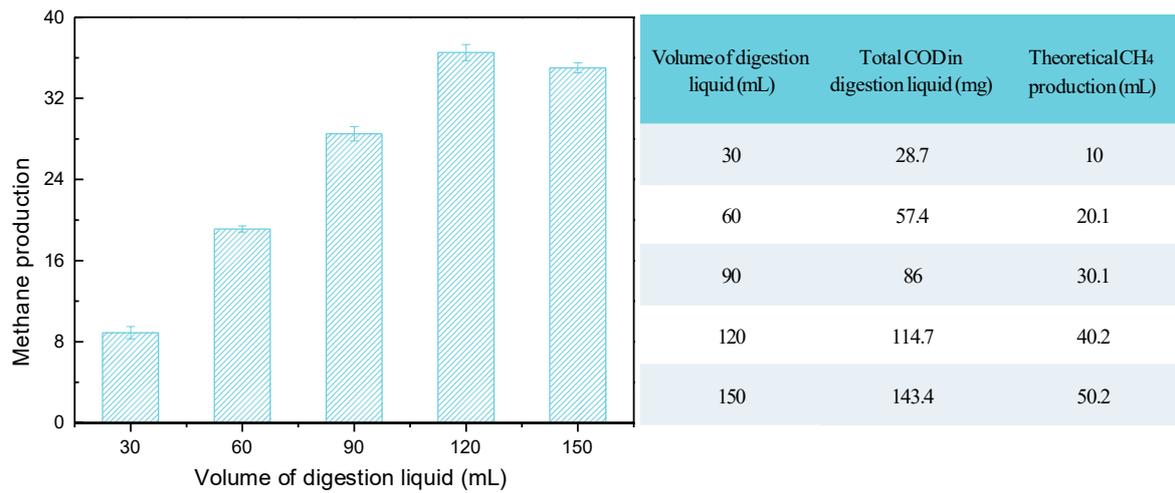
^a Results are the averages and their standard deviations of triplicate tests, and the unit is mg/(g VSS·d).



1

2 **Fig. 1 Measured and simulated methane production (using first-order kinetic model) from anaerobic**
3 **digestion of WAS with different reflux ratios of digestion liquid . Symbols represent experimental data**
4 **and lines represent model fit. Error bars represent standard deviations of triplicate tests. The data**
5 **reported are net values, with the methane production from the inocula having already been subtracted.**

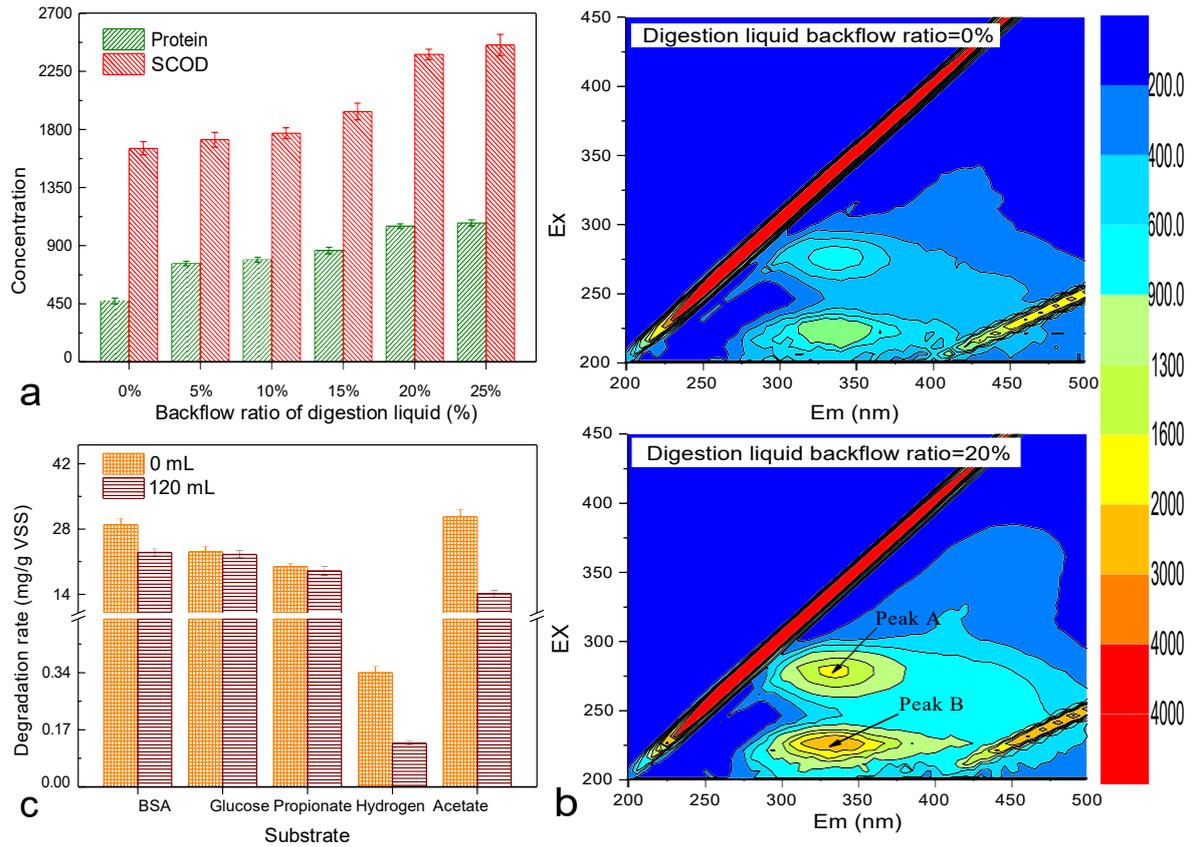
6



7

8 **Fig. 2 The experimental and theoretical methane yield from different volumes of digestion liquid. The**
 9 **volumes of digestion liquid (i.e., 30, 60, 90, 120, and 150 mL) were equal to those being added into the**
 10 **5%, 10%, 15%, 20%, and 25% reactors, respectively. Theoretical methane production referred to the**
 11 **value that the total COD in the digestion liquid was completely converted to methane, and the**
 12 **calculated equation: $\text{CH}_4 + 2\text{O}_2 \rightarrow \text{CO}_2 + 2\text{H}_2\text{O}$. Error bars represent standard deviations of triplicate**
 13 **tests.**

14



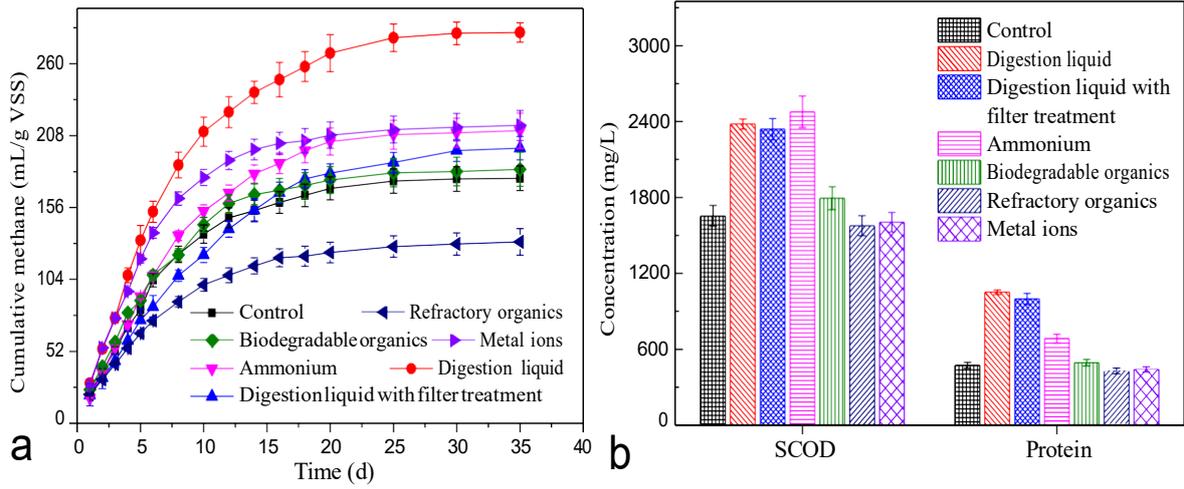
15

16 **Fig. 3 Soluble COD and proteins (a) and EEM profiles of liquid (b) after 24 h alkaline pretreatment,**

17 **and the effect of digestion liquid on the specific degradation rates of BSA, glucose, propionate,**

18 **hydrogen, and acetate (c). Error bars represent standard deviations of triplicate tests.**

19



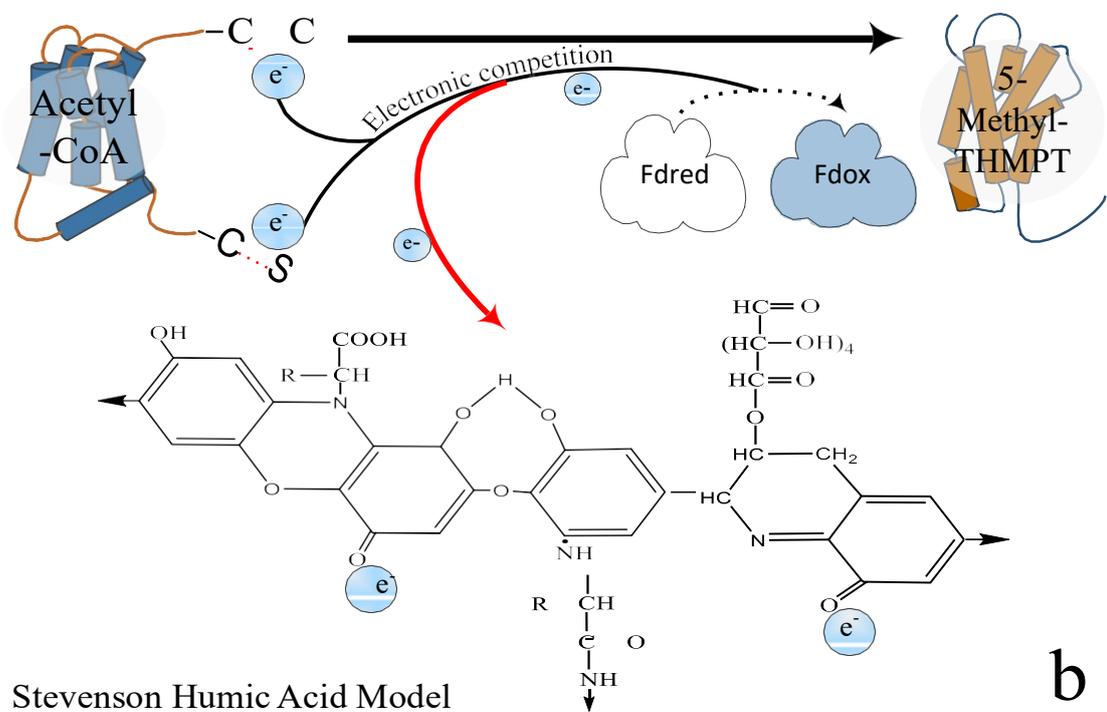
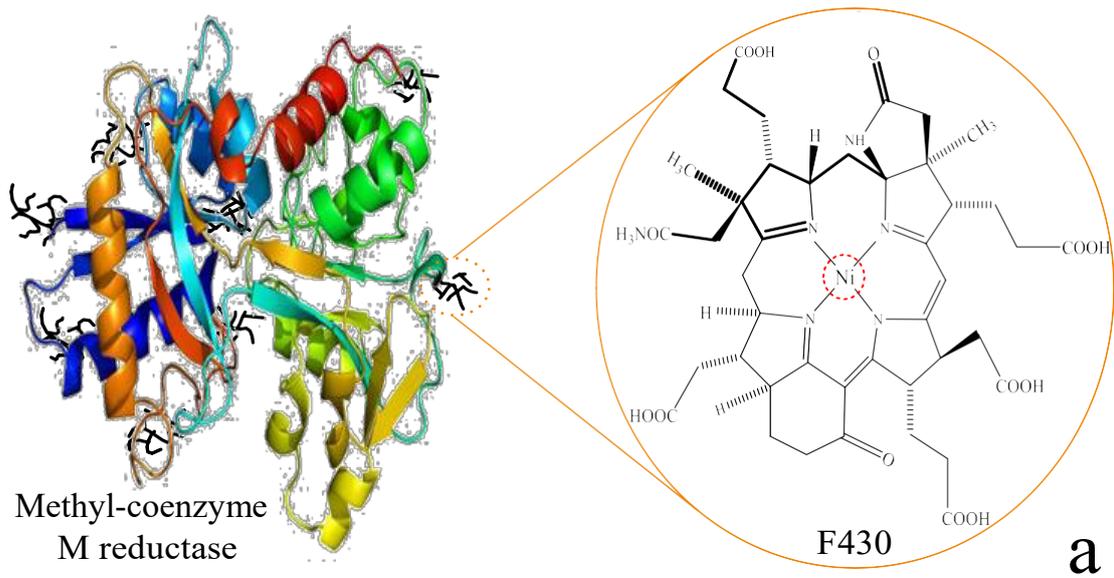
20

21 **Fig. 4 Effects of main components of digestion liquid on cumulative methane production (a) and soluble**

22 **COD and proteins after alkaline (pH 9.5) pretreatment for 24 h (b). Error bars represent standard**

23 **deviations of triplicate tests.**

24



25

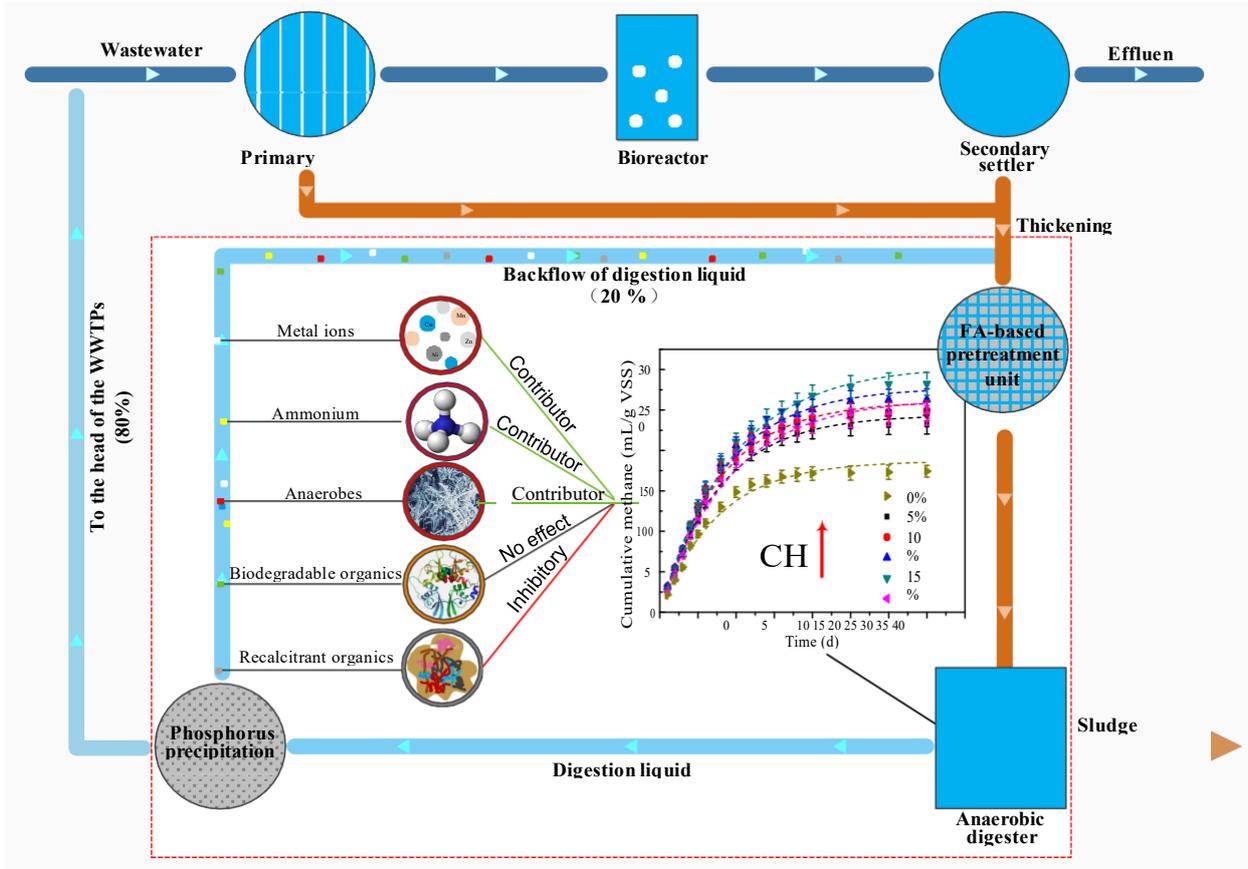
26 Fig. 5 Schematic diagram of how metal ions (a) and humic acid (b) affect the activity of key enzymes

27 and methane production according to the reference (Liu et al., 2015; Ermler et al., 1997; Ferry, 2010).

28 Subunits α (blue), α' (orange), γ (red), β' (green), β (light blue), γ' (yellow) and coenzyme F430 (black);

29 THMPT: tetrahydromethanopterin; Fdox: oxidized ferredoxin; Fdred: reduced ferredoxin.

30



31

32 **Fig. 6 Major findings in this work and a “closed-loop” concept in a WWTP using digestion liquid to**
 33 **increase methane production.**

34