

## **LATHYRISM**

Lathyrism is a morbid condition from eating leguminous plant especially peas of species *Lathyrus sativus*.

### **CAUSES**

- 1) Ingestion of beta-aminopropionitrile.
- 2) Consumption of peas of species *Lathyrus sativus*, it has a neurotoxin called beta oxalyl amino alanine (BOAA).

### **SIGN AND SYMPTOMS**

- 1) Onset with lameness in the extremities.
- 2) Progressive spastic paraplegia.
- 3) Pain.
- 4) Hyperesthesia.
- 5) Paresthesia.
- 6) Angiolathyrism - causes sudden death.
- 7) Aneurysms.
- 8) Osteolathyrism - affects skeletal development, cartilages and bones grow abnormally - deformity of the body.
- 9) Development of brain stops.

### **DIETARY MANAGEMENT**

- 1) Lathyrism cannot be cured but can be prevented.
- 2) Avoid consumption of pulses of species *Lathyrus sativus* (Peas).
- 3) Before consumption of pulses, toxins should be washed out, as toxins are water-soluble -
  - a. Parboil pulses with the water and drain that water.
  - b. Soak pulses in hot water for 10 minutes and drain away the water.

**NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .**