

PELLEGRA

Pellagra is disease caused by deficiency of nicotinic acid / niacin (B vitamin).

CAUSES

1. Poor consumption of niacin or amino acid, tryptophan from which niacin can be synthesized.
2. Vitamin and protein deficiency.
3. Diets of chronic alcoholics.
4. Occasionally seen in patients suffering from cirrhosis, chronic diarrhoea, diabetes and cancerous growth.

SIGN AND SYMPTOMS

1. Dermatitis - bilaterally symmetrical seen on parts exposed to sunlight such as back of hands and forearms, face and neck etc.
2. Itching and burning on the affected parts.
3. In chronic case patches turn reddish brown, rough, scaly and pigmented.
4. There is a dull- red erythema (flushing of skin) on bridge of nose and around the cheeks with powdery scaling (butterfly erythema and pigmentation).
5. Diarrhoea with nausea, vomiting, abdominal pain.
6. Dementia (memory disorder, confusion, disorientation etc).
7. Hallucination.
8. Fatigue, dizziness.
9. Insomnia (loss of sleep).
10. Glossitis (inflammation of tongue).
11. Stomatitis (inflammation of mucous lining of the mouth).
12. Vaginitis (inflammation of mucous lining of the vagina) in females.
13. Anaemia.

DIETARY MANAGEMENT

1. Avoid:
 - Avoid alcohol consumption.
 - Avoid excess consumption of maize (corn) and sorghum (jowar), they hinder in absorption of niacin.

CONSUME

- The recommend daily allowance (RDA) for niacin is 16 milligrams per day for men and 14 milligrams per day for women.
- Take diet rich in niacin (vitamin B3) -
 - Meat, fish liver, lean meat, rabbit and poultry.
 - Cereals, pulses, whole grains, brown rice, legumes are rich source, nuts, peanuts, yeast and seeds, green leafy vegetables,
 - Certain fruits like pomegranates are also good source of niacin.
- Consume diet rich in tryptophan: eggs and milk.
- Increase intake of vitamin C, helps in better absorption of niacin.
 - Citrus fruits, green vegetables.

CONSULT PHYSICIAN

- People with diabetes, glaucoma, any liver disease or peptic ulcers should consult physician before taking niacin supplements.

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 .