

the Allergy to eating beans

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What is Favzium disease: It is a term that indicates the occurrence of acute hemolytic anemia after eating the bean or when inhaling the pollen dust of the bean flower during the pollination period. This term was assumed in 1894 AD, by the Italian doctor Montana. The Studies conducted in Iraq have shown that the infection is most severe in the months of March and April. It is the time when the beans are available in the market and It is considered a common disease, as the number of infected people around the world has reached (400-600) million people, and it occurs more among males than females. The infection is diagnosed in children more than adults, and it can be infected by babies whose mothers ate beans. All people at risk of infection suffer from a decrease in the enzyme G6PD in red blood cells, which has a major role in the formation of reductive glutathione, which is of great importance in maintaining and protecting the envelope of red blood cells. Symptoms of the disease appear after (6-24) hours after eating the bean, from headache, fatigue, dizziness, nausea and vomiting; As for acute cases, it is after (24-48) hours and in some cases it appears with acute kidney inflammation, which may lead to death. The most important causes that affect the processes of decomposition of red blood cells in the human body are pyridine glycosides components that include vicine and convicine. Studies indicated that heat treatments at 100°C for 25 minutes reduced these two compounds by 21-27% Also, peeling is one of the easiest ways to process beans in developing countries. Fermentation is one of the oldest and most economical methods of food processing and preservation. Fermentation can start automatically with the presence of microbes naturally present in beans or be controlled by the use of certain

starters. This improves their properties such as flavor and taste; Increasing the quantity and availability of nutrients.