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Foodborne Diseases and Treatments

Many foods of plant origin like, fruits, vegetables, can become contaminated with antimicrobial-resistant bacteria and antibiotic resistance genes (ARGs).

Microbiological contamination of foods of plant origin is responsible for foodborne illnesses worldwide. Water can also be an important source of antimicrobial residues. Best management practices should be adhered to concerted efforts should be made to mitigate their contamination at all stages of the food chain. If a heavy metal contaminates food and people eat it, they may subsequently get ill. If they do, they have a foodborne illness. Substances that get into food and make people ill are 'food contaminants.'

Food poisoning symptoms may include cramping, nausea, vomiting, or diarrhoea. Amebiasis is a disease caused by the parasite *Entamoeba histolytica*. It can affect anyone, although it is more common in people who live in tropical areas with poor sanitary conditions. Botulism is a rare but serious illness caused by a toxin that attacks the body's nerves.

Although anybody can become infected, some people are more vulnerable, like..

- Babies and young children *Older adults *Pregnant women.
- People with kidney or liver disease, HIV/AIDS or diabetes.

The most common germs that cause foodborne disease are:

- *Norovirus* **Salmonella* **Clostridium perfringens*.
- *Campylobacter* **Staphylococcus aureus* (*Staph*).

Treatment-Most food poisoning is mild and resolves without treatment. Ensuring adequate hydration is the most important aspect of treatment. Doctors treat botulism with a drug called an antitoxin. If you have wound botulism, your doctor may need to surgically remove the source of the toxin-producing bacteria and give you antibiotics.

Biography:

Hon Director, Indian Institute of Naturopathy, Mumbai. BSc (Hons)LLB MDH ND Ayurved - Ratna FRSH (London) Bowtech (UK). Presented papers in UK, USA, Germany, Mauritius, Singapore, UAE, Vietnam, Italy & Spain. In India, conducted 505, Health Management workshops. Invited by AICR for their International Conf on Food Nutrition 2003 every year. Member of American Diabetic Association. Awarded by Bombay Para Medical Association. Awarded by American Institute of Intellectuals in 2005. Received National Education Award in 2018 in India. Invited by American Universities, in Portland, Kennmore, UTI in 2019. Nehru Science Centre, workshop for International Women Day, 8th March 2020. In Covid-19 pandemic period, conducted 16 # solo webinars, for UK, USA, Dubai, Saudi-Arabia, Malaysia, Philippine etc.