

# Department of Disease Control

## Weekly Disease Forecast No.266\_Plant Based Food Poisoning (14 - 20 Jun 2020)

From the Department of Disease Control surveillance system, there were 7 plant based food poisoning incidents during the past 5 years (2016 to the present). The causative toxic plants included wild yam (3 clusters with 65 cases and 2 had died), physic nut (1 cluster with 5 cases), mold infested dead cicada (2 cases) and djenkolism (1 case).

Last week a case in Tak province was reported as djenkolism after ingestion of many raw djenkol beans with chilli paste dip. The patient developed suprapubic pain, transient ureteral obstruction with djenkolic acid needle-shaped crystals and hematuria. Within a few hours the patient had severe symptoms including oliguria and acute kidney failure.



According to this week disease forecast, there might be sporadic djenkolism cases during the djenkolism season. Ingestion of large amount of the djenkol bean can result in food poisoning illness.

The djenkol bean is a favorite food especially for people in the southern region. It has strong smell and nutty taste and can be prepared as foods in a variety of ways. The djenkol bean contains large amount of the djenkolic acid, the amino acid which contain high amount of sulfur.

Symptoms of djenkolism occur within 2–14 hours after ingestion of several raw djenkol beans and consist of suprapubic pain, bladder spasms, dysuria, milky or turbid urine which then becomes bloody. Some patients may have intermittent stomach ache with nausea and vomiting. Severe symptoms include oliguria, acute kidney failure or even death especially in children. Some may develop fever and hypertension. Most patients have mild symptoms requiring pain control and hydration and recover within 3 – 4 days.

The Department of Disease Control advises people to beware of consumption of raw or large amount of vegetables that contain natural toxins. To reduce the natural toxin in djenkol beans, people should boil, slice and dry in sunlight or cover them in sand to sprout before consumption..

In case of having suspicious symptoms of djenkolism such as nausea, vomiting and dizziness, a patient must visit the hospital and inform the doctor of the history of djenkol bean consumption for prompt diagnosis and medical care.

For queries or additional information, please call DDC hotline 1422 and Ramathibodi Poison Center hotline 1367.

