

Identification of causative factors for Food hypersensitivity among school children in Maharagama Educational Zone

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Abstract

Food hypersensitivity is a disease that affects individuals' health and their life styles and also those who are involved in preparing and supplying food for food sensitized individuals. Food hypersensitivity can be due to food allergy or intolerance.

Identification of the causative foods and food related substances and associated factors of food hypersensitive adolescents in Maharagama Educational Zone. 1196 school children both male and female aged 15 to 19 years were selected from 12 schools based on stratified randomization. Study tool was, validated self-administered questionnaire. Data analysis was performed by statistical packages SPSS 16.0. 711 (59.4 %) girls and 481 (40.2 %) boys were among the respondents.

Most problematic food category was fruits (N=102) (8.5 %). The second most frequent problematic foods were Fish and sea food category (N=98, 8.2 %).

Moreover, many pupils pointed evaluated hypersensitive to vegetables (N=78, 6.5 %), meat (N=72, 6.0 %), milk (N=11, 0.9 %), spices (N=4, 0.3 %) and other food category (N=50, 4.2 %) including Vinegar (N=27, 2.3 %), pickle (N=24, 2.0 %).

Pineapple was (N=80, 6.7 %) and marked the highest prevalence. Rambutan and mangusteen showed (N=37, 3.1 %) and (N=13, 1.1 %) second and third highest prevalence respectively.

Tomato (N=55, 4.6 %) and bread fruit (N=27, 2.3 %) were the most problematic vegetables.

16.1 % had trouble caused by certain foods. Prevalence of food hypersensitivity in the world vary from 3% to 35%. Our study reflects the severity of the disease and its need for finding a remedy and management.

Key Words : Food Hypersensitivity, Prakriti, Ayurveda treatments