



What Are The Symptoms Of Pellagra And How Is It Treated ?

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HEALTH

Pellagra is a disease caused by deficiency of vitamin B3. It is caused by lack of niacin or tryptophan in the body or high amount of leucine. This disease also disrupts the body's protein metabolism, which causes many diseases such as carcinoid syndrome.

About Pellagra

Pellagra is a disease that affects digestive tract, skin and nerves. Another major cause of pellagra is digestion problems in the body, due to which the niacin is not absorbed in the body. Niacin is also known as nicotine acid. Those who do not eat excess alcohol and do not eat green vegetables, the risk of pellagra is high.



Symptoms of pellagra

Weakness

Hair fall: Usually our hair falls to 20 to 50 hair. Hair is also caused by having a headache, if there is more hair fall then there may be a reason for Russian

Insomnia

Being mentally confused

Nerve damages

Rashes in the body begin to appear

Susceptible to sunlight

The lack of essential amino acids (tryptophan) which is found abundantly in meats, fish, eggs and peanuts. It transforms our body into niacin itself.

Inflammation - having ulcers in the mouth



Causes of pellagra.

Drink lots of alcohol

Anorexia nervosa

Having digestive disease

Take low amount of tryptophan in the food



Treatment of pellagra.

If you eat low amounts of Vitamin B3 or your body is unable to absorb niacin due to any illness, then immediately contact the doctor. You can also take niacin supplements or multivitamin or mineral supplements for this.

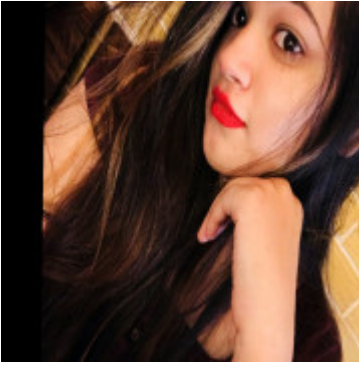
By increasing the amount of niacin (i.e. Vitamin B3) in food, pellagra can be avoided.

Do not use alcohol and make a Healthy Diet Plan.

There is plenty of niacin in red meat, fish, poultry, fortified bread, lentils and peanuts.

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About Author:

Vidhi mistry

Dr. Vidhi who has made wholeheartedly contribution to the welfare of many people through Ayurveda is one of the million people who was inspired by her father and her own life incident to choose the correct path in her life. Born in a family of renowned physician Dr. Madan Gulati and Dr. Saras Gulati, she was brought up under the shadow of Ayurveda. This was not just a reason to choose Ayurveda as her career but one of her childhood events also molded her into a true believer of Ayurveda.