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BERIBERI DISEASE
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Beriberi is a disease caused by a vitamin B-1 deficiency, also known as thiamine deficiency. A serve and chronic from is known as beriberi.
There are two types of beriberi disease:

1. *wet beriberi*

2. *dry beriberi*
WET BERIBERI: WET BERIBERI AFFECTS THE HEART AND CIRCULAR SYSTEM IN EXTERNAL CASES, WET BERIBERI CAN CAUSE HEART FAILURE
DRY BERIBERI:
It damages the nerves and can lead to decreased muscle strength and eventually muscle paralysis.
SYMPTOMS OF BERIBERI

Wet beriberi:
- Shortness of breath during physical activity
- Waking up short of breath
- Rapid heart rate
- Swollen lower legs

Dry beriberi:
- Decreased muscle function
- Tingling or loss of feeling in the feet and hands
- Pain
- Mental confusion
- Difficulty speaking
- Vomiting
- Involuntary eye movement
- Paralysis
CAUSES BERIBERI

The main cause of beriberi is a diet low in thiamine. The disease is very rare in regions with access to vitamin-enriched foods, such as certain breakfast cereals and breads. It is most common in regions of the world where the diet includes unenriched, processed white rice which only has 10th amount of thiamine as brown rice.
HOW TO PREVENT BERIBERI

Eat healthy and balanced diet that includes:

- Beans and legumes
- Seeds
- Meat
- Fish
- Whole grains
- Nuts
- Dairy
- Certain vegetables such as asparagus, acorn squash, brussels sprouts, spinach, and beet greens
REFERENCES

- www.healthline.com
- https://medlineplus.gov
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