

Janta Vedic College, Baraut (BAGHPAT)

Dairy Science and Technology Department

M.Sc. Ag (III) Semester (D.S.T.) J-3014 TECHNOLOGY OF FUNCTIONAL FOOD

TOPIC—Therapeutic diet for patient suffering from VIRAL HEPATITIS

Several viruses are known to cause hepatitis, which refers to inflammation of the liver.

What is Hepatitis?

Hepatitis refers to inflammation of the liver. Inflammation is the tissue's response to irritation or injury that usually results in swelling and pain. There are many causes of hepatitis. Viral hepatitis is caused by a virus and can be

Acute (lasting less than six months)

Chronic (lasting more than six months).

Viral hepatitis can spread from person to person. Some types of viral hepatitis can be spread through sexual contact. There are five known hepatitis viruses classified by the letters A to E.

. Most people recover from hepatitis, and the disease is often preventable. However, it is still considered a serious health risk because it can destroy liver tissue Weakening the body's immunity. Due to which the liver gets damaged.

How does one get or spread hepatitis?

Hepatitis A can be spread through food or drinking water carrying the virus through pieces of feces from an infected person. You can also get hepatitis A from sexual contact. A person can get hepatitis B and C in several ways, including: Having sex with an infected person. Sharing dirty needles, direct contact with infected blood.

You can get hepatitis D from: Passing from mother to child during childbirth. Exposure to infected body fluids or blood. You can eat or drink food or water contaminated with the virus (fecal, You can get hepatitis E by eating or drinking the oral route). You can also become infected from undercooked foods such as pork,

venison, or shellfish. Hepatitis E is uncommon in the US but can occur after travel to a country where the infection is common. Hepatitis E can be especially dangerous and even fatal in pregnant women.

What are the symptoms of hepatitis?

The most common symptoms of hepatitis include:

- Dark urine.
- Abdominal pain
- Yellow skin or the white part of the eyes, which is called jaundice.
- Yellow or clay colored stools.
- Low grade fever.**
- loss of appetite .
- Tiredness
- Feeling sick in your stomach.
- Joint pain

How can I protect myself from viral hepatitis?

There are several ways you can reduce your chances of getting hepatitis.

- Get vaccinated against hepatitis A and hepatitis B.
- Use condom during sex. ,
- Do not share needles to get drugs.
- Practice good personal hygiene such as washing hands thoroughly with soap and water.
- Drink bottled water while traveling.