

Prevalence of intestinal parasites in vegetables consumed in Ardabil , Iran.(2004)

Abstract:

Background and objective: The consumption of raw vegetables is a major way in the transmissions of parasitic infection. The goal of this study was to determine the parasitological contamination of vegetables sold at markets and obtained from gardens.

Materials and methods: A total of 141 samples from 16 different vegetables (markets:96;gardens:45) were examined by a concentration method. Each sample was washed with water, allowing sedimentation at room temperature for 24 hours. Five ml of sediment were centrifugated at 3000 r.p.m. for 5 minutes. Sediment was examined in lugol stained slides through light microscopy.

Results: Fifty Percent of markets vegetables and (71.1%) of gardens vegetables were contaminated with different parasites. Prevalence of pathogenic parasites in vegetables of markets and gardens were 25% and 28.9% , respectively. Parasites detected Were Giardia cysts (7.3%) , Dicrocoelium eggs (6.2%) , Fasciola eggs (5.2%) and Ascaris eggs (2%).

Conclusion: In regard to results of this study, the importance of vegetables in the transmission of intestinal parasites is stressed, and it is necessary to improve the sanitary conditions of these kinds of food.

Keywords : Intestinal parasites , Vegetables , Ardebil .