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Short Communication

Fascioliasis in Human: Is it Important?

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There are two species of Trematodes or flatworms can cause the fascioliasis in human; these are *Fasciola hepatica* and *Fasciola gigantica*. These species are belonging to food-borne and zoonotic diseases groups. According to WHO, the human cases occurred occasionally but in the present the cases are increasingly particularly in Europe and USA where there is one specie *F. hepatica* and also in Africa and Asia where both species are found [1]. WHO estimates that more than 2.4 million of individuals are infected with fascioliasis in more than 70 countries worldwide [1].

The signs and symptoms are different according to the phase of the disease, when the disease is acute the symptoms start between 4 - 7 days after initial infection. The symptoms are: fever, nausea, internal bleeding, skin rashes, and stomach pains. These symptoms may continue for couple of months [2]. Chronic phase of the disease may continue for several months to years and may include anaemia, stomach pains, pancreatitis, hepatomegaly, and wide-spread bacterial infections [3].

Individual may get infection by consuming raw or undercooked meat of sheep and goat which contains the eggs of *Fasciola* species. Accidental infection may occur when individual ingestion food contaminated with eggs such as watercress and fresh vegetables [4]. Therefore, risk factors may increase the infection by *Fasciola* species are: consuming raw or undercooked meat of sheep and goats and eating fresh vegetables contaminated with *Fasciola* eggs.

The complications of fascioliasis include chronic gastrointestinal discomfort, Halzoun syndrome where infection targeted the throat, and jaundice when chronic liver disease developed [5,6].

Prevention and control of fascioliasis in human is easily and need less effort by cooking meat thoroughly before consuming, inspection animals particularly sheep and goats in slaughterhouse, and providing education and spreading awareness.

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