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KBD IS AN AGRO-ENVIRONMENTAL DISEASE: THE SOUTH CENTRAL TIBET INPUT

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Kashin-Beck Disease (K.B.D.) results from the synergy of several agro-environmental causes that build favourable conditions for its development. Output of enquiries carried out in rural ecosystems by more than hundred families from 10 counties in 3 prefectures of South Central Tibet (T.A.R., P.R. China) indicates low diversity of the diet. Our survey has stated the diversity of the diet, including barley flour, potherbs, roots, fruits, flowers, spices, aromatic herbs, condiments, mushrooms, as well has offered an estimation of annual food uptake by Ü-Tsang inhabitants in rural ecosystems and data concerning the chemical composition of these various foods. This has lead to establish diet's suggestions for prevention of KBD; these suggestions include beneficial role of wild edible products.