

Ochratoxin: Contamination and Toxicity (A Review)

¹I. Gholampour Azizi, ²K. Rahimi and ¹S. Shateri

¹Department of Veterinary Science, Babol Branch, Islamic Azad University, Babol, Iran

²Department of Food Science and Technology, Young Researchers Club,
Quchan Branch, Islamic Azad University, Quchan, Iran

Abstract: It has been increased general worry about potential effect of mycotoxin on human health and animals in recent years. On some countries, authority has put control and audit for mycotoxin level. Ochratoxins produce by some fungi are to the genera of *Aspergillus* and *Penicillium* these fungi are found in food storage places which produce mycotoxin at suitable moisture and temperature. The toxin affects kidney and liver and by going through placenta causes teratogenic and immunosuppression. Its symptom includes low appetite, weight loss, faintness, depression, high thirst and increased urination. Ochratoxin is one of the major causes of death in human and animal in the contaminated regions. These toxic fungi contaminate food products in different phases of production and processing, especially in suitable heat and moist conditions. Many countries have conducted inspection program and controlled mycotoxins for several years to promote public health. In all cases, implement many plans having the objective of reducing food product impurity by mycotoxin.

Key words: Ochratoxin • Mycotoxin • fungi

INTRODUCTION

These are three types ochratoxins includes of A, B and C in which have some chemical differences, however these differences have obvious influences as toxic potential. Ochratoxins A (OTA) is common type of ochratoxin [1]. OTA producing requires some factors like temperature, activity water (aw) and low consuming elements [2]. Feasible condition for producing OTA by *A. carbonarius*, is 20-15 centigrade 0.95-0.98 aw [3], for *A. ochraceus* 25-30 centigrade and 0.98 aw [4] and for *Penicillium viridicatum* is 24 centigrade and 0.95-0.99 aw [5]. The most culture media has been used for biosynthesis includes sucrose extract, czapek yeast autolysate [6]. Considering acute and chronic effects of ochratoxin neuropathy and liver cyto-toxicity, it is necessary to constantly control them in food [7]. The permitted contamination limit of ochratoxin in corn is 5 ppb [8]. Forming ochratoxin A (OTA) is dependent to fungous resource, type of product, geographical condition. Its control has been evaluated by any fungous species separately. *A. ochraceus* control, is occurred on stored food, includes standard method for preventing growth of any fungus in dried foods. A general product

in which *A. ochraceus* produces OTA has been stored on grains [9]. There are so many strategies for reducing OTA levels. We could reduce OTA as a part of (Hazard Analysis and Critical Control Points) HACCP on critical points on foods chain supply by: 1. Good agriculture method 2. Agriculture species resistant to fungi. 3. Correct use of fungicide. 4. Correct storing of materials. But, applying HACCP design is uncommon. When we don't take unique action successfully, OTA remains on foods and foodstuff [10].

Contamination: OTA has been generally recognized on corns. But it would be found on rice, soya, coffee, cocoa, bean, pea, ground almond and dried fruit [11]. Also it is found on corn derivatives like: flour, bread, pasta [12], beer [13], grape juice and wine [14]. Food produced from corns has some OTA, but is very low [15] *Aspergillus* and *Penicillium*, spread on corns level and develop and spread some mycotoxin during technologically procedure. The fig, raisins, ground almond, coffee are always contaminated to OTA. OTA have been recognized on the meat of animals in which consume contaminated feed [16]. Food contaminations with ochratoxin have been considered by numerous researchers: *Selouane et al.* [17]

Table 1: The percent contamination OTA in foods from different countries

Country	Sample	Contamination (%)	References
Croatia	Beans	38	[22]
Spain	wheat bread	100	[23]
	corn, oat, wheat		
Canadian	and rice-based cereals	<30	[24]
Turkey	breakfast cereals	38	[25]
Morocco	rice	26	[26]
Turkey	breakfast cereals	21.62	[27]
German	winter wheat	24.1	[28]
Portugal	Maize bread	70	[29]
Morocco	bread	48	[30]
French	Breakfast cereals	69	[31]

detected the prevalence of ochratoxin in grapes by 59% with 0.08-4 ppb concentration and reported the highest rate of OTA production by *A. niger*. The permitted contamination limit of ochratoxin in corn is 5 ppb [18]. *Abdulkadar et al.* [19] tested 106 samples of corn, nuts, spices, dried fruit and drinks for ochratoxin at Qatar supermarkets in 2004. They reported that 11 samples contained 0.20-4.91ppb ochratoxin with concentration of 0.18-6.81 ppb. In 2004-2005, ochratoxin were tested in 209 samples (spices, dried fruit, corn, wheat and barely) at Tunisian supermarket. Ochratoxin contamination was 59.8% with the mean concentration of 3.5-5.3 ng/g[20]. *Gholampour Azizi et al.* [21] in north Iran detected from 60 wheat flour samples 45 (75%) samples, from 60 rice samples 2 (5%) samples and from 54 spices samples 24 (44.4%) samples contained ochratoxin above the limit of European community regulations (5 ppb)(Table 1).

Toxicity: The ochratoxin A is the most toxicity of ochratoxin[6]. But, some know ochratoxin C is the same as toxin OTA [32]. OTA has been recognized as nephrotoxicity at first. OTA is strong nephrotoxic. It has been tested for all animals except adult ruminants [33]. It cause pig nephropathy [34], Balkan endemic nephropathy in humans [35] and chronic middle nephropathy on the north of Africa [36]. Balkan endemic nephropathy along with ochratoxin has been occurred on some southeast of Europe region [37]. The cancer research international agency, has categorized this toxin on 2B group as a carcinogen compound in human [38]. OTA has been categorized as mutagenic, teratogenic, neurotoxic, immunotoxic properties [35]. LD₅₀ (lethal dose) of OTA for the young mouse is 20mg/Kg, whereas LD₅₀ of OTA for duck chicken is 3.6 mg.kg [39]. LD₅₀ of this toxin on pig is 6-1 mg/kg, 20-30 mg/kg for rat and 48-58 mg/kg is for mouse [40]. In these studies, OTA causes

hemorrhage in all critical organs, nephritis and necrosis on liver and lymphatic tissue [35]. Daily Tolerable consuming amount has been suggested by the world health organization about 5 ng OTA/kg bw/ day. In this case it is toxin and has been found on human blood and mother milk [41]. Therefore its exposure to human has been proved. In addition, it is suggested to reduce amount of OTA on food and feed as possible by technology [35].

Prevention: For preventing fungous growth on grains, you should dry them fast and wholly and maintain them on dry place. For preventing OTA forming by *A. ochraceus*, activity of the grain by moisture would reduce to less than 0.8. The most influential method of grains storing includes; steaming, airing. Sealed storing and controlled atmosphere especially in tropical and mid tropical region in which insect damage is critical problem. Controlled atmosphere storing is based on applying atmosphere by low oxygen or high density of dioxide carbon. Using improved atmosphere to control insect helps to the control of fungus [9, 8].

Food Additive by Protection Effect Against OTA Toxin: Antioxidants could reduce mycotoxin damages in this case and have protective role. Therefore antioxidants like melatonin [42], NAC [43], ascorbic acid [44], cyaniding-3-0-B-glucopyranosida [45], retinol, α -tocopherol [46], rosmarinic acid [47], polyphenols [48], aspartame [49], l-methionine and different alkaloids [50] react by toxin effects of OTA. Be aware that α -tocopherol and poly phenols could not protect cytotoxic action of OTA on liver cells [51]. Other materials in which could reduce mycotoxin damages includes: roxazyme-G of sesame, water extract of acanthus and l-â- phenylalanine [9].

Removing Ochratoxin: There is much strategy for reducing OTA level. These methods are used for eliminating or reducing OTA level. These different technology are ranked according physical, chemical and biologically [9], microbiologically methods [52]. Ideal removing toxin method is easy and expensive and don't produce toxin compound or don't change quality parameters of material [53, 9].

Physical Method: Physical methods include division, sorting, purification; peeling, peeling procedure's aim is removing the most contaminated one. They include using absorbent materials as additive food in which absorbed through OTA, hence reduce biologic frequency [54, 9].

Chemical Method: These methods require compounds for removing OTA. We use ammonium, alkali hydrolyze, bisulfites and ozone in some procedures they has been reported as an effective compound for eliminating OTA and other mycotoxins. Although some chemical residue may remain, we don't study toxicity of the reaction products formed. In addition, there is reducing on taste and quality of cared foodstuff [54, 9].

Microbiologic Method: By the aids of microorganism for decomposing, absorb or changing OTA, to remove toxin from contaminated products or when eating mycotoxin [55]. Carboxypeptidase A could damage OTA [56]. Using a toxigenic *A. niger* strain has been suggested as carboxypeptidase source [57]. Other enzymes in which get from *A. niger* and damage OTA includes: lipase [58], enzymatic crude [59] and metalloenzyme [60]. We have one carboxypeptidase from *phaffia rhodozyma* in which damage more than 90% of OTA [61]. In addition to it special bacteria belongs to *Streptococcus*, *Bifidobacterium*, *Lactobacillus*, *Butyribrio*, *phenylobacterium*, *pleurotus*, *Saccharomyces*, *Bacillus* and *Acinetobacter* [62] and special fungus belongs to *Aspergillus*, (*A. fumigatus*, *A. niger*, *A. carbonarius*, *A. japonicus*, *A. versicolor*, *A. wentii*, *A. ochraceus*) and *Botrytis*, *Cladosporium*, *Phaffia*, *Penicillium*, *Rhizopus* (*R. stolonifer*, *R. oryzae*) [63] could damage more than 95% of OTA on in vivo. In any case, some of them have damage characteristic in vivo condition [64]. In industry, microbiology procedures, reduce OTA amount, includes malt, the last fermentation on beer producing [65] and malolactic fermentation on beer producing [66, 9].

Reducing Ochratoxin Amount Method: As if mould resides on damaged part of ground almond and corns, it should be protected against mechanical damage and insects attack. Using chemical compound like switch prevent producing mycotoxin. For example, fungicide for grapes, against fungus colonization and producing ochratoxin are influential. Fungicide should be applied by special alertness. Because some of them like carbendazim, reducing fungus micro flora, produce OTA. On in vitro, epiphytic yeast activity for biological control of *A. carbonarius* and *A. niger* has been proved on grapes. For avoiding fungi attack and producing OTA, plant moisture and drought stress should be reduced [9, 67, 68]. When the moisture of plant is feasible, you should withdraw. In this case, mechanical damage reduces. As far as possible, only gather rape fruit on basket and plate without contamination. You should omit damaged and

contaminated to the soil crop. Corp moisture is reduced fewer than 10% very soon. It has been proved, on coffee drying by the light of sun is cheaper than mechanical drying. Hence, the amount of OTA contamination is higher. Some food diet like coffee and cocoa before drying, have has fermentation phases. This is effective for reducing mould and growth of fungus. Therefore, workers and device should be clean and environment condition, be controlled for avoiding contamination. Peeled corns like cocoa coffee and some corns in which have peeling phases, should be done on correct environment condition and been proved this phases is very sensitive to OTA [9, 69, 68]. Prevention through pre withdrawal management is the best method for controlling mycotoxin contamination. On after withdrawal phases, by storing, process and even by applying mechanical separation or chemical non activation, you could control it. Environment condition are very important on storing phases and it has been suggested stored product be dried and their aw be under 0.70 and temperature is about 20 centigrade and without packing, should be put on 2-3 centigrade. On producing phases on factory, clean condition is maintained. You should apply all export and transformation condition to other countries. After withdrawal, by fungicides like Azoxystrobin, Switch and Scala on beer, it has shown good result against OTA. Treatment by potassium sorbet or propionate calcium prevents OTA contamination. Using antioxidant like vanillic acid, 4-hydroxybenzoic acid and essential oil, extracted from plants like *Thmus vulgaris*, *Aframomum danielli* of OTA growth and synthesis are effective. Using caseinate potassium or activated coal on OTA toxin removing on beers effective about 82%. But theses damage beer quality [8, 9, 68].

CONCLUSION

Ochratoxin contamination causes serious public health problem. Therefore, keeping toxins in low levels in foodstuff is of great importance. To reach this goal, foodstuff should be kept away from probable contamination. There are various methods to control mycotoxins at stores by reducing moisture and preventing them from damage. As there is no reduction in the level of mycotoxin after cooking, it would be feasible to pass some regulations to decrease mycotoxigenic moulds in food. There should be some standards for suitable storage of food and feed; because, these products may get contaminated which endanger human health; therefore, it is crucial to pass some regulations to reduce mould contamination.

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