

Toxic Effect of Soy Sauce and Vinegar on Human Intestinal Bacteria

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Abstract: Soy sauce is made from fermented paste of soybeans, roasted grain, brine and *Aspergillus oryzae* or *Aspergillus sojae* mold. To avoid microbial contamination during the production process, 16% - 20% (w/v) of sodium chloride is commonly added. High salt food causes health risks such as high blood pressure, heart, and kidney disease. Therefore, the sodium chloride content of soy sauce should be reduced to 5% - 8%. A studies have shown that the soybeans fermented by microorganisms also provide a variety of functions, such as antioxidation, lowering blood pressure, lowering blood sugar, anticancer, anti-aging, etc. Other suggest vinegar slows the rate of gastric emptying which would slow the rate of glucose absorption into the bloodstream. It has been suggested that accidental inhalation of vinegar can cause laryngospasm. Vinegar can cause erosion of dental enamel. Vinegar can damage the esophagus. Hypokalemia, hyper reninemia and osteoporosis have been attributed to the ingestion of large amount of cider vinegar.[2].

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