

Can boiled peanuts help cure peanut allergies?

January 11 2023



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Because heat can affect the structure and immunoreactivity of peanuts, researchers recently tested whether a therapy using sequential doses of boiled peanuts followed by roasted peanuts may help children overcome

peanut allergies. Their open label, phase 2, single arm clinical trial, which is published in *Clinical & Experimental Allergy*, generated promising results.

For the trial, 70 [children](#) aged 6–18 years old with [peanut allergies](#) received 12-hour boiled peanuts for 12 weeks, 2-hour boiled peanuts for 20 weeks, and roasted peanuts for 20 weeks, to a target maintenance dose of 12 roasted peanuts daily.

Fifty-six of the 70 (80%) participants became desensitized to peanuts. Treatment-related adverse events were reported in 43 (61%) participants, 3 of whom withdrew from the trial.

"Oral immunotherapy using boiled followed by roasted peanuts represents a pragmatic approach that appears effective in inducing desensitization and is associated with a favourable safety profile," the authors wrote.

More information: Oral immunotherapy using boiled peanuts for treating peanut allergy: An open-label, single-arm trial, *Clinical & Experimental Allergy* (2023). [DOI: 10.1111/cea.14254](https://doi.org/10.1111/cea.14254)

Provided by Wiley

Citation: Can boiled peanuts help cure peanut allergies? (2023, January 11) retrieved 25 April 2024 from <https://medicalxpress.com/news/2023-01-peanuts-peanut-allergies.html>

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