

Vitamin C for COVID-19: How accomplishes it work?

Bui M*

Department of Epidemiology, University of Medicine and Dentistry of New Jersey, USA

SHORT COMMUNICATION

Vitamin C, most popular for its cell reinforcement properties, has been connected to various medical advantages. New research suggests that high dose of oral liposomal vitamin C in drink may help coronavirus patients recover faster. Vitamin C has been read for a long time and we realize that it is a significant cofactor associated with the arrangement of veins, ligament, muscle and collagen in bone and is fundamental for the recuperating procedure. As an enemy of oxidant, the nutrient may help shield cells from harm by concoction free radicals. It is imagined that these synthetic substances add to coronary illness, malignancy and different sicknesses [1]. Conceivable gainful impacts credited to nutrient C incorporate diminishing endothelial brokenness, overseeing hypertension, decreasing cardiovascular illness chance, and forestalling stroke, specific sorts of malignancy, diabetes, gout and perhaps even Alzheimer's malady. The information on these potential uses is regularly disputable and additionally clashing and it isn't completely clear if benefits are at any rate incompletely the aftereffect of improved nourishment. In general, normal utilization of nutrient C supplements abbreviates the length of the basic virus however doesn't decrease the danger of getting a virus aside from in people experiencing overwhelming physical pressure (for example long distance runners, skiers, or officers in subarctic conditions) where the occurrence of colds is sliced down the middle. Taking nutrient C supplements once chilly side effects have just started has no demonstrated benefits [2]. It is likely that this antiviral impact is the reason nutrient C has pulled in enthusiasm as a potential treatment of COVID-19.

Vitamin C levels in coronavirus patients drop drastically when they endure sepsis, an inflammatory reaction that happens when their bodies overreact to the disease.

As the novel coronavirus keeps on enduring over the world, researchers are attempting various ways to deal with think of a treatment for the destructive respiratory illness. Wellbeing specialists are additionally assessing the dose of nutrients in the counteraction and treatment of COVID-19. Another examination

proposes that high portion of oral liposomal nutrient C may accelerate the recuperation procedure in COVID-19 patients. It is accepted that nutrient C helps in forestalling and rewarding respiratory and fundamental diseases. Vitamin C has lately been of interest to researchers in the fight against the COVID-19 pandemic. The daily requirement as per the studies till now of Vitamin C is approximately 90mg in adult males, 75mg for females which increases to 120 mg during pregnancy.

One can improve their in taking of nutrient C by including a lot of Vitamin C-rich nourishments to your eating regimen. Food wellsprings of Vitamin C incorporate red, orange and yellow hued products of the soil. Leafy foods like guava, kiwi, ringer peppers, oranges, papaya, mango and gooseberries are a portion of the nourishments that contain high measures of Vitamin C. Vitamin C is a water-solvent basic supplement. Being water-dissolvable, it isn't put away in the body and requires every day admission [3].

CONCLUSION

Further research into the mechanisms underlying the effect of vitamin C on the risks of Respiratory and placental abruption is warranted. Furthermore, additional research is needed into the effects of vitamin C supplementation in people with inadequate intakes of vitamin C. Continuing follow-up of pateinets with covid 19 and children in previous or ongoing trials would provide insight into the potential long-term effects of vitamin C supplementation during this pandemic.

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*Correspondence to: Dr. Michael Bui, Adjunct Professor, School of Public Health, Department of Epidemiology University of Medicine and Dentistry of New Jersey, USA; Phone: 0334-4802902, E-mail: michael.bui@ualberta.ca

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