

Note on Role of Vitamin E as Pain Killer

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DESCRIPTION

Alpha-tocopherol is the only form of the fat-soluble vitamin E that is used by the human body. As an antioxidant, its primary function is to scavenge loose electrons, or "free radicals," which can harm cells. Additionally, it improves immunological performance and stops blood clots from developing in heart arteries. When scientists realised that free radical damage was involved in the early stages of artery-clogging atherosclerosis and might also be a factor in cancer, vision loss, and a number of other chronic disorders, antioxidant vitamins, particularly vitamin E, came to the public's notice. In some circumstances, vitamin E can both stop the generation of free radicals and shield cells from their damage.

- Plant-based oils, nuts, seeds, fruits, and vegetables all contain vitamin E.
- Whey protein oil
- Safflower, soybean, and sunflower oils
- Kernels of sunflower
- Almonds
- Almonds and peanut butter
- Spinach, collard greens, and beet greens
- Pumpkin
- Bell peppers, red
- Asparagus
- Mango
- Avocado

Pain is said to be the foremost reason for existence of medicine and doctors. It is recognised that the appreciation of pain varies from person to person. In some persons pain sensation may be irritative but in others may be un-bearable.

If we see the anatomy and physiology of pain we will understand how the neurons (nerve sensors) play an important role in pain.

The four common cutaneous sensations—touch, pain, heat and cold—together with deep sensation of pressure and proprioception are referred to as the somatic (relates to body) sensation. These are consciously appreciated in all parts of the body and have a common pathway within the nervous system. An appropriate stimulus generates an impulse at the

periphery (the nervous system lying outside the spinal cord and brain stem) which passes into the central nervous system, is relayed by the brain (thalamus) hence final relay is passed to the appropriate part of the cerebral cortex.

In simple language, the pathway for somatic sensation is subserved by three orders of neurons, the first order neuron is concerned with transmitting information from the periphery to the spinal cord, the second-order neuron transmits information from the spinal cord to the thalamus and the third-order neuron transmits information from the thalamus to the cerebral cortex.

Vitamin E plays an important role in human personality as well as in immune system as an antioxidant, preventing important molecules and structures in the cell from reacting to oxygen. When the delicate components of living protoplasm are attacked by oxygen they are often injured. If one wants to live longer, he/she has to be very friendly with vitamin E. It has now been found out that it has a good role to play in many types of pains, not as a pain killer but a pain reliever.

A simple headache gives us a pain. It is an indication given by the body about some health imbalance. The pain may have to be evaluated properly. The diagnosis of headache is based on understanding the patho-physiology of head-pain, obtaining a history with pain characterization as acute, sub-acute or chronic etc. It can be done with physical examination like temperature, pulse, blood pressure, respiration, weight loss or mental status examination which may demonstrate confusion.

Vitamin E may help ease muscle aches after a tough workout, a new study suggests. Researchers believe that the antioxidant mops up the damaging by-products created by a strenuous workout.

What happens during workout?

As the body increases its use of oxygen, by-products of oxygen metabolism—called free radicals—can do damage to muscle tissue. This damage can result in soreness and fatigue after strenuous exercise. The research further says that the oxidative stress may increase with age. Those who are already physically fit probably do not need to take a vitamin E supplement to ward

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off what little post-workout soreness they might feel. However 'weekend warrior' types who are not always exercising on a regular basis may receive greater benefits to supplementation."

The findings were submitted at the annual Experimental Biology 2002 conference. Previous studies conducted had already revealed that vitamin E was capable of soaking up excess free radicals.

In one study, there were two groups of men ~ one group ages 23 to 35 and older men between 66 and 78 ~ take either a placebo or a 1,000 IU supplement of vitamin E every day for three months. They tested the athletes' soreness after a 45-minute downhill run at the beginning of the test ~ before they had taken the vitamin E supplement ~and at the end of the three-month period.

"Muscle damage, oxidative stress and inflammation all still occurred following intense exercise" . "However, these responses were blunted in both young & older men" who took vitamin E may in the form of sprouts or Soyabean milk or green leafy vegetable juice or wheat germ oil.

Young men saw the most benefits in terms of reduced muscle soreness and damage but older men also benefited. A 2012 survey of dietary admission concentrates on detailed that higher utilization of vitamin E from food varieties brought down the gamble of fostering Alzheimer's Infection (AI) by 24%. In 2017, an agreement proclamation from the British Association for

Psychopharmacology presumed that, until additional data is accessible, vitamin E can't be suggested for treatment or counteraction of Alzheimer's illness. A 2017 Cochrane survey covered vitamin E as a likely dietary advantage for gentle mental weakness and Alzheimer's illness. In light of proof from one preliminary in every one of the classifications, the review tracked down deficient proof for supplemental vitamin E to keep movement from MCI to dementia, however it demonstrated easing back of utilitarian decrease in individuals with AD. Given the modest number of preliminaries and subjects, the creators suggested further exploration. A 2018 survey found lower vitamin E blood levels in AD individuals contrasted with solid, age-matched individuals.

Whether women can get the same benefit is not clear, since circulating estrogens could reduce the potency of the antioxidant. However, "following menopause & the loss of extra estrogen, it was predicted that older women would respond similarly to older men," research says. This fact was also linked recently to the Coronavirus 19, where women are less affected than the men

While the study participants took a relatively high dose of vitamin E, the average person could probably get the same benefits from lower doses of between 200 to 400 IU per day.

Thus the vitamin E which is a water soluble vitamin can be a good pain reliever as also immunity enhancer, if taken in proper proportion as also in proper Natural form.