OPEN ACCESS Freely available online

Endocrinology & Metabolic Syndrome

Short Communication

Do You Think Vitamin D deficiency Effect Corona Patients?

Gude Himabindhu*

Department of Biotechnology, Osmania University, Hyderabad, Telangana, India

Abstract

Vitamin D is important which should include daily in our diet as it plays a major role in the body metabolism. Here I'm discussing about the study, levels of Vitamin D and effect on corona patients. Intake amount, sources and supplements were discussed in this paper.

Keywords Vitamin D; Corona virus; Vitamin D deficiency; Effect in corona patients

Introduction

Vitamin D is a fat-soluble vitamin that we get from the natural source. Vitamin D can be obtained from Sunlight, Food & supplements.

Role of Vitamin D

Vitamin D plays a major function in the body. It helps in promoting the absorption of Calcium, Bone growth, Remodelling of bones, Modulation of cell growth, Immune function, Neuromuscular function, Inflammation reduction function, Regulation of cells, etc.

Sufficiency of Vitamin can prevent diseases like Rickets (Commonly seen in children), Osteomalasia (Seen in Adults) where bones will become thin, brittle, and broken (Osteoporosis) [1].

Vitamin D Toxicity

Too much Vitamin D levels in the body can be toxic to the body and this condition is called VITAMIN D TOXICITY.

Excess levels of Vitamin D cause high levels of calcium in the blood (Hypercalcemia), Kidney malfunction, Heart problems, etc [2-5].

How does VITAMIN D Deficiency Affect Corona Patients?

WHO declared SARCOV-2/COVID-19 is a global pandemic. In recent studies, there is evidence on the association of Vitamin D levels in various countries.

The data received regarding the association of levels of Vitamin D showed morbidity and mortality caused by COVID-19. This study hypothesis is Levels of VITAMIN D plays a major protective role in the infection of COVID-19 patients [6-8].

Advice

The advice is VITAMIN D supplementation protects against COVID Infection. Some studies suggest ensuring adequate vitamin D levels help in common cold and flu.

People who are staying indoors may be deprived of Vitamin D.

People should consider taking a minimum of 10 micrograms of vitamin D a day.

The Scientific Advisory Commission on Nutrition (SACN), NHS, Public Health England (PHE), UK, Scottish, Welsh government, and Northern Ireland's Public Health Agency have issued similar advice for the lockdown period.

This could be relevant in ill coronavirus patients where severe lung damage can result from an inflammatory "cytokine storm" in response to the virus, he says, although much more research is needed to explore this.

Correspondence to: Gude Himabindhu, Department of Biotechnology, Osmania University, Hyderabad, Telangana, India, Tel: 8143389651; E-mail: smily.bindu20@gmail.com

Received: July 23, 2020; **Accepted:** July 27, 2020; **Published:** July 31, 2020

Citation: Himabindhu G (2020) Do You Think Vitamin D deficiency Effect Corona Patients?. Endocrinol Metab Syndr. 9:308. doi: 10.4172/2161-1017.20.9.308

A study suggested that Vitamin D plays a major role in treating respiratory issues [4-9].

Supplements advice

- Infants (less than 1 year) should not have more than 25 micrograms a day.
- Children between 1 to 10 years should not have more than 50 micrograms a day.
- Adults should not have more than 100 micrograms a day, (recommended 10 micrograms a day).

Sources of Vitamin D

- Spending time in sunlight (Morning hours). Vitamin D is also referred to as "the sunshine vitamin".
- People with darker skin tone needs to spend more time in the sun to produce vitamin D than those with lighter skin.
- Consume fatty fish and seafood.
- Consume more mushrooms. Mushrooms are the only completely plant-based source of vitamin D.
- Include egg yolks in the diet.
- Consuming fortified foods (Cow's milk, Plant-based milk, Orange juice, Cereals, Yogurt, Tofu).
- Vitamin D supplements (D2 (ergocalciferol) and D3 (cholecalciferol)).
- UV-B radiation may also boost vitamin D levels in the body.

Conclusion

Vitamin D is an essential nutrient. Many people in the world are deprived of Vitamin D. If you suspect a deficiency of Vitamin D try to get it through sunlight, supplements, rich source in intake of food.

References

1. Biesalski HK. Vitamin D deficiency and co-morbidities in COVID-19 patients–A fatal relationship? NFS Journal. 2020;20: 10–21.
2. https://www.pharmaceutical-technology.com/comment/vitamin-d-covid-19/
3. Ilie PC, Stefanescu S, Smith L. The role of vitamin D in the prevention of coronavirus disease 2019 infection and mortality. Aging Clin Exp Res. 2020;32: 1195–1198.
4. https://www.nytimes.com/2020/06/10/well/live/coronavirus-vitamin-d-immunity.html
5. Holick MF, Chen TC. Vitamin D deficiency: a worldwide problem with health consequences. Am J Clin Nutr. 2008;87: 1080S–6S.
6. https://www.who.int/elena/titles/vitamind_pneumonia_children/en/
7. https://doi.org/10.1136/bmj.i6583
8. https://www.mcmasteroptimalaging.org/blog/detail/blog/2019/05/14/can-vitamin-d-ward-off-acute-respiratory-tract-infections
9. Stephen P. How Can We Develop Immunity against COVID-19 and Defeat It. Diab Res Open Access. 2020;2 :9-11.