

A Glimpse on deficiency of Sunshine Vitamin in Indian subcontinent

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Abstract:

The sunshine vitamin (Vitamin D) plays a major role in both skeletal and extra skeletal diseases. Deficiency of Sunshine vitamin is likely play a vital role in the high prevalence of Rickets, Osteoporosis, Cardiovascular diseases, Diabetes, Cancer & infections such as Tuberculosis in Indian subcontinents. The main aim of this abstract review is the status of sunshine vitamin nutrition and also the underlying causes of this epidemic. Vitamin D deficiency is pandemic, still it is the most under diagnosed and under treated nutritional deficiency in the world. Generally vitamin D is photosynthesized in the skin on exposure to UVB rays. Despite of plentiful sunshine in tropical countries like India, vitamin D deficiency become prevalent. The socio economic & distinct life style patterns in Indian subcontinent leading to vitamin deficiency like, clothing's- that fully cover the body limits the exposure to sunlight, vegetarians- certainly limits vitamin D rich dietary options and poor nutrition. Vitamin D supplements are widely available but most of the Indian population is not aware of that, they need additional Vitamin D. Fortification of staple foods with sunshine vitamin may prove to be more viable solution towards attaining sufficiency of vitamin D in India. Different kind of vitamin D formulations are available to treat consequences which occur with vitamin D deficiency, like Vitamin D3 chewable tablets, Mouth dissolving tablets, Vitamin D3 powder sachets, Injection form etc. But as it is Fat soluble category vitamin, so its solubility and oral absorption is a rate limiting step and leads to under medication most of the times. Recent development in pharmaceutical research, made easy and highly soluble, absorbable & more bioavailable Vitamin D3 formulations by using Micelles solubilization techniques using different surfactants and stabilizers.

Biography:

Mohammed Abubakar is working as Professor of Medicine in Deccan College of Medical Sciences & Running own Diabetes Clinic-Research centre in Hyderabad since 2000 year onwards. He has completed MBBS from AL-AMEEN Medical College in 1990 and M.D General Medicine from Mahadevappa Rampur Medical College in 1995. published articles and presented posters in reputed Journals and Medical conferences.

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