

A Typical Discussion on Vitamin-B



Bobby Kumari

Former Lecturer in Home Science,

R.S.S. College, Chochhan, Muzaffarpur

At Present L.S., I.C.D.S., Sariya in Muzaffarpur

Email-kbobby038@gmail.com

ABSTRACT

Vitamins play a vital role in maintaining food health and well-being. As the building blocks of a healthy body, B vitamins have a direct impact on your energy levels, brain function and cell metabolism. Vitamin B complex helps to prevent infections and support or promote : cell health

Keywords : Angular Stomatitis, Glossitis

Vitamin B complex is composed of eight B Vitamins		They may also help men build muscle and increase strength.
B-1	(Thiamine)	How much vitamin B complex do you need?
B-2	(riboflavin)	
B-3	(niacin)	For women, the recommended daily intake is:
B-5	(Pantothenic acid)	
B-6	(Pyridoxine)	B-1: 1.1 milligrams (mg)
B-7	(biotin)	B-2 : 1.1 milligrams (mg)
B-9	(folic acid)	B-3 : 14 milligrams (mg)
B-12	(Cobalamin)	B-5 : 5 milligrams (mg)
		B-6 : 1.3 milligrams (mg)
B vitamins one especially important for women who are pregnant and breastfeeding. These vitamins aid in fetal brain development as well as reduce the rise of birth defects.		Biotin: 30 micrograms (mcg)
		Folic acid: 400 mcg
		B-12 : 2,4 mcg
In Men B vitamins are thought to increase testosterone levels which naturally decrease with age.		For men, the recommended daily intake is:
		B-1 : 1.2 mg
		B-2 : 1.3 mg
		B-3 : 16 mg

B-5 : 5 mg
 B-6 : 1.3 mg
 Biotin: 30 mcg
 Folic acid: 400 mcg
 B-12 : 2.4 mcg

Older adults and women who are pregnant require higher amounts of B vitamins.

The following symptoms may be a sign that you are not getting enough B vitamins:

Skin rashes
 Cracks around the mouth
 Scaly skin on the lips
 Swollen tongue
 Fatigue
 Weakness
 Anemia
 Confusion
 Irritability
 Nausea
 Abdominal cramps
 Diarrhea
 Constipation
 Numbness or tingling in the but and hands

Vitamin B-12 deficiency, in particular, may increase your risk of neuropsychiatric disorders.

Sources that are rich with B- Vitamin:

-Milk
 -Cheese
 -Eggs
 -Liver and kidney
 -Meat, such as chicken and red meat
 -Fish
 - Dark green vegetables such as spinach and kale
 -Vegetables, such as beets, avocado and potatoes
 -whole grains and cereals
 -Beans

-Nuts and seeds
 -Fruits such as citrus, banana and watermelon
 - yeast

Symptoms of a vitamin B complex overdose include:

Excessive thirst
 Skin Conditions
 Blurry vision
 Abdominal Cramps
 Nausea
 Vomiting
 Increased urination
 Diarrhea

Anthology of Deficiency:

The major etiological factors for B-complex vitamins deficiencies are summarised as follows:-

Etiology of water soluble vitamin deficiencies

1. **Inadeqnat intakes**
 - a. Poverty
 - b. Faulty cooling heabits
 - c. Losses due to storage, processing
 - d. Bioavailability problems
2. **Improved absorption**
 - a. Chronic diarrhoea
 - b. Malabsorption syndromes
3. **Metabolic function**
 - a. Genetic abnormality
 - b. Metabolic stress
 - c. Drug – induced antagonism
 - d. Increased urinary excertion
 - e. Increased requirements

4. **Depleted stores**
- a. Poor nutritional status of mother
- b. Drug induced depletion

Conclusion

Nutritional surveys conducted in several parts of India, including Muzaffarpur District (Bihar) indicates that deficiency of B- Vitamin is widely prevalent among low income groups of the population in all age groups. It is more common in children, pregnant and lactating women.

REFERENCES

- [1]. Chaudhary, J.K. 1961: Health and Nutritional survey of the studies of the urban area of North Bihar.
- [2]. Raghuram T.C.: Skin changes in malnutrition, Nutrition, Vol. 33 No. Pp 22-26, 1191
- [3]. Sahu Dr. S.K.: Health A Human right third Concept Vol-3 No. 33, Nov. 1980
- [4]. Reddy V. and Siva Kumar B: Studies on Vitamin a absorption, Indian Pediatrics 9: 307-310, 1972