

A Systematic Study On Vitamin-A



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ABSTRACT

Vitamin A is a fat soluble vitamin that is naturally present in many foods. Vitamin A is important for normal vision, the immune system and reproduction. It helps the heart, lungs, kidneys and other organs to work properly.

Keywords : Xerophthalmia nyctalopi conjunctival xerosis, corneal xerosis

I. INTRODUCTION

There one two different type of vitamin A. The first type, performed vitamin A which is found in meat, poultry, fish and dairy products. The second type, provitamin A is found in fruits, vegetables and other plant based products. The most common type of provitamin A in foods and daily supplements is betacarotene.

How much Vitamin A do one need?

The amount of vitamin A you need depends on your age and sex. Average daily recommended amounts are listed below on micrograms (mcg) of retinal activity equivalents.

Life stage Recommended Amount

Birth to 6 months	400 mcg	RAE
Infants 7-12 months	500 mcg	RAE
Children 1-3 years	300 mcg	RAE
Children 4-8 years	400 mcg	RAE
Children 9-13 years	600 mcg	RAE
Boys 14-18 years	900 mcg	RAE
Girls 14-18 years	700 mcg	RAE
Adult men	900 mcg	RAE
Adult Women	700 mcg	RAE
Pregnant Women	770 mcg	RAE
Breast feeding women	1300 mcg	RAE

Sources of Vitamin A:

It is found naturally in many foods and is added to some foods, such as milk and cereal. Limited amount of Beef liver and other organ meats because it has high level of Cholesterol. Some types of fish such as Salmon, Green leafy Vegetables and other green, orange and yellow vegetables such as broccoli, Carrots and squash. Fruits including apricots and mangoes, Dairy products.

Vitamin A deficiency :

The most common symptom of vitamin A deficiency in young children and pregnant women is an eye condition called xerophthalmia. Xerophthalmia is the inability to see in low light and it can lead to blindness if it is not treated. Vitamin A deficiency also causes macular Degeneration Meosless in Children.

High intake of some forms of Vitamin A can be harmful:

Getting too much preformed Vitamin A can cause dizziness, nausea, headaches, coma and even death. High intakes of preformed vitamin A in pregnant women can also cause birth defects in their babies.

Consuming high amounts of beta-carotene or other forms of provitamin A can turn the skin yellow-orange, but this condition is harmless. High intake of beta carotene do not cause birth defects or the other more serious effects caused by getting too much preformed vitamin A.

Cancer: people who eat a lot of foods containing beta carotene might have a lower risk of certain kinds of cancer. Such as lung cancer or prostate cancer.

Benefits:

There are six important health benefits of vitamin A:

- Protects Eyes from night blindness and Age related decline
- May lower risk of certain cancers
- Supports a healthy immune system
- Supports Bone Health
- Promotes Healthy Growth and Reproduction

Be it noted that taking too much vitamin A can lead to serious side effects and can even be fatal if ingested at extremely high doses.

The most common side effects of chronic vitamin A toxicity obtain referred to as hypervitaminosis A-include:

- Vision disturbances
- Joint and bone pain
- Poor appetite
- Nausea and Vomiting
- Sunlight sensitivity
- Hair loss
- Headache
- Dry skin
- Liver Damage
- Jaundice
- Delayed growth
- Decreased appetite
- Confusion
- Itchy skin

Conclusion

Food in adequate quantity and quality is probably the most important factor affecting health and nutritional status, especially in the case of children. A child without adequate nutrition is highly vulnerable to different types of infection. Children being the future and supreme asset of a nation requires a careful and well planned programmes for their nature and growth. Thus it is concluded that there is a nation wide awareness programme for the pre-school Children of low income group as it is the most critical and vulnerable stage and there is high incidence of wastage on this stage from mortality and morbidity due to poor nutrition and low income. Second need is proper nutrition education of mothers which can be the subject and permanent step in its alleviation.

Hence it is challenging role for the government, health worker, teacher, scientists etc, to make a combined effort for the improvement of health and nutritional status of Children as well as community. All these efforts will go in vain without giving proper nutrition education to each and every member of the community ultimately the nation.

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