

Avitaminosis - signs and symptoms, useful and dangerous products, folk remedies

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Abstract. Vitamin deficiency is a disease that occurs due to insufficient intake of vitamins into the body over a long period of time. Often the largest number of people suffering from vitamin deficiency occurs in the winter-spring period.

Key words: Vitamin deficiency, description, causes, types and symptoms, complications, prevention, treatment, healthy products, folk remedies, dangerous products

Depending on what vitamin is lacking in the body, the following types of vitamin deficiencies are distinguished:

- if there is a lack of vitamin A [1], night blindness occurs;
- vitamin B1 - beriberi;
- vitamin C [2] – a person suffers from scurvy;
- vitamin D [3] – a disease such as rickets occurs;
- Vitamin PP – suffers from pellagra.

Also, if the body does not receive the required amount of several types of vitamins at the same time, a type of vitamin deficiency occurs - polyavitaminosis; when a vitamin is supplied in an incomplete amount of a vitamin - hypovitaminosis (vitamin deficiency).

Causes of vitamin deficiency:

1. poor nutrition;
2. insufficient consumption of food that contains vitamins and microelements;
3. poor quality products;
4. problems with the gastrointestinal tract;
5. intake of antivitamins into the body (this can occur when taking medications that are used to treat excessive blood clotting. For example, taking dicumarol, syncumar.);
6. unfavorable environment.

The main signs (symptoms) of vitamin deficiency:

- Peeling of the skin, the presence of inflamed areas of the skin, small ulcers, cracks, bruises that do not go away for a long time, irritation on clothes or jewelry that you have not noticed before.
- Nails break, peel, the nail plate becomes dull, there may be white streaks or stripes (this effect is also called “blooming” of nails);
- Hair loss, the appearance of wounds on the scalp, profuse dandruff, the hair suddenly began to turn gray, the hair structure became brittle.
- Bleeding gums, swelling of the tongue (sometimes the tongue can change color and become coated), crumbling teeth, ulcers on the tongue and cheeks.
- Tearfulness and redness of the eyes, sometimes swelling under the eyes, constant itching in the eye area. This can lead to ghosting, white glare, and sensitivity to bright light.
- Pain in muscles, joints, their swelling, rarely - the presence of cramps, numbness of the limbs, problems with coordination of movement.
- Constant feeling of cold, fatigue, sometimes body odor increases or changes.
- A haunting feeling of anxiety, fear, dissatisfaction, loss of strength, inattention, increased irritability and aggression.
- Digestive problems (diarrhea, constipation [4], excess weight gain, increased cholesterol [5], poor appetite, dullness of taste buds, constant nausea).
- Decreased sexual activity (unfavorable effects of poor nutrition).

Useful foods for vitamin deficiency

To prevent the occurrence of vitamin deficiency or overcome it, you need to know which foods contain certain vitamins. Here is a list of products divided by groups:

- **Vitamin A** is responsible for vision and helps in the formation of the skeleton. To get it you need to add carrots [6], beets [7], pumpkin [8], nettles [9], peppers (red) [10], apricots [11], corn [12] to your diet. It is worth noting that palmitate (vitamin A) does not tend to be destroyed by heat treatment, but it is better, of course, to consume fresh vegetables and fruits.
- **Vitamin B :**
 - **B1** (thiamine) – responsible for the central nervous system and metabolic processes. Thiamine is produced by intestinal microflora independently, but to a very small extent for the body. Therefore, to compensate for this deficiency, you need to eat bread and flour products made from high-grade wheat flour; cereals, namely: rice [13], buckwheat [14], oatmeal [15]; meat (especially pork and beef); legumes; nuts; egg yolk; yeast [16];
 - **B2** (riboflavin, otherwise “growth vitamin”) – takes part in the formation of hemoglobin, helps heal wounds faster. Present in yeast, cereals, dairy products, fish, meat, eggs [17], and fresh vegetables. Ultraviolet rays and alkali have a negative effect.
- **Vitamin C** – helps fight viral diseases. To enrich the body with ascorbic acid, you need to eat strawberries, citrus fruits, apples [18], sorrel, cabbage [19], potatoes [20], black currants [21], legumes, greens, sweet peppers, rose hips [22]. Under the influence of high temperatures

(namely, boiling), this vitamin is destroyed. Also, little vitamin C remains in dried fruits and vegetables.

- **Vitamin D** (“sun vitamin”, calciferol) – controls the absorption of calcium [23] in the human body. It is produced by the sun's rays that hit the skin. But this amount is not enough for the body, so you need to eat fish oil, red fish, caviar, butter [24], liver, sour cream, milk.
- **Vitamin E** [25] (“vitamin of youth”, tocopherol) – controls the functioning of the gonads and is responsible for the functions of the muscular system. To maintain skin tone and stay young for a long time, it is necessary to consume and add egg yolk, vegetable oil, rose hips, spinach [26], parsley [27], dill [28], sorrel [29] when preparing dishes.

Recommendations on how best to store food so that vitamins do not disappear

1. Store food in a cool, dark place.
2. Do not keep vegetables, fruits, or green leaves in water for a long time.
3. Do not leave in the sun or under fluorescent lamp light.
4. You should not cut or peel vegetables and fruits in advance (for example, peel potatoes in the evening - all vitamins are lost overnight).
5. It is better to bake meat and fish dishes in a baking bag or foil.
6. Do not throw away the water in which the legumes were soaked, but use it for cooking hot dishes (it also contains many vitamins).
7. Be sure to store pickled cucumbers and cabbage [30] under weight and in brine. When you take them out of the jar, before consuming, under no circumstances do you need to rinse them under water (just squeeze the juice out of the cabbage leaves).
8. When defrosting, do not immerse the meat in water to reduce the time.
9. Place vegetables and meat in boiling water only.
10. Try not to store dishes for a long time (it is better to eat them right away), cut salads only before eating (if you are expecting guests, then at least do not salt, pepper or dress the salad before they arrive).

Folk medicine for vitamin deficiency

Among the people, the most common way to combat vitamin deficiency is fortified teas, herbal decoctions and the use of healthy combinations of fruits and vegetables.

- Place 5 prunes, 3 figs, 2 medium apples, 2 lemon slices [31] and 3 apricots in a saucepan with water. Boil the entire set of fruits over low heat for 7-12 minutes. Have breakfast with this broth.
- Take rose hips, lingonberries, nettle leaves (should be in proportion: 3 to 2 to 3). Mix. Drink like tea three times a day.

- Viburnum [32] tea has a tonic and general strengthening effect. Take 30 grams of viburnum berries, pour half a liter of water, put on fire, let it boil. Leave for 2 hours. You should drink 100 milliliters of this drink in the morning and evening. Tea with rowan has the same properties [33].

Contraindicated for use in people with low blood pressure.

- In the treatment of vitamin deficiency, an indispensable remedy is pine decoction. To prepare it, you need to take coniferous or pine needles and cut them into small pieces. Add them to water (there should be 2 times more water). Place on low heat and leave for 30 minutes after boiling. Filter and drink throughout the day.
- Take 1 egg, separate the egg from the yolk, add a little lemon [34] or orange juice [35] and 15 grams of honey [36] to the yolk. Eat the resulting one in the morning instead of breakfast.
- Take in equal proportions (1 to 1 to 1) wheat, barley, oatmeal [37]. Grind in a coffee grinder or pound in a mortar, add hot water (there should be 200 milliliters of water per 1 tablespoon of the mixture). Let it brew for 2 hours. Filter through cheesecloth. Drink with honey when you feel weak or dizzy.
- Take one lemon and put it in boiling water for a couple of minutes to soften. Get it. Do not peel the peel. Grate or grind through a meat grinder. Add a little oil, 4 teaspoons of honey. Mix everything well until smooth. Eat with tea.
- For 5 glasses of water, take one glass of oats. Put on gas and cook until it becomes liquid jelly. Filter. Add the same amount of boiled milk to the resulting liquid (you can also use raw milk). Add 150 grams of honey. Drink this decoction 65-100 milliliters three times a day.
- Take oats and add three times as much water. Leave to infuse for 24 hours at room temperature. Strain. Store the resulting infusion in a cool place (preferably in the refrigerator). Before taking, warm up, drink 50 milliliters at a time 20 minutes before meals. Number of receptions – 3-4.

Dangerous and harmful products for vitamin deficiency

The most harmful food for vitamin deficiency is “non-living” food, which not only does not provide useful vitamins and microelements, but also inhibits their absorption with normal healthy food.

These products include:

- alcoholic beverages [38];
- chips, crackers;
- fast food;
- sausage, non-homemade sausages;
- canned food;
- mayonnaise and various store-bought snacks;
- products with “E” coding;

- margarine, spreads, dairy products and by-products, and other products that contain trans fats.

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