

## VITAMIN DEFICIENCY AND ITS EFFECTS ON HUMAN HEALTH

**Qodirberdiyeva Mohira Mansurbek qizi**

*1st year student of the Faculty of Pharmacy of Samarkand State Medical University*

**Asatullayev Rustam Baxtiyorovich**

*Scientific supervisor: Assistant at Samarkand State Medical University*

**Annotation:** *This article comprehensively covers the role of vitamins in the human body, diseases and negative consequences caused by their deficiency. Also, information on ways to prevent vitamin deficiencies, the importance of proper nutrition, as well as the need for vitamins in modern medicine are given. The fact that vitamin deficiency can lead to various functional disruptions in the human body, weaken the immune system and adversely affect overall health has been scientifically explained.*

**Key words:** *vitamin, avitaminosis, hypovitaminosis, immunity, healthy nutrition, microelements, diseases, prophylaxis, organism, food.*

Log in

Human health largely depends on his proper nutrition. The presence of a sufficient amount of vitamins in the food will ensure the normal functioning of the body. Vitamins are biologically active substances that play an important role in metabolism. And their deficiency leads to the development of various diseases. Currently, vitamin deficiencies due to malnutrition, environmental problems and stress are common problems.

Key Section

General understanding of vitamins

Vitamins are substances that cannot be synthesized or are formed in very small quantities in the body and are absorbed by food. They are divided into fat-soluble (A, D, E, K) and water-soluble (group B, vitamin C) types. Each vitamin has its own specific function in the body.

Causes of vitamin deficiency

Vitamin deficiency occurs for the following reasons:

Improper and monotonous feeding

Insufficient intake of fruits and vegetables

Chronic diseases

Disorders of the gastrointestinal tract

Stress and irritability

Ecologic factors

The concept of avitaminosis and hypovitaminosis

A complete lack of vitamins is called avitaminosis, and a partial deficiency is called hypovitaminosis. These situations lead to the development of various diseases in the body.

Essential vitamins and their lack

### Vitamin A deficiency

Vitamin A is important for eyesight and skin health. Its lack of:

Decreased vision (blurring)

Decreased immunity

Lack of vitamins of group B

B vitamins play an important role in the functioning of the nervous system.

Shortage:

Nervousness

Fatigue

Memory Drain

Blood Deficiency

Vitamin C deficiency

Vitamin C strengthens immunity. Lack:

Tendency to colds

Skin color change

Vitamin D deficiency

Vitamin D is essential for bones. Shortage:

Rickets disease (in children)

Bruising of bones

Vitamin E deficiency

Vitamin E is an antioxidant. Lack:

Aging of the skin

Reproductive problems

The consequences of vitamin deficiency

Vitamin deficiency leads to the following serious problems:

The immune system weakens

Susceptibility to infectious diseases increases

Business aptitude decreases

In children, development slows down

Exacerbated by chronic diseases

Preventive measures

For the prevention of vitamin deficiency:

Balanced diet

Eat more fruits and vegetables

Adequate use of sunlight

Taking vitamin complexes with a doctor's prescription

Following a healthy lifestyle

Conclusion

Vitamins are an important biological substance necessary for human life. Their deficiency leads to a breakdown of body activity.

Therefore, everyone should be attentive to their diet, regularly consume vitamin-rich products. Many diseases can be prevented with a healthy lifestyle and proper nutrition.

#### **REFERENCES:**

- 1.Sodiqov A. – "Human physiology"
- 2.Karimov I. – "The basics of healthy living"
- 3.Abdullayev R. – "Introduction to medicine"
- 4.WHO (World Health Organization) Materials
- 4.Pharmacology textbooks
- 5.Guidelines on the basics of biochemistry