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VITAMINS ARE ESSENTIAL FOR GOOD HEALTH

Dr. S.R.Chiraniyan

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Vitamin A:

Vitamin A improves immune system of our body, which protects our body from many poisonous substances. Deficiency of this vitamin causes many diseases. Lack of Vitamin A leads to blindness, usually night blindness. If we look at the serious affects then we can find that lack of this vitamin leads to serious condition of chronic disorder of bowel movement. Lack of vitamin A causes cold, Isnophelia. It may sometimes lead to deadly disease like lungs infection, tuberculosis and so on. Therefore we should consume green vegetables, clarified butter, butter in order to prevent these diseases.

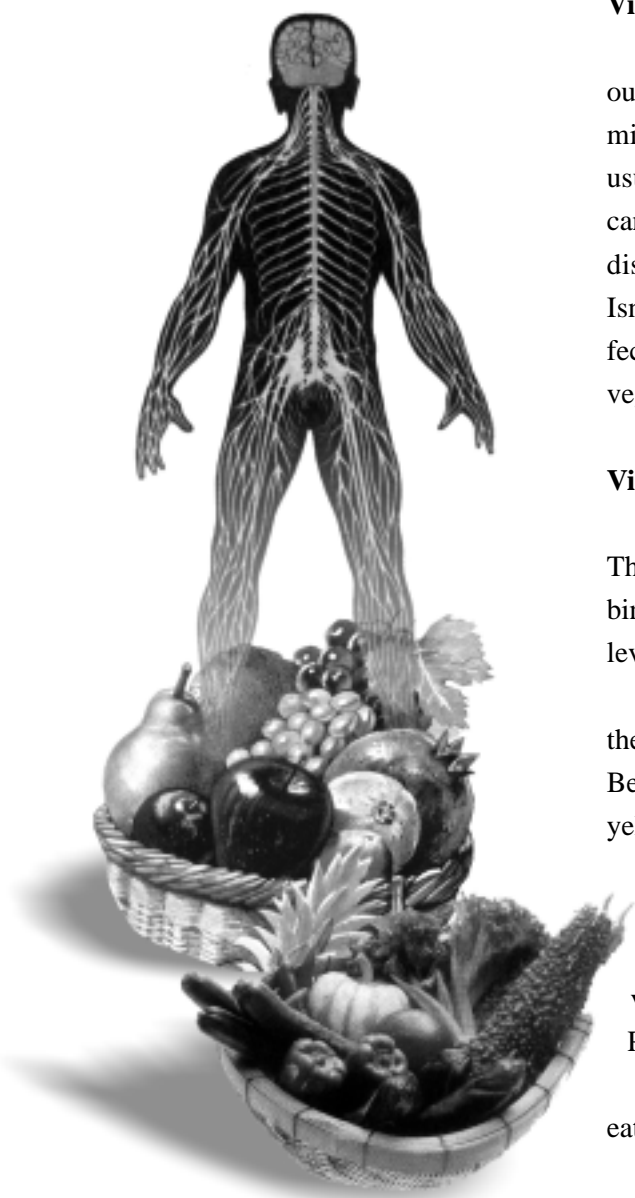
Vitamin B:

Vitamin B is essential for healthy, happy and disease free life. This increases blood in the body and keeps a check on the hemoglobin level, and body requires this vitamin for maintaining good blood level in the body.

Lack of vitamin B leads to nerve disorder, because nerves carry the blood. Lack of blood in nerves leads to Beriberi. In case of Beriberi the nerves become crooked due to vata. The body turns yellow, leading to weakness, lack of hemoglobin, paralysis in lower part of the body are also possible.

We should consume green leafy vegetables, curry, raw vegetables (Salad), pomegranate, beetroot, milk and fruits to prevent the diseases caused due to the deficiency of vitamin B. Pranayam and few yogasanas are also beneficial.

Food grains are also good source of vitamin B and it is better to eat hand grinded flour or flour made at flour mills, unpolished rice ,



cereals, maize, peas, soybeans, groundnuts, coconut, potato, jaggery, milk of cow, sheep, camel and starch extracted from rice. Here we are talking only about vegetarian type of food. Non-vegetarian food items also contain essential vitamins but we will restrict the subject till this level only.

Vitamin C:

Third most important Vitamin is Vitamin C. Vitamin C is obtained from citrus fruits and vegetables. Apart from the citrus fruits, it is also available in sugarcane, watermelon, apple, cucumber, sprouted gram, barley, Moong, onions, bathua, pineapple, butter milk, etc. deficiency of Vitamin C leads to Scurvy. In this case the patient suffers from severe weakness, gum bleeding, pain in calf muscles and knees. Lack of this Vitamin leads to dark circles pale skin.

Vitamin D

Lack of this Vitamin is initially seen in women in the form of Osteoporosis. During pregnancy, intake of calcium should be more with each passing month. If woman suffers from this diseases at young age then her children also suffer from this problem, and it could also lead to 'Rickets' in children.

Natural sources should be used to overcome the deficiency of this vitamin. This is easily available through sunrays. People with deficiency of this vitamin should sit and work for at least one hour in the sun. People who work in fields, crops for whole day, never suffer from the deficiency of this Vitamin.

youth could also suffer from deficiency of this vitamin as they do not take proper food. They prefer junk food, which is the main reason for bad health. when they become adults they complain of knee pain and other joint related problems. This is also known as 'Osteoarthritis'. they are forced to go to orthopedic doctors. Here they are given steroids, which reduce the pain temporarily, but it damages the liver and kidneys. Consumption of steroids leads to obesity, which in turn is a matter of concern.

Calcium tablets are available in the market. Cord liver oil (Fish Oil), K capsule are good supplements. But let us know about the natural supplements, which are cheaper and very beneficial. First is milk, which contains calcium in abundant quantity. Milk products like curd, butter, buttermilk, sweets made of milk, milk powder is very beneficial, white sesame seeds, and ladies fingers can supplement calcium. These should be used in adult age to keep away from 'Osteoporosis' where the bones become weak and break with a slight jerk. they join with great difficulty, artificial plastics, cement and steel has to be used to replace the bones.

Vitamin E:

Vitamin D is a very important for our good health. Vitamin D is the basis of strength of all the bones in the body. The movement of bones depends on vitamin D and deficiency of this vitamin affects the bones. If a woman is deficient of this vitamin and gives birth to children, then those children could be lacking the masculine or feminine qualities. Therefore it is also known as life conservator also. Coconut, milk, fruits and vegetables are rich sources of this vitamin.

Vitamins and good health:

The above details have been presented based on the experiences and to show that by Vitamin D and calcium deficiency 'Osteoporosis' disease occurs. From ordinary diseases to cancer, cirrhosis of liver, heart attack, brain hemorrhage, can be cured by Ayurvedic and practicing pranayam and yoga, which is instructed by Yogiraj Swami Respected Ramdev. Apart from this regular eating habits and good behaviour is essential in daily life. In Swamiji's yoga campus, many a times patients have agreed that they are free from this disease. In their bone density test, they have reported to have no weakness with regular practice of pranayam and yogasanas. Their reports have been submitted to Swami Ramdev Ji. The patients suffering from this disease should practice pranayam and yoga with full confidence.