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Role of vitamin C in management of Covid-19 & boosting immunity

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Coronavirus disease 2019 (COVID-19) is emerging as Pandemic and affecting all over the world. It is placed under the category of infectious disease caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). The common symptoms are fever, cough, cold, fatigue, shortness of breath and loss of sense of smell. Some of the cases that progress to suffer from pneumonia and choking of lungs with multiorgan failure can end up with death. Now this disease or infection is spread by a deadly virus which is named as COVID-19 OR Corona Virus. This is a type of pathogen and it can be inactivated by our immune system. And the nutrients play an important role to maintain our immunity. Vitamin C is also called Ascorbic acid and it is a class of water-soluble vitamin. This vitamin is not produced by human body with a loss of an enzyme in the metabolic processes. Therefore it is necessary to provide Vitamin C through dietary intake. The deficiency of Vitamin C causes Scurvy. Scurvy is known to weaken the collagen, poor wound healing, impaired immunity and teeth pain and bleeding. Individuals with scurvy are highly susceptible to potentially fatal infections such as pneumonia. The respiratory infection is very common in scurvy and its hazardous also for humans to survive. Vitamin C supplementation has been able to both prevent and treat respiratory and systemic infections. It improves activities of the immune system such as antimicrobial and natural killer cell activities. In recent studies in China and USA the Vitamin C supplementation is being given and improvement is seen in the COVID-19 patients. Massive doses of Vitamin C are given for about 1500 milligrams while the recommended dosage is 40-60 mgs per day. A diet of 100-200 mg/day provides adequate Vitamin C in the body. This is the main reason for not getting enough Vitamin C in the body and the other reasons are also the socio-economic status and lifestyle problems also. Lifestyle issues include the malnourishment, unhealthy diets and chronic stress.

Recent publications

1. MANAGEMENT AGAINST COVID-19 THROUGH NUTRITIONAL SUPPLEMENTATION TO BUILD ADAPTIVE IMMUNITY – A SYSTEMATIC REVIEW, Volume 13, Issue 6, June 2022
2. Organoleptic and Physicochemical Properties of Tarts Developed from Quinoa, Chickpea and Oats Flour and Their Ranking by Topsis Method DOI : <https://dx.doi.org/10.12944/CRNFSJ.7.2.15>
3. Dietary management to build adaptive immunity against COVID19 Volume 2 | Issue 2 | e1000016

Biography

Luxita Sharma is Presently Working as Associate Professor and Head of Department of Dietetics and Applied Nutrition, Amity University, Haryana, India, she has 15 plus experience as researcher and an academician.

She is Ph.D. In Food and Nutrition. She has received Asian Education Award. She is also Conferred upon National Nutrition Health Education Award and Society Development award by Nutrition and Natural Health Science Association. She is recipient of Award from Indian Association of Enteral and Parenteral Nutrition in the category of Contribution for Outstanding Accomplishments. She has filed Nine Patents; five patents are published. She has published Seventy-nine Research Papers in National and International Journals. She has published Eleven books with National and International Publishers.

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