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The Significance Of Vitamin C And Vitamin D Supplements In The Prevention And Treatment of COVID-19

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Abstract

The Corona virus sickness, which was first publicly announced as a health emergency in January 2020 and was then designated a pandemic on March 11, 2020, is currently wreaking havoc over the world and has mutated quickly, making it a full nuisance for the medical community. Symptoms consist of a severe respiratory distress syndrome, a dry cough, weakness and exhaustion, fever, severe pneumonia, loss of taste or smell, and possibly even death. By releasing nln amounts of chemokines and ponlmmo cytokines, this virus induces systemic immunological feedback or a cytokine storm. Nutrition is important since new variations are being identified, such omicron, which is known to have shown resistance to the vaccines now being utilised.

Unquestionably a crucial aspect of keeping a robust and long-lasting immunity against the Corona virus disease. The best strategy to support infected people's immunity among the broader community is becoming a challenge. Important dietary ingredients like vitamin C and vitamin D have well-documented effects related to immunomodulation, increased immunity, and attenuation of heavy and unrestrained immune response activation, which leads to a decrease in viral yield and an increase in the survival rates of people with corona virus infection. The role and significance of vitamins C and D in connection to the prevention and treatment of infection have been highlighted and explored in the review that follows. Efforts to support immunity are facing difficulties.ideally, in the population at large, of affected people.

Discussion

By consuming enough vitamin D and getting enough sun, one can achieve healthy levels of vitamin D in the body. The National Health and Nutrition Survey (NHANES) 2001–2006 found an inverse relationship between 25-hydroxy vitamin D levels and acute respiratory illness [67]. The virus particle's binding receptor, ACE II, balances the activity of the renin-angiotensin system and, as a result, plays a protective function hostile to the growth of viral illness sequelae. Additionally, a number of studies have linked a lack of vitamin D to COVID-19 [69,70]. Importantly, states with high latitudes (>37 degrees) have a higher death prevalence rate from COVID-19 than ones with low altitudes. Antimicrobial properties of vitamin D can be seen in the body by creating peptides like catholicity and defence that have antibacterial properties [78].

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