

What is Scurvy?

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About Scurvy:

- It is a disease caused by a significant **lack of vitamin C (ascorbic acid)** in your diet.
- Scurvy has been known since ancient Greek and Egyptian times.
- **Causes:**
 - **Humans cannot synthesize vitamin C.** It needs to come from external food sources, especially fruits and vegetables or fortified foods.
 - Thus, scurvy is caused by **not eating enough fresh fruits and vegetables.**
 - Also, **cooking destroys some of the vitamin C** found in food.
- **Symptoms:**
 - It can include anemia, exhaustion, **spontaneous bleeding**, limb pain, swelling, and sometimes **ulceration of the gums** and **loss of teeth.**
 - It can be **fatal if left untreated.**
- **Treatment:** It is treatable with **oral or intravenous vitamin C supplements.**

Importance of Vitamin C:

- It's responsible for the development, **growth, and healing** of your **skin, bones,** and **connective tissue.**
- In addition, you need vitamin C for your **blood vessels to function properly.**
- Vitamin C helps **maintain your teeth and gums.**
- It **helps** your **body absorb iron**, which it needs to make red blood cells.
- Vitamin C also **helps heal burns** and other **wounds.**
- Vitamin C is an **antioxidant**, meaning it **protects your cells against** damage from **free radicals.**

- Free radicals are byproducts of normal cell activity which participate in chemical reactions within cells. Some of these reactions can cause damage over your lifetime.
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Q1: What are Vitamins?

Vitamins are organic compounds that people need in small quantities. Each has a different role in maintaining health and bodily function. Each organism has different vitamin requirements. For example, humans need to get vitamin C from their diets — while dogs can produce all the vitamin C that they need.

News: 15th Century Disease 'Scurvy' Is Making A Comeback, Say Canadian Doctors

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