



Micronutrients (Vitamins) and Homeopathy

Dr. Preeti Laroia, Dr Parul

Professor Materia Medica ,Bakson Homoeopathic Medical College and Hospital.
Assistant Professor Materia Medica, Bakson Homoeopathic Medical College and Hospital.

Date of Submission: 05-10-2023

Date of Acceptance: 15-10-2023

ABSTRACT

Vitamins are organic substances (micronutrient) which means they are made from plant and animal and our body needs small number of vitamins to keep healthy. This study includes the discussion of function, sources, deficiencies and toxic symptoms of water- and fat-soluble vitamins. It includes philosophy of Dr. Hahnemann and Dr. H.A Roberts about Deficiency and Psora. Different remedies for the deficiency symptoms of vitamins are also explored. Reportorial rubrics are also included for a proper understanding. The important facts and myths about the vitamins are discussed in the study.

Keywords: Vitamins, water soluble vitamin, fat soluble vitamin, sources of vitamins, deficiencies , toxicity, Homeopathic therapeutic, homeopathic repertory, facts and myths.

I. INTRODUCTION

Micronutrients are Vitamins and minerals that our body needs in the small amounts for various metabolic processes to stay healthy. The deficiencies in any nutrients in the body may cause severe and life-threatening symptoms. Vitamins are essential for bodily functions such as helping to fight infection, keep our body in good working order, healthy ageing, wound healing, making the bone strong and regulating hormones. Most of the people get nutrient by having a balanced diet but some of them might need some extra supplements. Vitamins and minerals if taken in extra amounts can cause toxicity symptoms as well. Hence, let us understand the functions, deficiency, source and toxicity symptoms of vitamins.

Table of vitamins¹

	VITAMINS	FUNCTIONS	DEFICIENCY DISEASE	SOURCES	Toxicity symptoms
LIPID SOLUBLE VITAMINS					
A	Retinol beta carotene ¹	It makes Visual pigments in the retina and regulate the gene expression and cell differentiation (beta carotene is an antioxidant) ¹	Night blindness, xerophthalmia; keratinization of skin ¹	Highly pigmented vegetables, fish liver oil, egg yolk, butter, fortified dairy products, carrot. ¹	It may cause – hydrocephalus, vomiting, tiredness, constipation, bone pain, brittle nails, hair loss and birth defects. ¹
D	Calciferol ¹	It enhances intestinal absorption of Ca ²⁺ and mobilizes bone mineral and maintain the calcium balance, regulation of gene expression and cell differentiation ¹	Rickets =poor mineralization of bone. Osteomalacia = bone demineralization ¹	Fortified milk, sunlight on skin. ¹	It affect the liver, kidney and lungs and causes Abdominal cramps, nausea ,vomiting and calcium crystal deposit. (calcium salts are irrevsible) ¹



E	Tocopherols, tocotrienols ¹	Antioxidant, especially in cell membranes; roles in cell signaling ¹	Extremely rare-serious neurologic dysfunction. ¹	Vegetable seed oils are major source. ¹	Headaches, tiredness, double vision, diarrhea, vitamin A, D, K deficiency ¹
K	Phylloquinone: menaquinones ¹	It acts as Coenzyme of information of gamma carboxy glutamate in enzymes of blood clotting and bone matrix. ¹	Impaired blood clotting, hemorrhagic disease. ¹	Synthesized by intestinal bacteria ¹	Anemia in adults, death in infants ¹
WATER SOLUBLE VITAMINS					
B1	Thiamin ¹	It is a Coenzyme in pyruvate and alpha ketoglutarate dehydrogenases, and transkrtolase; regulates CL channel in nerve conduction ¹	BERIBERI (PNS Lesion) Wernicke-Korsakoff syndrome (CNS Lesion) ¹	Yeast, milk, cereal and green vegetable, liver and pork ¹	No toxic levels excess is flushed out in the urine. ¹
B2	Riboflavin ¹	The Coenzyme helps in oxidation and reduction reactions (FAD and FMS); prosthetic groups of flavor proteins ¹	Cracks of corners of mouth, lips, and tongue , seborrheic dermatitis ¹	Soybean, green vegetable, yeast, egg white, milk, liver ,kidney ¹	Migraine, cataract, stomach pain, diarrhea ¹
B3 Niacin	Nicotine acid, nicotinamide ¹	Acts as Coenzyme in oxidation and reduction reactions, functional part of NAD and NADP; Role in intracellular calcium regulation and cell signaling ¹	Pellagra- photosensitive dermatitis and depressive psychosis ¹	Cereals, green leafy vegetable, liver and kidney. ¹	Flushed skin, nausea, diarrhea, liver damage ¹
B6	Pyridoxine, pyridoxal, pyridoxamine ¹	Modulation of steroid hormone action ¹ . And act as Coenzyme in transamination and decarboxylation	Disorders of amino acid metabolism, convulsions ¹	Meat, cereal, milk, whole grain, egg ¹	Mobility issues such as tingling and numbness in the hands and feet, trouble grasping small objects (difficult



		of amino acids and glycogen phosphorylase.			to reverse symptoms) ¹
B9	Folic acid ¹	Act as Coenzyme in transfer of one carbon fragments ¹	Megaloblastic anemia ¹	Egg, meat, beat root, yeast, leafy vegetable ¹	Pernicious anemia, kidney damage ¹
B12	Cobalamin ¹	Coenzyme in transfer of one carbon fragments and metabolism of folic acid ¹	Pernicious anemia =megaloblastic anemia with degeneration of the spinal cord ¹	Egg, meat, fish ¹	Diarrhea, swelling, blood clots in legs ¹
B5	Pantothenic acid ¹	Functional part of co-A and acyl carrier protein; fatty acid synthesis and metabolism ¹	Peripheral nerve damage (nutritional melagia or burning foot syndrome) ¹	Mushroom, avocado, egg yolk, sunflower oil ¹	Diarrhea, stomach trouble, headache, stress, and increase risk of bleeding ¹
B7	BIOTIN ¹	Coenzyme in carboxylation reactions in gluconeogenesis and fatty acid synthesis; role in regulation of cell cycle ¹	Impaired fat and carbohydrate metabolism, dermatitis. ¹	Liver, kidney, milk, egg yolk, vegetable, grains. ¹	No symptoms, excess amount will leave through the urine ¹
C	Ascorbic acid ¹	Coenzyme in hydroxylation of proline and lysine in collagen synthesis; antioxidant; enhances absorption of iron ¹	Scurvy- impaired wound healing, loss of dental cement, subcutaneous hemorrhage ¹	Fresh fruits esp. citrus and vegetables ¹	Kidney and gallbladder stones in those prone, but normally it just makes really expensive urine. ¹

Deficiency and Psora in Homoeopathy

Dr. C.F.S Hahnemann (1755- 1843) explained in § 22 , totality of the symptoms of the disease to be cured, a medicine must be sought which has a tendency to produce similar or opposite symptoms. He declared finally in § 50, the sole therapeutic law of nature is cure by symptom similarity. Dr. Samuel Hahnemann (1755- 1843) got great success in the treatment of acute diseases but as early as in 1816 he was becoming concerned because he was not getting a complete cure for his patients. So he started work for deep understanding of the processes that lie behind chronic diseases. Going by the descriptions by numerous stalwarts of medicine and his own observations of case histories of his patients, he found some pattern owing it to Miasm. Thus, he gave the concept of fundamental

miasm as the basis of true natural chronic diseases. According to §77 and §74 all the chronic ailments and diseases they are because of unhealthy mode of living and by innumerable medicinal maladies caused by irrational, persistent and pernicious treatment of disease leading to development of three chronic miasms- syphilis, sycosis, and chiefly Psora and hence produce vicarious symptoms in the patient. This led him to the conclusion that the presenting symptoms of a chronic disease represent merely the tip of a floating iceberg. Hence, the original disease being deep seated, the whole history of chronic disease associated with accessory circumstances and the underlying miasm should be taken into consideration².



Under the chapter of psora and deficiency, Dr H.A. Robert explained psora. He has taken *Psora* as The itch, or some such similar skin disease.³*The itch mite. He explained it is either greek or Hebraic in origin, and the original word being *tsorat* Interpretation of this Hebrew word, *Tsortat: A groove, a fault; a pollution; a stigma; was applied to leprous manifestations and to the great plagues. It is the meaning of the original Hebrew word that we must regard as the basis for the term covering this constitutional defect. This was classified by Hahnemann as psora, although according to the original meaning of the Hebrew word it may have a deeper meaning.³

***A groove, a fault.... Deficiency diseases** now we know are the results of either the lack of certain elements in the system or inability to assimilate them from the diet hence producing so called psoric conditions and lack of balance, lowering our vitality and manifested through a hypersensitivity and disturbances of the varies from consciousness to neurosis now it can be called a groove or a fault disease³.

He quoted the example of one essential nutrient i.e., calcium which he explained is essential for bony structure and blood. Homeopathic materia medica has illustrated the calcarea group to be useful in scrofulous conditions, rachitic children, large heads with open fontanelles and a large number of symptoms that can be considered under psora. Hence, he analyse to connect calcium and phosphorus deficiencies, infants may need sunlight, vitamin D and medicinal supplements. Finally Dr. Robert concluded that Hahnemann psora to the effect that unnatural or unhappy surrounding are extremely dangerous to vital energy.³

Vitamins and mineral deficiency will also imply deficiency disease that is psora, hence even with the best intentions with lifestyle and tendency to eat healthy missing of important nutrients is inevitable and symptoms may appear, if deficiency exceed a given point. Always try to correct with diet in initial stage but if suffering and symptoms are prominent then take homoeopathic medicines. Here is list of some important remedies for vitamin deficiencies.

HOMEOPATHIC THERAPEUTICS FOR VITAMINS

VITAMIN A

1 .LYCOPodium – PRODUCING NYCTALOPIA , Day-blindness and Night-blindness more characteristic, Sees only one-half of an object.Ulceration and redness of lids⁴.Eyes remain half open during sleep. lids turned

outward,granular lids and also for falling of lids ,opening of eyes difficult.eyes open; eyes permanently open. stuck together Cataract Irritation Pain aggravation afternoon ; 4 to 8 p.m. Paralysis of the optic nerve with total blindness but without eye damage (amaurosis)⁵

2.RANANCULUS BULBOSUS - Herpes eruptions on the cornea with marked pain, eye-watering, and bright light sensitivity. photophobia and lacrymation. Day blindness with a sensation of mist before the eyes and smarting pain and pressure in the eyes⁴

Modality- Complaints get worse in damp cold rainy weather, upon movement of arms, standing, touch, after eating, in stormy weather, open air, change of weather, from alcohol intake, from fright and anger.⁴

3.PETROLEUM - Loss of eyelashesand Dim sight .Far-sighted; cannot read fine print without glasses.Canthi fissured, Skin around eyes dry and scurfy⁴ .Skin- Itching at night Chilblains, moist, itch and burn.Bed-sores. Skin is dry, constricted, very sensitive, rough and cracked, leathery .Herpes, Slightest scratch makes skin suppurate Intertrigo; psoriasis of hands Thick, greenish crusts, burning and itching; redness, raw; cracks bleed easily Eczema Rhagades Worse in winter⁴.

4.STRAMONIUM- fix, sparkling, staring wide open ,half eye open in sleep pupils dilated.Twitching and blinking..Strabismus (eye turned in or out).Extreme sensitivity to light. They are also frightened by darkness. Recurring spasmodic complaints such as chorea, twitches, jerks, and even convulsions fall within its symptom profile. Modalities ;Aggravated by darkness, running or glistening⁴

5.PHYSOSTIGMA- Night-blindness; photophobia ; Contraction of pupils; glaucoma especially after injury vision is trembling.twitching of ocular muscles Lagophthalmus Muscae volitantes; partial blindness. Glaucoma; paresis of accommodation; astigmatism Profuse lachrymation. Spasm of ciliary muscle, with irritability after using eyes increasing myopia. It can curePost-diphtheritic paralysis of eye and accommodation muscles⁴

VITAMIN D

1.THYROIDINUM-Rheumatic arthritis with tendency to obesity, coldness and cramps of extremities. Peeling of skin of lower limbs. Aching pains. Edema of legs. The symptomatology covers trembling of limbs and entire body⁵.



2.PHOSPHORUS- Ascending sensory and motor paralysis from ends of fingers and toes. Stitches in elbow and shoulder joints. Burning of feet Weakness and trembling, from every exertion⁵. Can scarcely hold anything with his hands. Tibia inflamed and becomes necrosed. Arms and hands become numb Can lie only on right side. Given in Post-diphtheritic paralysis, with formication of hands and feet. Joints suddenly give way. Abscess of joints. awkward hands fingers; as if were thumbs⁴.

3.CALCAREA PHOSPHORICA - Stiffness and pain, with cold, numb feeling, worse any change of weather Crawling and coldness Buttocks, back and limb asleep .Pains in joints and bones⁵. Weary when going upstairs. Abscess; joints Arthritic nodules on ends of bones ,finger, joints. aggravation to damp ,cold weather.spring .melting snow, exposure⁵

4.BARYTA CARBONICA – Pain in axillary glands.cold,clammy feet. Foetid foot sweats. Numbness of limbs. numb feeling from knees to scrotum, disappears when sitting down. Toes and soles sore⁵.

5.CALCAREA CARBONICUM-Its chief action is centered in the vegetative sphere, impaired nutrition being the keynote of its action. Increased local and general perspiration⁵,swelling of glands scrofulous and richetic conditions generally offer numerous opportunity for the exhibition of calcarea. Children who grow fat are large bellied with large head ,pale skin and chalky look there are so called leucophlegmatic temperament. calcarea are fat, fair , flabby perspiring and cold damp and sour⁵.

VITAMIN K

SECAL COR- It contracts the muscles of blood vessels and uterus. Shriveled, numb;mottled dusky-blue tinge. given in oedema neonatorum Raynaud's disease Blue color ,Dry gangrene, developing slowly, Varicose ulcers, burning sensation; better by cold; **Wants all parts uncovered**, though cold to touch ,Formication and petechiae, Slight wounds continue to bleed.⁵ Livid spots. Boils, small, painful, with green contents; mature slowly. Skin feels cold to touch, yet covering is not tolerated .Great aversion to heat. formication under skin. Coldness Discoloration. Blackish ,bluish; spots pale.purple (purpura haemorrhagica purplish spots or patches from haemorrhage under skin) in aged people dry gangren with cold Abnormal growths. ulcers; black. ulcers; gangrene.⁵

TRILLIUM - Period; bright-red clotted copious exertion dark exertion brings on the flow

frequent intermittentpale, periods return after having ceasedafter exertion. Hemorrhages with great faintness and dizziness, **With sensation as though hips and back were falling to pieces; better tight bandages⁵.**

IPECACUANA- The principal feature of Ipecacuanha is its persistent nausea and vomiting, which form the chief guiding symptoms⁵. Indicated after indigestible food, raisins, cakes, etc. Especially indicated in fat children and adults, who are feeble and catch cold in relaxing atmosphere; warm, moist weather. Spasmodic affections. Hæmorrhages bright-red and profuse⁵

HAMMILIES-Venous congestion, hæmorrhages, varicose veins, and hæmorrhoids, with bruised soreness of affected parts, seem to be the special sphere of this remedy.⁵ Acts upon the coats of the veins causing relaxation with consequent engorgement. Passive venous hæmorrhages from any part. Great value in open, painful wounds, with weakness from loss of blood.

CINCHONA -Debility from exhausting discharges, from loss of vital fluids, together with a nervous erethism, calls for this remedy⁵. Periodicity is most marked. Sensitive to draughts. Seldom indicated in the earlier stages of acute disease⁴. Haemorrhage profuse with loss of sight and debility.

CROTALUS HORRIDUS- Hemorrhages (dark fluid that forms no clots), tendency to carbuncles, malignant scarlatina , **Yellow fever**, the plague, cholera, give opportunity to use CrotaluHorridus. **Hemorrhagic diathesis** . Acts as a sedative. Sleeps into his symptoms. More right-sided⁵.

VITAMIN E

1. ARSENIC ALBUM – It causes trembling twitching ,spasm, weakness, heaviness, uneasiness cramps in calves. swelling of feet. Sciatica. Burning pains. Peripheral neuritis. Diabetic gangrene. Ulcers on heel Paralysis of lower limbs with atrophy⁵.

2 . MERCURIUS SOL-Every organ and tissue of the body is more or less affected by this powerful drug; it transforms healthy cells into decrepit, inflamed and necrotic wrecks, decomposes the blood, producing a profound anémia⁵. This malignant medicinal force is converted into useful life saving and life preserving service if employed homeopathically, guided by its clear cut symptoms. Very often indicated in the secondary stage of syphilis where there is a febrile chloro-anemia, rheumatoid pains behind sternum, around joints, etc; ulcerations of mouth and throat, the eruptions



and ulcerations of mouth and throat, etc. Again, hereditary syphilis manifestations, are within its range; bullae, abscesses, snuffles, marasmus, stomatitis or destructive inflammations. Tremors present everywhere. Weakness with ebullitions and tremblings from least exertion. All Mercury symptoms are worse at night⁴.

3. KALIUM PHOSPHORICUM - One of the greatest nerve remedies. Prostration. Weak and tired. Especially adapted to the young. Marked disturbance of the sympathetic nervous system⁵. Conditions arising from want of nerve power, neurasthenia, mental and physical depression, are wonderfully improved this remedy. The causes are usually excitement and overwork. Remember it in the treatment of suspected malignant tumors. After removal of cancer when in healing process skin is drawn tight over the wound⁴. Delayed labor⁵.

4. HYPERICUM - The great remedy for injuries to nerves, especially of fingers, toes and nails. Crushed fingers, especially tips. Excessive painfulness is a guiding symptom to its use. Prevents lockjaw. Punctured wounds. Relieves pain after operations⁵. Spasms after every injury. Has an important action on the rectum; hæmorrhoids. Coccydynia. Spasmodic asthmatic attacks with changes of weather or before storms, better by copious expectoration. Injured nerves from bites of animals. Tetanus. Neuritis, tingling, burning and numbness. Constant drowsiness⁴.

5. CAUSTICUM - Manifests its action mainly in chronic rheumatic, arthritic and paralytic affections, indicated by the tearing, drawing pains in the muscular and fibrous tissues, with deformities about the joints; progressive loss of muscular strength, tendinous contractures⁵. Broken down seniles. In catarrhal affections of the air passages, and seems to choose preferably dark-complexioned and rigid-fibered persons. Restlessness at night, with tearing pains in joints and bones, and faint-like sinking of strength. This weakness progresses until we have gradually appearing paralysis. Local paralysis, vocal cords, muscles of deglutition, of tongue, eyelids, face, bladder and extremities. Children are slow to walk. The skin of a Causticum person is of a dirty white sallow, with warts, especially on the face. Emaciation due to disease, worry, etc, and of long standing. Burning, rawness, and soreness are characteristic⁵.

VITAMIN B

1. GELSEMIUM - Centers its action upon the nervous system, causing various degrees of motor paralysis⁵. General prostration. Dizziness, drowsiness, dullness, and

trembling⁵. Slow pulse, tired feeling, mental apathy. Paralysis of various groups of muscles about the eyes, throat, chest, larynx, sphincter, extremities, etc. Post-diphtheritic

paralysis. Muscular weakness. Complete relaxation and prostration. Lack of muscular co-ordination. General depression from heat of sun. Sensitive to a falling barometer; cold and dampness brings on many complaints. Sluggish circulation. Pellagra⁵.

2. PICRIC ACID - Causes degeneration of the spinal cord, with paralysis. Brainfag and sexual excitement. Acts upon the generative organs probably through the lumbar centers of the spinal cord; prostration, weakness and pain of back, pins and needle sensation in extremities⁵. Neurasthenia (Oxal ac). Muscular debility. Heavy tired feeling. Myelitis with spasms and prostration. Writer's palsy. Progressive, pernicious anemia. Uremia with complete anuria. A one per cent solution applied on lint, is the best application for burns until granulations begin to form. Sallow complexion⁵.

3. ZINCUM METALLICUM - The proving's picture cerebral depression. The word "fag" covers a large part of zinc action. Tissues are worn out faster than they are repaired. Poisoning from suppressed eruptions or discharges⁵. The nervous breakdown impacts vitality. Impending brain paralysis. Period of depression in disease. Spinal affections. Twitchings. Pain, as if between skin and flesh. Great relief from discharges. Chorea, from fright or suppressed eruption. It produces Convulsions, with pale face and no heat. Marked anemia with profound prostration. It causes a decrease in the number and destruction of red blood corpuscles. Suppressed eruptive diseases. In chronic diseases with brain and spinal symptoms, trembling, convulsive twitching and fidgety feet are guiding symptoms⁴.

4. BORAX - Gastro-intestinal irritation. Aphthous ulceration of mucous membranes⁵. Salivation, nausea, vomiting, colic, diarrhoea collapse, albuminuria, casts and vesical spasm. Delirium, visual changes, hæmaturia, and skin eruptions have all been observed from over-dosing. Dread of downward motion in nearly all complaints. For homeopathic purposes, the peculiar nervous symptoms are very characteristic, and have frequently been verified, especially in the therapeutics of children. Of much value in epilepsy⁵.

5. NITRIC ACID - Blisters and ulcers in the mouth, tongue, genitals; bleeding easily fissures with the pain during the stool as if rectum is torn excessive physical irritability, cachexia. Offensive sweat in the axilla at night. Better by riding in the carriage⁵.



HOMEOPATHIC REPERTORY

EYE- vision, amaurosis (blindness) retrobulbar neuritis⁶ – Iodoformiumlodof

SKIN- purpura heamorrhagica miliriasis⁶ – Aco-nap. Ammo-Carb. Amm-mur. Arn-mon. Bella. Coff-c. Dulc. Sulp. Sulp-acid .

LOCOMOTOR SYSTEM -extremities (lower) thigh legs curved limbs cannot be straightened and vice versa⁶- Cic-v.

MOUTH –HEMORRHAGE Gums accompanied by breath offensive⁸; kreo, nat-mur. phos, sil. alum. calc fl.caps.cam, heclalava.hepid.,puls.sepia. aconite.ammocarb.tuberculinum

DISEASE Scorbutic gums⁷- MERC.MUR-AC.KALI-PHOS,KREO, **dul, hepar,iod, kali-carb.**, chr-ac.coch.phyt.sep.

MOUTH –HEMORRHAGE Oozing of blood⁸-CHEL.PHOS.SUL- A, **anthaci. ars-h, carb-v. merc-c. lach.**

DISEASE Scurvy gums⁷: ARS.CARB-AN.MUR-AC.NAT-M.NUX-V.SULP. **ant-t.**

NOSE–Epistaxis⁹: **Acon.Amm-c.Ambra.Ant-c.Arn.Bella.Both.Bov.Cal-**

p.Cac.China.Hyos.Adren.All-c.Alumn.Ars.Ars-i.Bapt.Bufo.Bry.Cina.Con.Dig.Elaps.Glon.Hecla.

SKIN –PURPURA⁹:

Acon.Ars.Arn.Cac.Cimic.Cupr.Lac.Nat-m.Ph-ac.Phos.Rhus-v.

VISION-NIGHT BLINDNESS-OBJECTS⁹-beside-

VISION-field of vision; sees objects⁹-calc.camph.graph.ign.nux-v.stram,thuja

VISION –BLURRED ;OUTLINES OF OBJECTS⁹-phos.

VISION-loss of vision: night⁹;chin.hyos.puls.ranun-b.stra.helle.zinc.

BONES- OSTEOMALACIA,softening bones⁷-**ASAf.CALC.MERC.SIL.CAL-P.**Bell.Calc-i.Calc-P.Ferr-i.Lac-c.Lyc.Sep.Symph.Sulph.

DISEASE- RICKETS,rachitis,bones-curvature⁷-Asaf.puls

DISEASE –RICKETS,rachitis,bones-curvature,especially spine and long bones⁷;**CALC.**

DISEASE –RICKETS,rachitis,bones-softening⁷-Calc.Guaj.**LYC**,Sulph.

DISEASE RICKETS,rachitis,bones-limbs crooked⁷: graph.

BONES- BROKEN,sensation ,as if⁷: **EUP-PER.**Aur.Bry.Nat-m.Pyrog.Ruta.cupr.hep.puls.

IMPORATANT FACTS ABOUT VITAMINS WHO MAY BE AT RISK FOR A NUTRIENT DEFICIENCY?

The people at higher risk of nutrient deficiency are older age people ,during pregnancy

with malabsorption syndromes and who are taking certain medication. Those who are eating a healthy and balanced diet get a good portion of each nutrient and are least exposed to the nutritional deficiencies.

WHAT VITAMINS SHOULD YOU AVOID TOGETHER?

Certain supplements seem to work against each other when paired up. What vitamins should not be taken together¹⁰?

IRON AND CALCIUM

If you take an iron supplement and calcium supplement at the same time, this will result in decreased calcium absorption in the intestine. WHY? Because as these two minerals compete with one another for absorption in the body¹⁰. The iron rich meal and calcium supplements should be taken at different times and similarly calcium rich food should not be taken with the iron supplements.

HIGH DOSES OF IRON AND ZINC

If you take a high dose iron supplement along with a zinc supplement on an empty stomach ,this may block zinc absorption. It is never recommended to take an iron rich supplement on an empty stomach¹⁰.

HIGH DOSES OF CALCIUM ,ZINC OR MAGNESIUM

As noted above with the iron and calcium combo above. Calcium will compete for absorption with other minerals⁸. Since calcium can affect how your body absorbs iron, it can also affect the absorption of zinc and magnesium too. While its ok to take them together in a multivitamin its best to space out these supplements if you are taking them individually¹⁰.

COPPER AND ZINC

If you are taking a zinc supplement, don't take it at the same time as copper, iron and phosphorus supplements. Instead , space them out couple hours apart. In general, large amouts of minerals taken at the same time as other minerals will reduce absorption of each other¹⁰

WHAT VITAMINS SHOULD YOU CONSIDER TAKING TOGETHER AND WHY?

B VITAMINS

The b vitamins perform unique,important functions, like converting food into energy, maintaining healthy cells and tissues in the body,



and helping to form new blood cells. As a supplement, these are vitamins that can be taken together, either as an individual nutrient or combined into a B complex supplement¹⁰.

VITAMIN C and ZINC

According to recent research, "The prevalence of inadequate nutrient intakes that support the immune system (vitamin A, C, D, E) remain substantial and some are higher (vitamins C, D and zinc) than previously reported," that's why you might commonly see vitamin C and Zinc together in immune supplements¹⁰.

IRON and VITAMIN C

Vitamins that can be taken together also include iron and vitamin C, since vitamin C strongly increases the absorption of non-heme iron¹⁰.

BEST WAYS TO TAKE DIFFERENT VITAMINS

Water soluble vitamins like vitamin B and C should be taken with the glass of water along with breakfast meal or a mid way snacks.

Since B vitamins help you get the cellular energy you need, it might be best to take vitamin B12 or other vitamin B supplements in the morning so it doesn't impact your sleep¹⁰.

Keep in mind that some vitamin supplements and mineral supplements may interfere with certain medications, including antibiotics, blood thinners and blood pressure medications¹⁰. Taking them together may affect nutrient absorption and may cause side effects and other issues. Therefore, always talk with your healthcare provider before taking any supplements- especially if you regularly take medication¹⁰.

Finally take your dietary supplements in the recommended daily doses and pay attention to what you eat. Taking an excessive amount of a supplement may result in a large dose of a specific nutrient, which may be harmful to your health¹⁰.

MYTHS ABOUT VITAMINS

- Vitamins gives you energy and make up for poor diet.
- Vitamins are for everyone and some people need very high amounts of vitamin to be healthy.¹⁰
- Synthetic vitamins are less beneficial than organic vitamins.

- Vitamins are harmless, more the vitamins, the better.

II. CONCLUSION

Hence, it can be concluded micronutrient deficiencies can cause visible and life threatening health conditions these deficiencies can be prevented through a proper nutritional education and a balanced diet. The study focuses the importance of vitamins in health as well as philosophy of homeopathy.

REFERENCES

- [1]. Victor W. Rodwell, David A. Bender, Kathleen M. Botham, Peter J. Kennelly, P. Anthony Weil, Harper's Illustrated Biochemistry; thirty first edition, A and L Lange series 28th may 2018, page nu.575,576,578.
- [2]. 9.Ghosh AK. Hahnemann's Theory of Psora in the Light of Modern Science. *Altern Integr Med* 2015;4:189. doi: 10.4172/2327-5162.1000189.
- [3]. 10.Robert .H.A ; *The Principals and art of cure* ,published by IBPP.
- [4]. [https:// abhomeopathy.com](https://abhomeopathy.com); retrieved on 12th June 2023 at 11.a.m.
- [5]. Boerick's Homoeopathic Materia Medica and Repertory; 9th edition : 1927, published by B.Jain Publishers. – I Indian edition,
- [6]. Kent. J.T.; *Repertory of the homoeopathic Materia Medica*, B.Jain Publishers Pvt Ltd, pages 1542.
- [7]. Robin Murphy ; *Homoeopathic Medical Repertory*, B.Jain Publishers, third revised edition.
- [8]. Roger Zandvoort: *Complete Repertory*, 2019 ,Indian Books & Periodicals publishers.
- [9]. H. Barthel & Will Klunker ; *Synthetic Repertory : Psychic and General symptoms of the Homoeopathic Materia Medica*, Indian Books & Periodicals Syndicate.
- [10]. <https://askabiologist.asu.edu/content/vitam-in-facts-and-myths:retrivedon> 25th May 2023, at 1.30.p.m.