

# Gamble Factors which Incorporate Gastrointestinal Malabsorption and Dialysis

Salwa Sobkey\*

Department of Physical Therapy, Beni-Suef University, Beni Suef, Egypt

**Corresponding author:** Salwa Sobkey, Department of Physical Therapy, Beni-Suef University, Beni Suef, Egypt, E-mail: sobkey@pt.edu.eg

**Received date:** March 14, 2023, Manuscript No. IPJCND-23-16660; **Editor assigned date:** March 16, 2023, PreQC No. IPJCND-23-16660 (PQ); **Reviewed date:** March 30, 2023, QC No. IPJCND-23-16660; **Revised date:** April 06, 2023, Manuscript No. IPJCND-23-16660 (R); **Published date:** April 14, 2023, DOI: 10.36648/2472-1921.9.4.36

**Citation:** Sobkey S (2023) Gamble Factors which Incorporate Gastrointestinal Malabsorption and Dialysis. J Clin Nutr Diet Vol.9 No.4: 036.

## Description

A deficiency in vitamin C (ascorbic acid) is the cause of scurvy. Weakness, tiredness and soreness in the arms and legs are all early indicators of a deficiency. Red blood cell loss, gum disease, hair changes and skin bleeding may occur without treatment. Scurvy can lead to poor wound healing, personality changes and eventually infection or bleeding-related death.

## Gastrointestinal Malabsorption and Dialysis

Before symptoms appear, the diet must contain little or no vitamin C for at least a month. Scurvy is most common in modern-day individuals with mental disorders, unusual eating patterns, alcoholism and older adults who live alone. Other gamble factors incorporate gastrointestinal malabsorption and dialysis. Humans and a small number of other animals do not produce vitamin C on their own. L-ascorbic acid is expected to make the structure blocks for collagen. Typically, a diagnosis is made based on physical symptoms, X-rays and treatment-related improvement. Vitamin C supplements taken orally are the treatment. Improvement frequently starts in a couple of days with complete recuperation in half a month. Citrus fruits and a variety of vegetables, such as broccoli, tomatoes and red peppers, are good sources of vitamin C in the diet. The amount of vitamin C that remains in foods is frequently reduced by cooking. Scurvy is uncommon contrasted with other wholesome inadequacies. It happens all the more frequently in the creating scene in relationship with ailing health. A range of 5% to 45% is reported among refugees. Scurvy was first mentioned in ancient Egyptian literature. Long-distance sea travel was limited by it, frequently resulting in large numbers of deaths. During the Time of Sail, it was expected that 50% of the mariners would pass on from scurvy on a significant outing. A Scottish specialist in the royal naval force, James Lind, is by and large credited with demonstrating that scurvy can be effectively treated with citrus organic product in 1753. However, health reformers like Gilbert Blane didn't convince the royal navy to give sailors lemon juice on a regular basis until 1795. Malaise and sluggishness are the initial symptoms. Following one to 90 days, patients foster windedness and bone agony. A lack of carnitine production may cause myalgias. Other signs and symptoms include rough skin, easy bruising and petechiae, gum disease, loose teeth, slow wound healing and emotional changes (that may show up

before any physical changes). Sjogren's syndrome-like dry eyes and mouth may occur. Jaundice, generalized edema, oliguria, neuropathy, fever, convulsions and ultimately death are frequent in the advanced stages. Cause Scurvy, including subclinical scurvy, is brought on by a lack of vitamin C in the diet because humans are unable to make vitamin C through metabolism. As long as the diet contains enough vitamin C, the absence of a functioning L-gulonolactone oxidase enzyme doesn't matter and in modern Western societies, scurvy only affects young children and the elderly. Vitamin C is added to nearly all commercially available infant formulas to prevent infantile scurvy. Vitamin C is present in sufficient quantities in human milk if the mother consumes sufficient amounts. Pasteurization is a heating process that destroys the milk's natural vitamin C content in commercial milk. Scurvy is one of the going with sicknesses of unhealthiness other such micronutrient lacks are beriberi and pellagra and consequently is as yet far reaching in region of the world relying upon outer food help. Even though it is uncommon, there have been documented cases of scurvy in people living in industrialized nations who ate poorly.

## Production and Utilization of Enzymes

Pathogenesis vitamins are necessary for the production and utilization of enzymes that are involved in ongoing human body processes. Ascorbic corrosive is required for various biosynthetic pathways, by speeding up hydroxylation and amidation responses. Ascorbic acid is required as a cofactor for prolyl hydroxylase and lysyl hydroxylase in the synthesis of collagen. The hydroxylation of collagen's proline and lysine amino acids is carried out by these two enzymes. By cross-linking the collagen's propeptides, hydroxyproline and hydroxylysine are essential for stabilizing collagen. Collagen is an essential primary protein in the human body, important for solid veins, muscle, skin, bone, ligament and other connective tissues. Internal bleeding, bruising and abnormal bleeding are all signs of damaged connective tissue that result in fragile capillaries. Collagen is a significant piece of bone, so bone development is likewise impacted. Teeth relax, bones break all the more effectively and once-mended breaks might repeat. Wound healing is slowed down by defective collagen fibrillogenesis. Scurvy always ends in death if not treated. A diet high in uncooked vitamin C-rich foods like amla, bell peppers (also known as sweet peppers), blackcurrants, broccoli, chili peppers, guava, kiwifruit and parsley can help prevent scurvy. Fruits like papaya, strawberries,

lemons, limes and oranges are additional sources of vitamin C. It is additionally tracked down in vegetables, for example, brussels sprouts, cabbage, potatoes and spinach. Lemon juice, which is high in vitamin C, can be used to pickle some vegetables and fruits that are low in vitamin C. Supplements that provide ascorbic acid far in excess of what is needed to prevent scurvy may have negative effects on health. A few creature items, including liver, muktuk (whale skin), shellfish and portions of the focal sensory system, including the adrenal medulla, mind and spinal string, contain a lot of L-ascorbic acid and could in fact be utilized to treat scurvy. New meat from creatures, strikingly inward organs, contains sufficient L-ascorbic acid to forestall scurvy and even somewhat treat it. Lightly fried seal meat and liver were used on Scott's 1902 Antarctic expedition and it was reported that Scott recovered completely from scurvy in less

than two weeks. Scurvy can be treated with vitamin C at doses as low as 10 mg per day, though 100 mg per day is usually recommended. The vast majority make a full recuperation in 2 weeks or less. Preservation The preservation of vegetables' availability for consumption or marketing purposes is the goal. The point is to reap the food at its greatest condition of tastefulness and healthy benefit and protect these characteristics for a drawn out period. The actions of naturally occurring enzymes and the spoilage caused by microorganisms are the primary causes of vegetable deterioration after harvest. Vegetables preserved by canning or freezing typically have a nutritional value that is comparable to that of comparable fresh products in terms of carotenoids, vitamin E and minerals also, dietary fiber.