

SCURVY

Scurvy is due to vitamin C deficiency.

CAUSES

Poor consumption of vitamin C.

SIGN AND SYMPTOMS

1. Fatigue.
2. Easy bruising.
3. Pigmentation on calf & legs.
4. Spongy gums.
5. Anaemia.
6. Irritability.
7. Swelling on the ribs which looks like beads.
8. Recurrent infections of gums.
9. Patches on skin.
10. Pain & swelling of large joints.

DIETARY MANAGEMENT

1. Dietary sources of vitamin C include:
2. -fruits such as oranges, lemons, limes, grapefruits, blackcurrants, mangoes, kiwifruits, tomatoes and strawberries
3. -vegetables, particularly green vegetables such as cabbage, capsicum, spinach and broccoli
4. kidney and liver.
5. Avoid alcohol.
6. In case of severe pain consume liquid or semi solid food.
7. Drink lots of water.
8. Clean your mouth with water every time you eat.
9. You can take vitamin C supplements as directed by your physician. But it is always best to consume vitamin C in its natural form from food.

CONSULT PHYSICIAN

1. Never take more than the recommended dose of a vitamin C supplement without your doctor's knowledge and approval.
2. If the bleeding is too profuse and does not stop.
3. If you are taking aspirin, estrogens, anticoagulant medicine and antacids then consult your doctor as they lower the level of vitamin C in our body and may cause bleeding.

NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PROBLEMS YOU HAVE. THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .