

## VITAMIN DEFICIENCY

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*vitamin deficiency-occurs due to a lack of any necessary vitamin in the body. Vitamins are considered essential for the normal growth of the human body, development and proper functioning of the immune system. Scientists who first identified vitamin deficiency: Christian Eijkman, Fredrick. G. H, studied by Elmer McCollum. There are 2 types of vitamin deficiency. It consists of such types as avitaminosis and Hypovitaminosis. Let's briefly look at the causes of Vitamin deficiency and their prevention. The most common types of vitamins are: a, B1, B12, B6, C, D, E, K, etc. These vitamins are found in foods. Nowadays, it is possible to increase vitamins in the body and restore the body not only from food, but also with the help of prescription drugs. As a result of his particular research on the topic of vitamin deficiency in the direction of pharmaceuticals: B- The complex has developed many drugs, such as tablets, Milgamma, Redoxun, Askorutin, Aevit, and many others. Our body contains fat-soluble vitamins, namely A, D, E, K.*

**Introduction:** The term vitamin was first introduced into science by K.Funk. The increase in chemical and harmful products, as a result of the increase in high-rise buildings and greenhouses, has now become a global problem of vitamin deficiency. The increase in artificial grass and cement roads is also reducing the amount of vitamins that can be extracted from the soil. It has become common for young children and pregnant women to consume calcium. Due to the use of electronic devices by young children, the synthesis of vitamins in the body is decreasing, and due to the lack of vitamin synthesis, they are easily susceptible to diseases. Vitamin deficiency was initially diagnosed with Polymelitis and beriberi as a result of a study by Christian Eijkman. It has been suggested that the disease is mainly caused by heavy consumption of white rice through diet. Frederick later developed the idea that trace elements in food are essential for life. previously proposed. McCollum suggested that rickets was caused by a lack of vitamin D.As a result of his studies of vitamins, he divided them into two types, namely avitaminosis and hypovitaminosis.

**Research Materials and Methodology:** Today, scientists have found another solution to the problem by preventing vitamin deficiencies and eliminating the causes that cause them. Most of the food we consume contains 80-90% of the vitamins. We get the rest of the vitamins from the sun and from soil and certain mineral waters. Vitamin A improves skin color and improves vision. Vitamin A is mainly found in vegetables and fruits, fish oil, milk, and eggs. The B vitamins are essential for the nervous system and energy. Vitamin B is obtained from cereals, meat, eggs, milk, fruits and vegetables. Vitamin C is also synthesized. Scurvy is caused by a lack of vitamin C. Vitamin D is essential for bones and teeth. Vitamin D is mainly synthesized from sunlight. When this vitamin is not enough, rickets disease occurs. Our body also contains vitamins A,D,E,K, which are stored in the liver and adipose tissue. These vitamins enter our body along with fat and are absorbed. We need to consume sufficient amounts of these vitamins in our daily diet, taking into account our age and gender. According to the results of the world survey, more than 5 Millards of people suffer from bilabn deficiency of various vitamins and minerals. Modern medicine today in order to prevent diseases is private approaches were taken.

**Results of the study:** the activity of pharmacefts is of great importance in relation to the recovery of Vitamin deficiency in the artificial way.Pharmaceutical drugs have been developed that increase a variety of vitamins.In order to replace Vitamin A, Retinol and Aveit tablets have been developed which are important in improving skin health and vision.In an effort to increase Group B vitamins,Milgamma and B-Coplex tablets, such as Neurobin, were produced.Contains vitamin C to boost immunity and iron absorption. Ascorutin, redoxun and

regular vitamin C tablets It is being developed. It is recommended to take Aquadetrim, Vigantol, and Calcium D3 due to vitamin D deficiency. These drugs are mainly prescribed for bone resorption and fragility. Aveit is consumed to treat vitamin E deficiency. Research results show that the pharmaceutical industry is making a significant contribution to combating vitamin deficiency today. Many fruit growers who suffer from vitamin deficiencies have been banned from injecting their products and using various chemicals. It is recommended that young children pay attention to their diet and consume natural products rather than medications. It was found that in the current period, mainly urban children and residents suffer from vitamin deficiency, because there are many buildings in the city and few natural products. Therefore, the need for pharmacies in the city has increased. Even without a habit, some teenagers take vitamins.

**Conclusion:** We have considered the causes and preventive measures of vitamin deficiency, avitaminosis or hypovitaminosis. We found that people with this disease are pale, have low blood pressure, and are prone to various diseases. But even this disease can be overcome by making a good and useful agenda in no dorilarsz. Physical education also helps the body synthesize vitamins on its own. For those who do not have enough time during the working day and daily hours, vitamin-rich medications are recommended, which is called artificial resuscitation of the body. However, since there is no limit on products rich in all vitamins, it is not recommended to consume excessive amounts of fat-soluble vitamins (A, D, E, K). It is necessary to consume these vitamin products with caution.

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