

VITAMINS AND THEIR EFFECT TO HUMAN HEALTHY

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Abstract : *Vitamins are biologically active substances that are required for the normal functioning of the life process. A person can eat various things in his daily life. It contains various substances and vitamins. Vitamins A, B, B1, B2, B6, B12, C, D, PP, K, E are extremely necessary for the human body. Their influence plays a very important role in the functioning of the human body. If one of these vitamins is lacking, the conditions for the emergence of various diseases are created in the human body.*

Key words : *Vitamins, human, healthy, fat-soluble, water-soluble, A, B, C, D, E, K, PP.*

Vitamins are biologically active substances. In 1912 it was called vitamins by K. Funk (meaning vita-life means). There are more than 40 types of vitamins, each of which is human performs an important physiological function in the body. If a few weeks, months if there is a regular lack of any vitamin in the daily food, as a result disease occurs. If there is absolutely no vitamin in the human body if it disappears, avitaminosis, if its amount decreases, hypovitaminosis, from the norm if it increases, it is called hypervitaminosis. Classified based on their solubility as fat soluble vitamins and water soluble vitamins.

- 1) Fat-soluble vitamins : vitamin A, D, E and K.
- 2) Water-soluble vitamins : vitamin B complex group and vitamin C.

Vitamin A in the growth and development of animal and human organism, the division and reproduction of my cells, the improvement of eye acuity is important in providing. When the body lacks this vitamin, the skin becomes dry and cracked, night blindness, xerophthalmia, keratinization of epithelium, bone deformities, congenital blindness. Visual acuity decreases, growth and development of the organism of children and adolescents subsides. Vitamin A in fish oil, spinach, egg yolk, it contains a lot of carrots, red peppers, and apricots.

B complex group include :

Vitamin B1(thiamin)

Vitamin B2 (riboflavin)

Vitamin B3 (niacin)

Vitamin B6 (pyridoxine)

Vitamin B12 (cyano cobalamin)

Biotin

Choline

Deficiency of vitamin B1 leads to memory loss, decreased appetite. It is yeast , bran, rice polish , egg yolk liver kidney . If vitamin B2 is reduced in the human body, degeneration of myeline , lost integrity of epithelium , curled toe paralysis. It is found in eggs, lamb, yeast , milk and green leafyvegetables . A person's heart hurts as a result of vitamin B6 depletion in the body. It is found in milk , rice bran , molasses , cheese and fish.

Vitamin D deficiency in the body rickets in young ones , osteomalacia in adult , retarded growth, decreased feed consumption . Vitamin D in fish oil, egg yolk, milk and milk products. D is the sun's ultraviolet rays under the influence of also occurs in human skin. Therefore children exposure to sunlight, rixit is important to prevent the disease .

Vitamin C is reduced in the human body, the gums hurt, the joints start to hurt, the wounds do not heal quickly, and the person becomes tired quickly. It is found in potatoes, cabbage, bell pepper, various gourds, strawberries, lemons and oranges.

As a result of lack of vitamin K, people are more prone to intestinal, liver and kidney diseases. This vitamin is found in onions, cabbage, pumpkin, green peas, beans, greens and eggs.

If there is a lack of vitamin E, the activity of sebaceous glands in the body is disturbed. In this case, the hair quickly turns white and falls out. It is found in large quantities in rice foods, oats and liver.

If the above-mentioned vitamins are lacking in the human body, various negative changes may occur. The human body should have enough vitamins.

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