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Vitamin-D: Abundant in nature, deficient in human: An Indian scenario

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Abstract: Sun is the primary source of energy of all living beings. There is no replacement for sun and surviving without the energy of sun is like breathing without air. India is a blessed country that has sunshine throughout the year. Even then it is unfortunate and shocking that 70-90% of Indian population is Vitamin-D deficient. 70-90% of Indians including 84% of pregnant women are Vitamin-D deficient. That is the reason, problem like depression, backpain, low immunity, weak bones, hair fall are on the rising trend. Many peoples in India have this misconception that because they spend some time outdoor in the sun, they would not face vitamin-D deficiency. There is a definite time and exposure of body needed to absorb sunlight from the sun through skin and make vitamin-D in required amount in the body. To fulfil this requirement of vitamin-D in the body, most of us we need to depend on Vitamin-D supplements and pills and this is just a tip of iceberg of this problem.

Key Words: Vitamin-D deficiency, Sunlight, Indian ancient practices, low immunity, iceberg, weak bones.

The healing sciences of India is one of the oldest science and medicine on this planet. There are many ways which will not just fulfil our vitamin-D deficiency but will also sharpen our brain, improve our eyes, heal our skin, cure disease and make you cheerful and happy in general. These practices are life changing.

Sunlight is an ultimate nutrient. All the energy that we have in our body is in some way derived from the sunlight usually in the form of photosynthesis that plants derive for us. It is because of the miracles of the healing power of sun that is gifted by almighty God to the India. Many cultures have recognised the potential healing power of sunlight. Sunlight if taken in the right way has the power to heal the disorders like mental disability, psoriasis, soft bones, low-immunity, arthritis and depression. However, our generation is ignorant to sunlight due to changing lifestyle in the form of close apartment culture and remain indoor most of the time. Artificial light has taken over the sunlight. And this is the major reason of the rising trend of skin diseases. Even though the solution is so simple and in front of us most of the time. It's never too late to bring ancient wisdom back.

Three powerful practices which will integrate the sun energy within us and heal us from inside and outside effectively.

1. Sun bathing- it is exposing our body to the sun. sunlight is pure, natural and potentially the most effective detoxifying agent. Sun bathing is still practiced in many regions of our country for physical and mental wellbeing. Sunlight is the best natural source of vitamin-D.

The best time to take a sunbath is in the morning after sunrise and in the evening after sunset. If we are sensitive to the sunlight, then should drink glass of water before sunbathing. It will prevent from skin rashes and tanning. It is recommended to wear minimum clothes or white colour cotton clothing to let our skin absorb sunlight in better way.

To maintain interest in sunbathing and to make it fun activity we can combine it with other activities like book reading, listening music, sitting, body massage or just observe the nature peacefully.

For the fast absorption of vitamin-D it is important that we expose our navel and back for at least 5 minutes and stay for about 20-30 minutes. When we began to sweat it's a good indication that we have taken sufficient sunlight.

Don't fear the sun: rather than being a generation that is deficient in vitamin-D due to fear of sun exposure and dependency on pills. It is time to properly expose our body to the powerful healing mechanism of sunlight.

2. Sun charged water- another potential way of absorbing sunlight energy is, by drinking sun charged



water. Experimental evidence shows that light energy imparted to water may energize the water to such an extent that it may be enough to sustain a life. In ancient India specific herbs infused with sun charged water in a particular glass bottle were prescribed to cure many skin ailments.

Take a maximum of 3 litre drinking water in clear glass bottle, avoid using reverse osmosis (RO) water. Place it outside in the sunlight in the morning and leave it for 5-8 hours.

One of the first benefit that we will observe drinking sun charged water is increased body energy level, and lethargy will be cleared off from the body, mind will rejuvenate. Not only for drinking, sun charged water can also be used topically on skin for skin nourishment. It is also an excellent eye wash. We don't need to drink sun charged water daily, even weekly regimen is sufficient.

3. Trataka with sun- trataka is the ancient Indian practice to use the sun divine energy for nourishing brain cells, eye sight, improve memory and concentration power.

In the western world it is common practice of sun gazing that explore and empower ourself with the healing power of sun. millions of Indians greet the sun daily as part of worship ritual.

Trataka should be practiced within 10-15 minutes of sunrise or sunset. It is so effective that even 10 seconds of trataka is good enough for our brain and body.

It is concluded that we are blessed with plenty of sunlight throughout the year in our country and ancient Indian practices are useful for our vitamin-D requirement of body through sunlight as natural source without need of supplements. Lack of awareness to our ancient Indian culture regarding power of sunlight as natural healer to brain and body is the key reason for vitamin-D deficiency in Indian society. Knowledge, attitude and practice (KAP) studies to be done on this topic and awareness programmes to be launched by the government and social organisations to curb this epidemic of vitamin-D deficiency.
