

# THE MOST IMPORTANT ROLE OF VITAMIN C IN THE HUMAN BODY

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## Abstract:

This article discusses the most important role of vitamin C in the human body. Vitamin C is important in the prevention of many diseases in the human body and in maintaining a healthy lifestyle. Therefore, it is important for everyone, without exception, to get the right amount of vitamin C.

**Keywords:** Vitamin C, organism, immunity, heart.

## Introduction

### INTRODUCTION

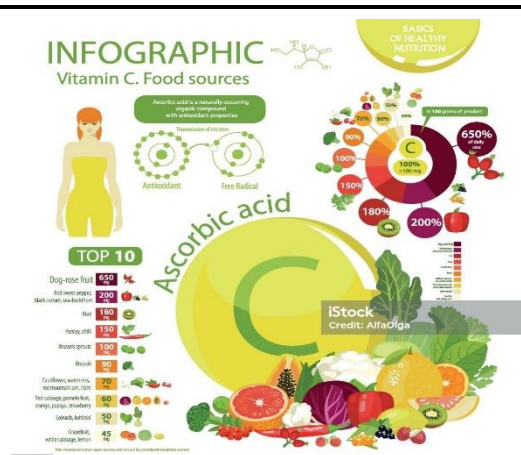
The importance of vitamin C has been understated for centuries and scientifically recognized after fatal diseases. (Vitamin C deficiency disease) has plagued mankind for centuries, until the end, attempts were made to treat it. Patients often have a rash, such as loose gums, heavy bleeding, pallor, depression and partial paralysis symptoms were observed. In 2013, the European Scientific Committee on Nutrition recommended that vitamin C is healthy the average requirement for consumption is 90 mg per day for men and for women 80 mg per day. The ideal amount for most people is 110 mg per day for men and 110 mg per day for women was found to be around 95 mg per day. These levels, experts according to the group, to balance the metabolic loss of vitamin C and to maintain plasma ascorbate plasma concentration of about 50  $\mu\text{mol/L}$  was enough for.

### DISCUSSION AND RESULTS

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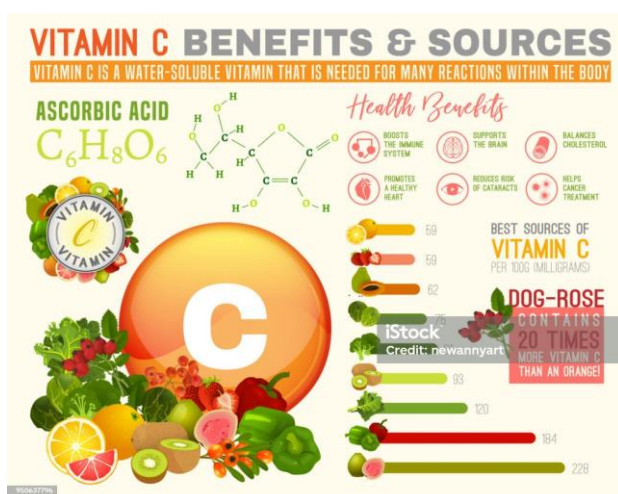


ascorbate in plasma at about 50  $\mu\text{mol/L}$  was enough for+ 20 more foods rich in vitamin C3: Strawberries-58.8; Chinese cabbage-45; Gooseberries-27.7; Raw potato-19.7; orange-53.2; Mango-36.4; tangerine-26.7; Melon-18; Lemon-53; Grapefruit-34.4; Raspberry-26.2; Basil-18; Cauliflower-48.2; Lime-29.1; Poppy-21; Tomato-13.7; Pineapple-47.8; Spinach-28.1; Lingonberry-21; food-9.7.



The amount of vitamin C deficiency is lower than the recommended level can appear when it is, but cause a complete deficiency not enough for (10 mg/day). Recommended amount of vitamin C deficiency may appear when it is below the set level, but full not enough to cause deficiency (10 mg/day). The recommended intake for smokers is more per day than non-smokers Above 35 mg because they are highly oxidized from toxins in cigarette smoke stress and usually have low levels of vitamin C in the blood. Vitamin C severe stress, insomnia, SARS and influenza, cardiovascular

diseases also increases with The empirical formula of vitamin C is  $\text{C}_6\text{H}_8\text{O}_6$ ... It is white or slightly yellow colorless, almost odorless and very sour crystalline powder. Melting point - 190 degrees Celsius. Active components of vitamins are, as a rule, food products are destroyed during heat treatment, especially copper if there are traces of metals. Vitamin C is the most unstable of the water-soluble vitamins can be considered, but it is protected from freezing. In water and methanol it dissolves easily, especially in the presence of heavy metal ions (copper, iron, etc.). is oxidized. It gradually darkens in contact with air and light. Oxygen otherwise, it can withstand temperatures up to 100 °C. Water-soluble vitamins, including vitamin C, dissolve in water and in the body is not stored. They are excreted in the urine, so we need a constant supply of vitamins from the outside. Water soluble vitamins food preservation or easily destroyed during preparation. Proper storage and consumption C can reduce the loss of vitamin. For example, milk and cereals should be stored in a dark place, and vegetables should be cooked in water can be a base for soup. With the world's largest vitamin C to you we recommend that you familiarize yourself with it. More than 30,000 eco-friendly foods, attractive prices and ongoing promotions available 4899% with promo code CGD5 discount, free shipping worldwide. Many others like micronutrients, vitamin C has multiple functions. It is strong and cofactor for several important reactions. These are our joints and substances that make up a large part of our skin are important in the formation of collagen plays a role. Wound healing because the body cannot repair itself without collagen depends on sufficient amount of vitamin C - hence psoriasis One of the symptoms is open sores that do not heal. Vitamin C to



the body helps absorption and use (therefore anemia, iron a symptom of psoriasis even in people who eat enough it can). In addition to these benefits, vitamin C is an antihistamine: it blocks the release of the neurotransmitter histamine, which also causes inflammation in an allergic reaction. That's why scabies usually accompanied by a rash and why not get enough vitamin C relieves allergic reactions. Vitamin C also prevents cardiovascular diseases, even non-infectious ones associated with some

diseases. Studies on cardiovascular with vitamin C revealed the connection between reducing the risk of diseases. Vitamin C clinical Several meta-analyses of studies on endothelial function and blood pressure showed improvement. The risk of developing high levels of vitamin C in the blood reduces by 42 percent. In recent times, the medical profession has been dripping with veins life in patients undergoing vitamin C chemotherapy there is interest in the benefits of maintaining quality. Eye a decrease in the amount of vitamin C in the tissues is associated with the risk of developing and it is more common in elderly people. In addition, a sufficient amount of C about a lower risk of developing osteoporosis in people who consume vitamin A there is evidence. Vitamin C is also very effective against lead poisoning has a strong effect, which prevents its absorption into the intestine and urinary excretion will help.

Pharmacokinetic experiments showed that vitamin C in plasma concentration is controlled by three main mechanisms: intestinal absorption, tissue transport and renal reabsorption. Oral doses of vitamin C in response to the increase, the concentration of vitamin C in the plasma is 30 to 100 per day it increases sharply at doses up to 60 to 80 mg reaches a stable concentration (from 200 to 400  $\mu\text{mol} / \text{l}$ ). in healthy young people up to 200 mg/day. C. in a dose of up to XNUMX mg at a time One hundred percent absorption efficiency is observed when taking vitamin by mouth. Supplemental vitamin C after saturation of plasma ascorbic acid levels excreted in urine. It is worth noting that intravenous vitamin C bypasses the control of absorption in the intestine, so ascorbin in plasma very high acid concentrations can be achieved; kidney over time excretion through vitamin C returns to the initial level in the plasma.

Vitamin C plays an important role in the immune system, which protects the body against infections activated when encountered. A study showed that  $\geq 200$  mg of vitamin C prophylactic use of supplements significantly shortens the duration of cold episodes reduced the duration of cold symptoms in children by approximately 14%, in adults it decreased by 8%. In addition, he is training in the Arctic studies of marathon runners, skiers, and soldiers showed that vitamin doses from 250 mg per day to 1 g / day for colds reduced cases by 50 percent. Most prevention studies have used doses of 1 g/day. Symptoms when starting treatment, add vitamin C from 1 to 4 g per day the duration or severity of the disease even in doses up to didn't cut it. Since the human body cannot synthesize vitamin C, we must include it in our daily diet

we have to enter. Dietary vitamin C in reduced form of ascorbic acid is intestinal through the tissues, through the small intestine, active with the help of SVCT 1 and 2 transporters absorbed by transport and passive diffusion. In pharmacies, vitamin C tablets for swallowing, chewable tablets, oral drops for administration, powder for oral administration, effervescent tablets, lyophilizate for preparation of solution for injection (vena and intramuscularly), it can be in the form of a ready-made solution. for injection, drops. Chewable tablets, drops and powders often taste good has a fruity taste to have. This is a vitamin intake especially for children makes it easier to do. In pharmacies, vitamin C tablets for swallowing, chewable tablets, oral drops for intravenous administration, soluble powder for oral administration, effervescent tablets, lyophilisate for preparation of solution for injection (intravenous and intramuscularly), it can be in the form of a ready-made solution. for injection, drops. Chewable tablets, drops and powders often taste good has a fruity taste to have. This is a vitamin intake especially for children makes it easier to do. English scientists at the University of Salford vitamin C (ascorbic acid) and doxycycline a combination of antibiotics is effective against cancer cells in the laboratory found out that Professor Michael Lisanti explains: "We know that in some cancer cells to drugs during chemotherapy resistance arises and we managed to understand how it happens we were It is suspected that some cells can change the food source we did That is, when one nutrient is unavailable due to chemotherapy, cancer cells find another source of energy. of vitamin C and doxycycline the new compound limits this process and "starves" the cells. Both because the substance itself is not toxic, they are traditional chemicals can dramatically reduce the number of side effects compared to therapy.

## CONCLUSION

Vitamin C is effective against atrial fibrillation after cardiac surgery proved to be. According to the researchers of Helsinki University, C the number of postoperative fibrillation in patients who received vitamin 44 percent decreased. Also after surgery when taking vitamins hospital stay decreased. Pay attention to the drug into the body intravenously the results at submission were indicative. When taken orally, the effect is significant was low. The importance of vitamin C in the body and its importance for the human body it is possible to see its effectiveness at a significant level.

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