

# CALCIROL Sunshine Express

- ▶ Vitamin D is not technically a vitamin, it is a precursor to the hormone calcitriol.
- ▶ Over 94 % of Indians are Vitamin D deficient.<sup>1</sup>

## Established and potential Immunomodulating role of vitamin D in Covid 19

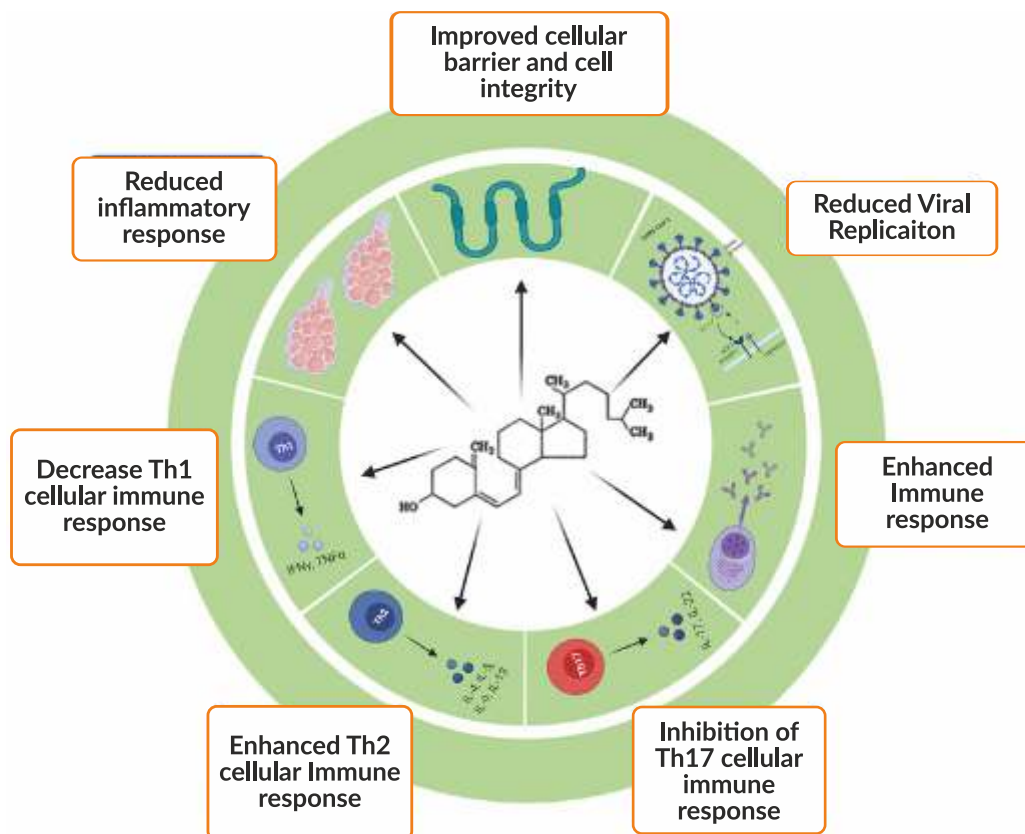


Figure: Comprehensive range of functions and benefits of vitamin D in lowering the risk of COVID-19.<sup>2</sup>

### Sunshine in Covid:

- ▶ Daily cholecalciferol supplementation of 60,000 IU helps in achieving 25(OH)D >50 ng/ml (baseline 8.6 ng/ml) in 75% of participants by day-14 and led to Covid RNA negative in additional 41.7% participants ( $p < 0.001$ ) and was useful for viral Covid RNA clearance.<sup>3</sup>
- ▶ In comparison of with vitamin D and without vitamin D, treatment with Vitamin D has shown highly significant reduction ( $p < 0.01$ ) in all the measured inflammatory markers and a significant increase ( $p < 0.01$ ) in vit.D along with other Covid treatment.<sup>4</sup>
- ▶ Vitamin D is a potent immunomodulator. Vitamin D reduces pro-inflammatory cytokine production and increases anti-inflammatory cytokine production. Thus, it gives protection against cytokine storm and COVID-19-induced pneumonia.<sup>5</sup>

#### References:

1. Aparna P, Muthathal S, Nongkynrih B, Gupta SK. Vitamin D deficiency in India. *J Family Med Prim Care* 2018;7:324-30.
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4. Lakkireddy, M., Gadiga, S.G., Malathi, R.D. et al. Impact of daily high dose oral vitamin D therapy on the inflammatory markers in patients with COVID 19 disease. *Sci Rep Nature portfolio*; 2021;11:10641.
5. Ghosh J. Potential role of Vitamin D as an antiviral agent. *Med J DY Patil Vidyapeeth* 2021;14:3-12.

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