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COVER STORY

Tribute On Being
Vested With
The Dadasaheb
Phalke Award

WAHEEDA
REHMAN



न भूतो, न भविष्यति
मोहम्मद रफ़ी : अनमोल रत्न



মেলবোর্ন টু ক্যানবেরা



Essential Nutrients for Senior Citizens



Dr. Sanjay Agrawal

Our overall well-being is intricately linked to the intake of essential nutrients that support various bodily functions. From fighting fatigue to promoting healthy vision and maintaining strong bones, these nutrients play a vital role in keeping our bodies in balance. Let's delve into the specifics of some key vitamins and minerals and their impact on different aspects of our health.

1. Headaches:

Magnesium, present in beans, nuts, and green leafy veggies, plays a pivotal role in nerve function and blood sugar regulation. For those prone to headaches, especially migraines, the Association of Migraine Disorders recommends a daily intake of 400 milligrams of magnesium.

2. Dry Eyes:

Omega-3 fatty acids, abundant in oily fish like salmon, mackerel, and tuna, are essential for maintaining healthy vision. A deficiency in omega-3s not only contributes to dry eyes but has also been linked to age-related macular degeneration.

3. Hair Loss:

While hair loss can be a natural part of aging, nutritional factors can exacerbate the issue, especially in women under 50. Ensuring sufficient iron intake from lean meats,

beans, or nuts is crucial for maintaining healthy hair and skin.

4. Bleeding Gums:

While gum disease is a common cause of bleeding gums, severe vitamin C deficiency can also contribute to this issue. Citrus fruits and certain vegetables are rich sources of vitamin C, vital for gum health.

5. Muscle Weakness:

A deficiency in vitamin B1 (thiamine) can lead to muscle weakness. Whole grains, pork, fish, nuts, and beans are excellent sources of vitamin B1. Additionally, potassium from sources like bananas is essential for maintaining healthy muscles.

6. Chronic Colds:

Inadequate intake of vitamins C and E may compromise your immune system's ability to fend off common colds. While a balanced diet can't prevent colds, it supports overall body health, enhancing your ability to resist infections.

7. Canker Sores:

Canker sores, occurring in the soft tissue of the mouth, have been linked to deficiencies in B12, zinc, folate, and iron. Including sources like oysters, nuts, beans, asparagus,

Brussels sprouts, oranges, and iron-rich foods can help address these deficiencies.

8. Hearing Loss:

Vitamin B12 plays a crucial role in maintaining a healthy nervous system, including the signals between your ears and brain. Deficiency may contribute to hearing loss or tinnitus. If experiencing hearing problems, consult with a healthcare professional to identify the root cause.

9. Weak Bones:

Calcium and vitamin D are vital for bone health. A deficiency increases the risk of osteoporosis. While supplements are an option for vitamin D, dairy products and fortified foods are excellent sources of calcium.

10. Cracks in the Corners of Your Mouth:

A lack of vitamin B6 can cause skin issues, including cracks in the corners of the mouth. Poultry, fish, starchy vegetables, and noncitric fruits are sources of vitamin B6. Always consult with your doctor before starting a B6 supplement, especially if you take certain medications.

11. Cognitive Health:

Omega-3 fatty acids, particularly DHA (docosahexaenoic acid), found in fatty fish like salmon and trout, are associated with cognitive health. Adequate intake has been linked to a reduced risk of cognitive decline and neurodegenerative diseases.

12. Vision Support:

In addition to omega-3s, vitamin A is essential for maintaining good vision. Sources like sweet potatoes, carrots, and leafy greens provide beta-carotene, a precursor to vitamin A, contributing to eye health.

13. Joint Health:

Vitamin C, commonly associated with immune support, also plays a role in collagen synthesis. Collagen is essential for joint health and may contribute to preventing conditions like osteoarthritis. Citrus fruits, strawberries, and bell peppers are excellent sources of vitamin C.

14. Mood Enhancement:

Vitamin D, often referred to as the "sunshine vitamin," is linked to mood regulation. Sun exposure and dietary sources like fatty fish, fortified dairy products, and mushrooms can contribute to maintaining mental well-being.

15. Wound Healing:

Zinc, in addition to its role in hormone regulation, is essential for wound healing. It promotes cell division and



tissue repair, playing a critical role in the overall healing process.

16. Antioxidant Defense:

Selenium, found in Brazil nuts, fish, and whole grains, is a powerful antioxidant that helps protect cells from damage caused by free radicals. It contributes to overall cellular health and may play a role in cancer prevention.

17. Digestive Health:

Magnesium, in addition to its role in preventing headaches, is vital for digestive health. It supports muscle contractions in the digestive tract and may help alleviate constipation. Leafy greens, nuts, and whole grains are excellent sources of magnesium.

18. Blood Pressure Regulation:

Potassium, abundant in bananas, helps regulate blood pressure by counteracting the effects of sodium. A diet rich in potassium can contribute to overall cardiovascular health.

19. Red Blood Cell Production:

Copper, found in shellfish, nuts, and seeds, is essential for the production of red blood cells and the absorption of iron. It plays a crucial role in preventing anaemia and maintaining overall blood health.

20. Bone Density:

Beyond calcium and vitamin D, vitamin K is vital for bone health. Found in leafy greens and broccoli, vitamin K contributes to proper calcium utilization and bone mineralization.

Understanding the role of these essential nutrients empowers individuals to make informed dietary choices, promoting overall health and well-being. If any persistent health concerns arise, it's crucial to seek professional medical advice for a comprehensive assessment. ●

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