

Scurvy

Scurvy (scorbutus) is a manifestation of **vitamin C** deficiency. Vitamin C (ascorbic acid) is an important **antioxidant factor**, that promotes iron resorption, participates in the formation of collagen (thus maintaining the integrity of membranes) and has an effect on **beta-oxidation of fatty acids**. It accelerates the detoxification of xenobiotics, **blocks the production of carcinogens**, supports immune system and CNS function. Its sources are vegetables, fruits, offal (mainly liver) etc.

Vitamin C deficiency results in swelling and bleeding gums with tooth loss, impaired wound healing, perifollicular hemorrhage, fatigue, weakness, nosebleeds, hemarthrosis, subperiosteal hematoma and anemia.

Scurvy, which manifests itself in the above-mentioned symptoms, was common, especially in **sailors** during long ocean voyages. The sailors used **souerkraut** to prevent them, which they could easily store on the ship for a long time. A dose of 20-30 mg/day is sufficient to prevent scurvy.

In childhood, it can cause disorders of long bone growth due to disorders of osteoid formation. Unlike the rickets, there is no mineralization disorder.



Scurvy affections on the gums

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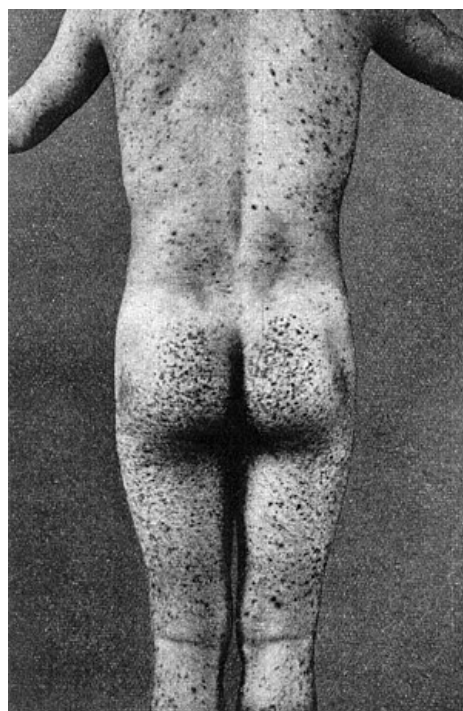
- ascorbic acid
- Vitaminy rozpustné ve vodě
- Onemocnění z nedostatku živin
- Onemocnění z nadbytku živin

References

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Watercolour drawing of the leg of a patient, aged 50, who had scorbutus of 12 months' standing. The limb is affected with a purpuric eruption, which resembles psoriasis with subcutaneous haemorrhage.



Male figure showing skin eruptions, back view.