WATER SOLUBLE VITAMINS - GENERAL

The water soluble vitamins are a heterogeneous group of compounds since they differ chemically from each other. The only common character shared by them is their solubility in water. Most of these vitamins are readily excreted in urine and they are not toxic to the body. water soluble vitamins are not stored in the body in large quantities (except B_{12}). Their metabolic stores, unlike fat soluble vitamins, are deplete within weeks and the deficiency symptoms result. For this reason, water soluble vitamins must be continuously supplied in the diet. **Generally vitamin deficiencies are multiple ratherthan individual with over lapping symptoms.** It is often difficult to pin-point the exact biochemical basic after the symptoms.

The water soluble vitamins form coenzymes that participate in a variety of biochemical reactions. Most of these reactions are related to either energy generations or hematopoiesis. It may be due to this reason that the deficiency of vitamins results in a number of overlapping symptoms. The common symptoms of the deficiency of one or more vitamins involved in energy include dermatitis glossitis red and swollen tongue chellitis (rupture at the corner of lips), diarrhea, mental confusion, depressions and malaise.

Table 7.1

CLASSIFICATION OF VITAMINS

TABLE 7.1 Classification of vitamins

