

MIRACULOUS PHYSIOLOGICAL ACTIVITIES OF VITAMIN D AND ITS ROLE IN HUMAN HEALTH AND DISEASES

R. P. CHAMOLI*, GAURAV BAHUGUNA** AND ARVIND MOHAN PAINULY***

Vitamin D, the sunshine vitamin or calciferol is endowed with the unique property of functioning as a hormone. Chemically, it is a secosterol produced in human skin from 7-dehydrocholesterol in presence of sunlight which contains ultraviolet-B radiations having the wavelength ranging from 290 to 320 nanometer (nm). In addition to exposure of body to sunlight, diet and dietary supplements are also sources of vitamin D to human beings. It is well known that vitamin D has a crucial role in calcium-phosphate homeostasis and in the maintenance of healthy bones and teeth. The discovery of vitamin D receptors (VDR) in almost all the vital organs of human body has opened a new era in vitamin D research. New researches have revealed that besides the known skeletal functions, vitamin D is involved in large number of other biological functions.
