

## VITAMIN C FROM HISTORICAL PERSPECTIVE TO WONDER MOLECULE OF TWENTY FIRST CENTURY

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*The discovery of wonder molecule vitamin C is closely related to the history of ancient disease scurvy. This disease was very common among the sailors, soldiers and some other persons who did not have the privilege of consuming fresh vegetables and citrus fruits in their diets. It was discovered that these foodstuffs contained an antiscorvy agent that was isolated in a crystalline form and named as vitamin C or ascorbic acid. Soon, various biochemical and medicinal properties of this newly discovered molecule were studied extensively. By virtue of excellent antioxidant properties associated with vitamin C, it is being investigated as a potential therapeutic agent for the treatment of many challenging ailments such as cancer, cardiovascular diseases, Alzheimer's disease, arthritis and metabolic syndrome. There is worldwide interest in elucidation of the molecular mechanism and biological effects of vitamin C.*

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