

Vit A

Micro nutrients - They are the nutrients required in small quantities.
eg. Iodine, iron, zinc, vit A.

They are important for immunity, intelligence,
Reproduction, work capacity.

Vit A sources:

Animal source: meat, liver, fish, egg yolk, milk, ghee → Richest.

Veg source: carrot, Tomato Ripe, Mango,
Green leafy veg, Coriander.

Deficiency of vit A: Ocular Manifestation:

Ocular

- Night blindness.
- Conjunctival xerosis
- Bitot's spots
- Corneal xerosis
- Corneal ulcers
- Keratomalacia

Extra ocular:

- Retardation of growth
- Follicular hyperkeratosis
- Anorexia.

Prevention

Health Promotion:

- Nutritional care of the Pregnant mother to Prevent LBW by promoting consumption of vit A Rich food.

- Promotion of breast feeding as long as possible

- Health education

Specific Protection

• Food fortification: Addition of vit A to sell, sugar, tea, milk, ghee, helps to cover all the group.

• Administration of 5 mega dose of vit A to all children b/w 9 months and 3 year under Vit A Prophylaxis programme.

Prophylaxis schedule:

At 9th month	100,000 IU	Along with Murnu
At 18th month (1.5y)	200,000 IU	with DPT, OPV
At 24th month (2y)	200,000 IU	
25y	200,000 IU	
3y	200,000 IU	

Early diagnosis and t/t of vit A deficiency

→ H/O of night blindness
→ clinical examination

t/t → oral Administration of 2,00,000 IU of vit A soon after diagnosis followed by another dose of 2,00,000 IU on the next day and third dose after 1-4 weeks.

Same for all except women and infants.

women → [15-45y] = 1,00,000 IU daily for 2 weeks
(Infants - (3-6 months) = 1,00,000 IU 4-4/11 1y of Age.