

## Vitamin D helps to control asthma



The sunshine vitamin, medically known as Vitamin D can actually do more than just [strengthening bones and teeth](#) - it can actually prove beneficial to control asthma, especially among children ailing with the respiratory disease.

Sunrays are known for its Vitamin D rich goodness that helps with bone and teeth health, but a recent study published in the Journal of Allergy and Clinical Immunology: In Practice by an Indian-origin researcher Sonali Bose of Icahn School of Medicine says that vitamin sunshine can actually be helpful in controlling asthma among children. As per the study, "asthma is an immune-mediated disease, and vitamin D was a molecule that can influence asthma by impacting antioxidant or immune-related pathways".

Upon observing, Bose found that asthma suffering children from homes with high levels of indoor air pollution like cigarette smoke, cooking, burning of candles etc., with low vitamin D levels were more prone to harmful respiratory disorders; while those with higher vitamin D in their bloodstreams showed less number of symptoms. To prove the observation, researchers conducted a study among 120 school children with pre-existing asthma to observe three factors: air pollution levels in homes, blood vitamin D levels, and asthma symptoms. Concluding the survey, researchers found that the vitamin has a significant impact on controlling asthma symptom intensity among children.

So the easiest way to soak up more vitamin D is by getting under the sun more often and increasing sun exposure. But, it might not always be possible for urban settings or darker skin tones to be under the sun - and also considering the harmful effects of UVA and UVB rays - so including the miracle vitamin via through natural dietary sources like eating fruits, fatty fish, mushrooms, bread, orange juice, or milk can be an option. One can also consult a physician to get prescribed for a vitamin supplement that will be suitable to you.