

CLINICAL MANIFESTATION IN THE ORAL CAVITY IN VITAMIN DEFICIENCY AND HYPOVITAMINOSIS

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Abstract: Vitamins play an important role in the normal functioning of the body. Their main source is food, but some vitamins are synthesized in small amounts by the intestinal microbiota. If the amount of vitamins in the food consumed is insufficient or their absorption is impaired, conditions such as hypovitaminosis and avitaminosis may begin. This disorder can affect the entire body, especially the mucous membrane of the oral cavity. This is due to the fact that the mucous membrane of the oral cavity is quite dependent on the balance of vitamins.

Key words: vitamins, hypovitaminosis, hypervitaminosis, deficiency, mucosa.

Annotation: There are two types of vitamin deficiency in the body, depending on the degree of their deficiency. Vitamin deficiency is a severe form manifested by a prolonged deficiency in the intake or absorption of vitamins. And hypovitaminosis is manifested by an insufficient amount of vitamins. Hypovitaminosis A is characterized by dryness of the oral mucosa, frequent hyperkeratosis, atrophic phenomena, decreased protective properties, high traumatization and ulceration. These signs are accompanied by abnormalities in the sebaceous glands and a decrease in saliva secretion. Hypovitaminosis B1, i.e. thiamine, is associated with hyperemia of the papillae of the tongue. Since thiamine is an important factor in the transmission of nerve impulses and modulates the activity of acetylcholine as a mediator in the nervous system, its deficiency leads to disorders in the nervous system. Increased frequency of hypersensitivity, neurosis, weakness, sleep disorders and allergic reactions of the mucous membranes. Vitamin B2 deficiency. Dermatitis, cheilitis, glossitis. The appearance of congestive hyperemia and cracking of the red border of the lips (angulus or stomatitis). Vitamin C performs a very important function in the body. Hypovitaminosis of the oral cavity is indicated by bleeding gums, multiple caries and decreased resistance of the mucous membrane. Vitamin deficiency develops into a serious disease called scurvy. Early symptoms of scurvy include bleeding gums, muscle pain, lethargy and depression. The mucous membranes of the cheeks swell, become covered with petechial rash and bleed with mechanical irritation. The gingival papillae swell and become pale. Teeth become loose and fall out. There are many other forms of hypovitaminosis and hypervitaminosis, but this one alone shows how important the role of vitamins in the human body is.

Conclusion: Manifestation in the oral cavity with beriberi and hypovitaminosis can be serious symptoms and it is mandatory to consult a dentist.

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