

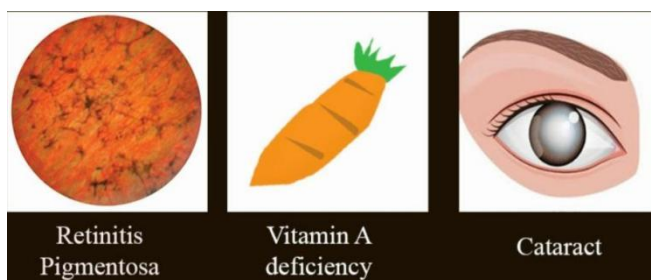
Diseases Caused by Deficiency of Vitamin



Vitamins Deficiency Diseases

1. Night Blindness

- A. In this disease, a person is not able to see in the dim light.
- B. Night Blindness caused by the deficiency of vitamin A.
- C. Vitamin A is found in carrot, mangoes, egg yolk and butter etc.



2. Beri -Beri

- A. It is caused due to the deficiency of vitamin B.
- B. It affects the eyes and skin, the growth of the body.
- C. It affects the formation of blood and muscles.
- D. The symptoms are loss of weight and weak muscles.
- E. Food rich in vitamin B1 such as beans, meat, eggs and corn helps to avoid Beri-Beri.



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3. Scurvy

- A. It is caused due to the deficiency of vitamin C.
- B. The affected person suffers from bleeding in the gums and swelling of the joint.
- C. Oranges, tomatoes, lemon, guava and amla are rich in vitamin C.



Papaya



Amla



Orange



Guava



Lemon



4. Rickets

- A. It is caused due to the deficiency of vitamin D.
- B. The affected person's bone becomes soft and they bend.
- C. The diet should include fish, eggs, milk and butter to avoid rickets.
- D. The exposure to sunlight produces vitamin D in our bones.

