



## *The Medical* **Bulletin**

# In Metabolism

### HOW TO TREAT VITAMIN D DEFICIENCY

Vitamin D is a fat-soluble vitamin essential for bone health. Of late many non – osseous benefits of vitamin D are being recognized. For vitamin D to be effective for bone health – calcium is a must. In India, approximately 80-85% of the population has vitamin D deficiency and dietary calcium deficiency. 25-Hydroxy Vitamin D levels < 20 ng/ml are defined as vitamin D deficiency and values > 30 ng/dl are defined as sufficiency. For vitamin D treatment to be effective calcium supplementation is a must for bone strength. Values less than 20 ng/ml are treated with a loading dose of 25-Hydroxy Vitamin D 60,000 IU once in 15 days for 8 weeks (four doses only) which is a loading dose, followed by a maintenance dose of 25-Hydroxy Vitamin D 4000 IU/day in divided doses. Injectable preparations of vitamin D are not warranted unless there are malabsorption syndromes. Exposure to midday sun between 11 am to 3 pm for half an hour gives enough vitamin D for the day. Vitamin D supplementation is not beneficial without adequate calcium supplementation. There is no need to periodically measure 25-Hydroxy Vitamin D levels while on maintenance therapy.

**Reference:** Harinarayan CV. How to treat Vitamin D deficiency in sun-drenched India - guidelines. J Clin Sci Res 2018;7:131-40.

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