

Vitamins and Depression

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"Vitamins are important, not only for the physical health, but for the mental health as well," the main researcher at the PBP Consultancy Australia said.

Nobody ever would have thought that taking a diet rich in vitamins can help in curing depression. There are a variety of vitamin deficiencies that can lead to depression symptoms. Correcting deficiencies, when present, often relieves depression. However, even if a deficiency cannot be demonstrated, nutritional supplementation may improve symptoms in selected groups of depressed patients.

Research has shown that almost all varieties of disease can be produced by the deficiency of vitamins, minerals, amino acids, and other nutrients. The most important factor of nutritional deficiencies is the intense processing and refining of foods like cereals and sugar.

Endogenous depression is a type of depression that can be due to internal biochemical abnormalities. Lifestyle changes and herbs may be used to combat certain types of depression but dietary and nutrient interventions are usually most effective for endogenous depression. Deficiency of certain B vitamins including B6, B12 and Folic Acid have been shown to affect mood and are best supplemented by a B-complex formula.

Deficiency of nutrients can alter brain function and lead to depression, anxiety, and other mental disorders. Nutrient deficiencies can have a profound influence on the brain and mood.

Investigators in Norway found that depression occurred more commonly in people who had high levels of the amino acid homocysteine in their blood, and in those who carried a form of a gene that encodes a protein involved in processing folate.

Homocysteine is a normal byproduct of metabolism, and folic acid -- the form of folate found in supplements -- is known to aid in breaking down homocysteine.

"Lack of folate and/or a disturbed folate metabolism ... may partially be the cause of the depression in some people," study author Dr. Ingvar Bjelland of the University of Bergen told Reuters Health.

How much vitamins and minerals do you really need for depression?

Your body needs only small amounts of vitamins and minerals. But because what the body manufactures is often not enough, these must be obtained from your diet and from supplements. When adding vitamins and other supplements to your diet for depression you can take two approaches.

- You can take multi-vitamin or multi-supplement combinations. These supplements are mixed together to provide you with the best combinations.
- Or you can take individual supplements.

[Vitamins and depression](#) What is the relationship between the Vitamins and Depression? There are a variety of vitamin deficiencies that can lead to depression symptoms. Correcting deficiencies, when present, often relieves depression

[B-Vitamin Problems May Cause Depression in Some.](#) The first clinical effects of insufficient vitamin B complex are mood changes, insomnia, changes in appetite, sugar craving and impaired drug metabolism. As a group, the B

vitamin plays an important role both in alleviating depression and in relieving the anxiety and restlessness which often accompanies it.

[See the chart to know effects of various vitamins and minerals deficiency in depression](#) See the chart which explains in a nutshell the benefits, deficiency effects, source and daily dosage of the B Vitamin family.

[Vitamin B1 and its deficiency leading Depression](#) Vitamin B1 is essential for nerve stimulation and for metabolism of carbohydrates to give brain energy as well as body energy. Deficiency symptoms include mood disorders, anxiety, insomnia, restlessness, night terror etc.

[Vitamin B - B2 and its deficiency leading Depression](#) Although this vitamin itself has not generally associate with emotional states, researchers find that diets restricted only in riboflavin produce adverse personality changes, including aggressive personality alterations.

[Vitamin B3](#) Vitamin B deficiency has been associated with depression and anxiety. It helps in irritability and other mental disturbances.

[Vitamin B - B5](#) Vitamin B5 is active in the formation of the neurotransmitter acetylcholine, which can be involved in some depression. A deficiency can cause depression, fatigue and allergies.

[Vitamin B6](#) Vitamin B6 has a major importance in regulating your mood disorders and is the most implicated of all the vitamins in the cause and treatment of depression.

[Vitamin B12 and its deficiency leading depression](#) The mental changes caused by deficiency of Vitamin B12 can raise from difficulty in concentrating or remembering, mental fatigue and low moods, to a severe depression, intense agitation etc.

Please note that self Medication may be harmful for most occasions. Contact medical expert or the writer for proper guidance.

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