

Editorial Note on Importance of Vitamin K during COVID-19

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Editorial

Over 7 million confirmed cases of COVID-19 have been reported so far all over the world and, while the disease is new to us, we are getting to know different aspects of it every day. Research work and studies of all scales have been trying to draw a clear picture for the medical professionals and governments charged with handling the situation. As countries around the world try to develop researchers studied patients who were admitted to the Canisius Wilhelmina Hospital in the Dutch city of Nijmegen. It was found that there existed a link between vitamin K deficiency and the worst affected corona virus patients. COVID-19 is known to cause blood clots, according to recent studies. It also leads to the degradation of elastic fibers in the lungs. Vitamin K is an important nutrient that helps in the production of proteins that regulate clotting and can protect the lungs as well. Vitamin K plays an important role in the proper functioning of clotting factors in the body. To find out the role of Vitamin K in COVID-19, a group of Dutch scientists conducted a study in the Canisius-Wilhelmina Hospital in Nijmegen, Netherlands, which included 123 COVID-19 patients who were admitted to the hospital between 12 March 2020 and 11 April 2020. The patients were within the age group of 56 to 80 years, out of which 71 percent were men and around 11 people were using vitamin K antagonists (VKAs). VKAs are a type of anticoagulant drugs which prevent the blood from clotting and are commonly called blood thinners.

A vaccine against corona virus or test existing treatment methods against the deadly disease, experts have suggested that staying as healthy as possible and keeping your immunity boosted is an important part of preventing COVID-19, and complications due to the disease. Patients been admitted to the ICU due to COVID-19 have been found deficient in one nutrient – Vitamin K, which has raised hopes that this nutrient could have a positive effect in combating COVID-19.

Vitamin K is found in the following food items. You must try to include these foods in your daily diet. It is not only likely to reduce the risk of complications due to COVID-19 but will keep your body healthy, overall, as well.

- Green leafy vegetables – Kale, spinach, cabbage, broccoli, etc. are all rich in the vitamin.
- Fish also contain vitamin K but in smaller amounts.
- Eggs are also rich in the nutrient.
- Cheese is also rich in vitamin K and should be a part of your diet as it contains healthy fats.

Vitamin K deficiency

Vitamin K plays an important role in the proper functioning of clotting factors in the body. To find out the role of Vitamin K in COVID-19, a group of Dutch scientists conducted a study in the Canisius-Wilhelmina Hospital in Nijmegen, Netherlands, which included 123 COVID-19 patients who were admitted to the hospital between 12 March 2020 and 11 April 2020. The patients were within the age group of 56 to 80 years, out of which 71 percent were men and around 11 people were using vitamin K antagonists (VKAs). VKAs are a type of anticoagulant drugs which prevent the blood from clotting and are commonly called blood thinners.

Symptoms of Vitamin K

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In this study, scientists conclude that Vitamin K seems to play an important role in the severity of COVID-19, especially in those taking blood thinners.

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