

POSSIBLE ROLE OF VITAMIN D AS AN ADJUVANT IN THE TREATMENT OF ASTHMATICS - A LITERATURE REVIEW

Raíssa Lobo Alkmin Meneghetti

<http://lattes.cnpq.br/6827778829464150>

Nicolau Elias Heluy Neto

<http://lattes.cnpq.br/4855068740343108>

All content in this magazine is licensed under a Creative Commons Attribution License. Attribution-Non-Commercial-Non-Derivatives 4.0 International (CC BY-NC-ND 4.0).



Keywords: Asthma, Vitamin D, Human.

Asthma is a chronic inflammatory complication of the airways, with clinical findings such as coughing, dyspnea, wheezing and airflow limitations, with the most evident signs of the pathology being occlusion of the bronchioles by mucus, chronic inflammation and bronchial hypertrophy due to eosinophilia. These symptoms are triggered by the direct stimulation of subepithelial vagal receptors (parasympathetic) through central and local reflexes mediated by mast cells and other cells in the late phase reaction, dominated by the recruitment of leukocytes, eosinophils, neutrophils and T cells. Symptom control mentioned above, is a way to prevent asthma attacks in patients, for this reason, the use of inhaled corticosteroids is an effective and traditional option. However, in patients who have allergic or non-allergic asthma, there may be discrepancies between symptom control and side effects, which can be a problem. Aiming to improve the treatment of the pathology, some studies have indicated that Vitamin D may play an important role in the management of asthma. Therefore, the objective of this work is to carry out a literature review regarding the possible benefits of this

supplement as an adjuvant in the treatment of this disease. We will therefore be based on pre-existing data in the scientific literature taken from platforms such as Scielo and Pubmed, using keywords such as: Asthma, Vitamin D, Human. According to the literature, Vit. D is the collective for cholecalciferol and ergocalciferol, which are precursors to hormones important in regulating metabolism and bone composition. Furthermore, it was observed in studies that Vit supplementation. D can help reduce disease in patients with low serum levels of this substrate, as this deficiency was frequently found in severe asthmatic patients, associated with a reduction in some cofactors and eosinophilia. In asthma patients with resistance to oral steroids, it has been shown that there is a greater response to oral prednisolone after four weeks of Vit supplementation. D. In pregnant women, the drop in Vit. D levels led to a decreased response to bronchodilators. In non-allergic asthma, Vit supplementation. D was able to reduce airway inflammation in patients with severe eosinophilia. It is concluded, therefore, that Vitamin D has been presenting significant and positive results in the lives of asthmatics, which reinforces the purpose of our work.