

POWERHOUSE OF VITAMIN C

essential vitamin required for many bodily functions.

REVIEW : SPRINGER LINK

ARTICLE : Biochemical Estimation and Antimicrobial Activities of the Extracts of Caesalpinia Sappan Linn.

Vitamin C is an important dietary antioxidant, it significantly decreases the adverse effect of reactive species such as reactive oxygen and nitrogen species that can cause oxidative damage to macromolecules such as lipids, DNA and proteins which are implicated in chronic diseases including cardiovascular disease, stroke, cancer, neurodegenerative diseases and cataractogenesis.

Ascorbic acid is one of the important and essential vitamins for human health. It is needed for many physiological functions in human biology. Fresh fruits, vegetables and also synthetic tablets supplement the ascorbic acid requirement of the body. However, stress, smoking, infections and burns deplete the ascorbic acid reserves in the body and demands higher doses of ascorbic acid supplementation.

All the tissues of C. sappan plant are good sources of ascorbic acids. The heartwood of C. sappan showed maximum amount of about **70.3 mg/g** of ascorbic acid.

Intake of the aqueous extracts of C.sappan heartwood may suffice the daily recommended dose of vitamins required by man.

The above information indicates that ascorbic acid from sappan wood might in reducing the deficiency of Vitamin C .

<https://link.springer.com/article/10.1186/1475-2891-2-7>

[https://www.researchgate.net/publication/256334512 Biochemical Estimation and Antimicrobial Activities of the Extracts of Caesalpinia Sappan Linn](https://www.researchgate.net/publication/256334512)