



The Crucial Calcium

Maithili A Athavale*

Assistant General Manager (R&D), Cancer Biology Lab, Sathgen Biotech - A Unit of Godavari Biorefineries Ltd., Navi Mumbai, India

***Corresponding Author:** Maithili A Athavale, Assistant General Manager (R&D), Cancer Biology Lab, Sathgen Biotech - A Unit of Godavari Biorefineries Ltd., Navi Mumbai, India.

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Calcium is the fifth most abundant element on the earth's crust and the most important element in the human body. It is the mineral which is essential for bone formation.

The calcium obtained from our diet is absorbed from the gut into the bloodstream. However, to absorb this calcium we also require adequate levels of Vitamin D. When the blood levels of the calcium falls, our body produces parathyroid hormone, which increases the absorption of calcium from bone. In short, the calcium is drained out from our bones to balance the calcium levels in the blood.

Calcium also plays an important role in-

- Nerve signal transmission
- Hormone release
- Muscle contraction
- Blood vessel function
- Blood clotting

Low levels of calcium can cause extreme fatigue, which involves lack of energy and overall feeling of sluggishness. This can lead to insomnia.

Calcium requirement for women.

Calcium requirement is even more crucial for women as they are more prone to calcium deficiency, especially women around 45-50 yrs old, who are going through menopause. This is because of decrease in female hormone estrogen which plays a vital role in calcium metabolism.

During menopausal transition a woman losses around a shocking of 10% of her bone. However, in case of 1 in 4 women it's even worst as they are fast bone losers i.e. bone loss is around 20%. Even after menopause, the bone loss continues but at a slower rate.

For women aged around 50, the recommended calcium dose is around 1200 mg/day along with 800-1000 I.U of vitamin D. Though it is preferable to ingest enough calcium naturally through diet as our body is designed to absorb natural vitamins and will not absorb so well any alternative source, however, for many women, ingesting this much calcium solely through the diet is not possible. In such cases, calcium supplements are necessary as prescribed by physician.

Calcium is thus crucial for being healthy and happy.