

## The association between cardiovascular disease and deficiency of vitamin D.

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Vitamin D plays a very important role in our body while its deficiency can cause Cardiovascular diseases like cardiac contraction, diabetes mellitus, obesity, hypertension, dyslipidaemia etc. As we know, Vitamin D is known to control the skeleton pathology and physiology function regulates calcium and phosphorus level, regulates calcium-related hormones like Parathyroid hormone and remodelling of bones etc. Besides, several active metabolites of Vitamin D can affect directly or indirectly by the trans-activation of receptor Vitamin

D3 and can harm on endocrine, autocrine and paracrine system of body respectively which leads to cardiovascular disorders like heart attack and strokes. It has been found that Vitamin D can regulate matrix homeostasis and it is critical in aneurismal and inflammatory affects where it affects destabilization of the matrix. There are several cells and tissues of the cardiovascular system which express either Vitamin D Receptor or calcitriol abundantly which includes vascular, endothelial and cardiomyocytes cells in the body.

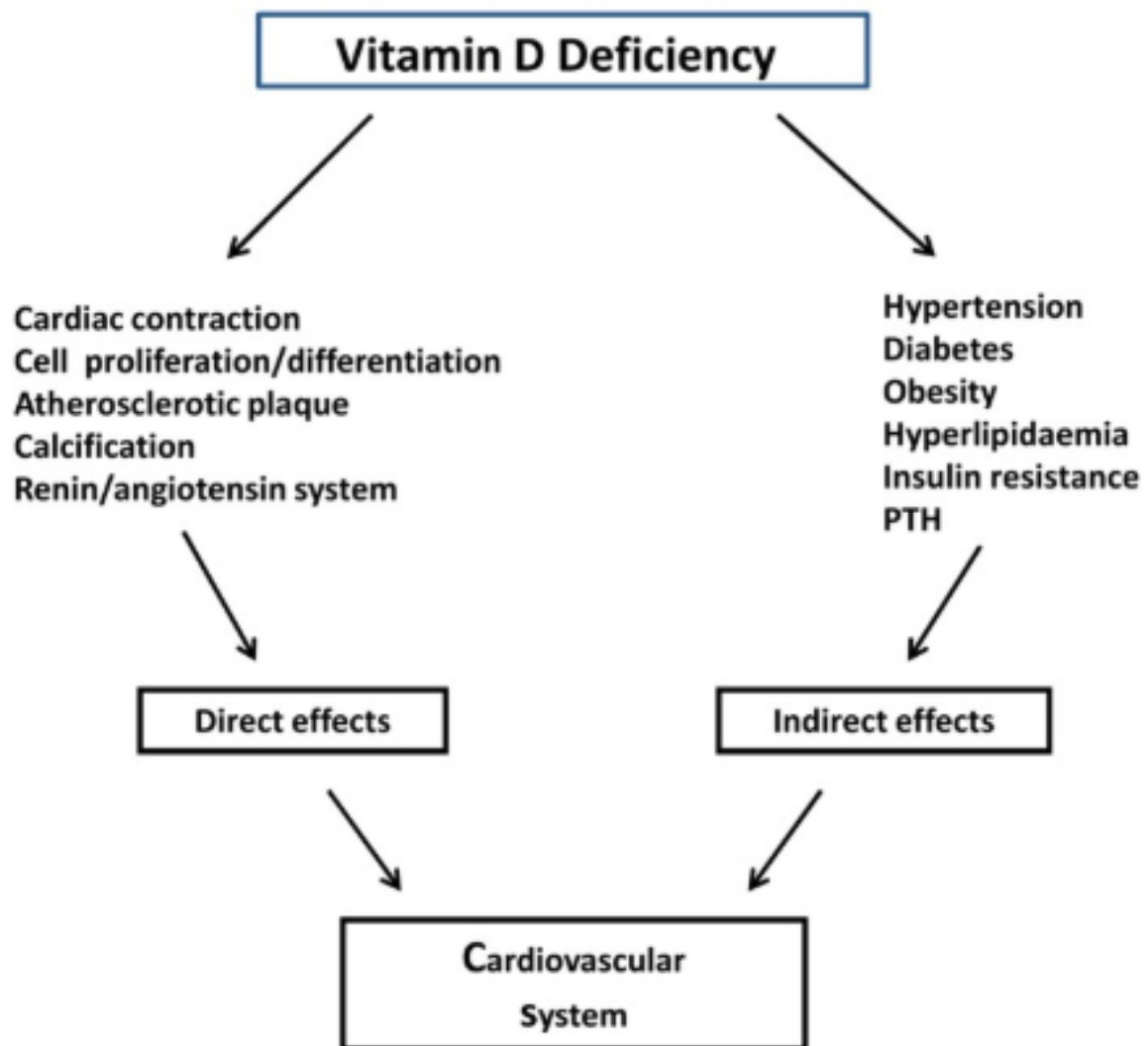


Figure 1. Association between Cardiovascular disease and deficiency of Vitamin D.

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