

Commentary

Vitamin D has been in limelight for the last decade because of its connection with several health disorders. With time, there is remarkably increasing evidence of vitamin D status being associated with the risk of several diseases including but not limited to diabetes mellitus, osteoarthritis, metabolic syndrome, cancer, immunological diseases, respiratory diseases, cardiovascular diseases etc. The concern has further increased as most of the studies done globally have revealed the prevalence of vitamin D deficiency in a larger fraction of population. In India, most observational studies have reported similar trends [1]. It is quite surprising that vitamin D which is also known as 'sunshine vitamin' is deficient in a large group of people irrespective of their exposure to ample amounts of sunlight throughout the year [2].

Vitamin D deficiency in such alarming numbers has increased the urge in clinicians to start vitamin D supplementation. This has led to an increase in the number of vitamin D preparations in market and also newer formulations and combinations are being released by various manufacturers. In some places, vitamin D is being supplemented even without knowing its status in an individual [3]. This is because facility for vitamin D estimation is limited mostly to tertiary health care providers or private sectors and only few with high income can get themselves checked as a part of routine health check-up. For others, it's cheaper to pop a vitamin D pill and get supplemented instead of getting diagnosed. But the downside of this practise includes exposure to various toxic effects. A global debate has already started on the utility of screening for vitamin D deficiency versus its supplementation blindly [4]. The requirement of vitamin D in an individual and its healthy level

