PROGESTERONE-LIKE EFFECT OF VITAMINS

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ABSTRACT

On studying progesterone-like effect of vitamins, the following results were obtained:
Vitamins C and E possess progesterone-like effect and act synergistically with progesterone on rabbit endometrium, when they were given together. Vitamin B₆ possesses progesterone-like effect but it does not intensify the action of progesterone. On the other hand, vitamins B₁₂ and A exhibit no progesterone-like effect and do not affect the action progesterone when they were given together.

Vitamins are very important from the nutritional and medical points of view. Vitamin research proceeds along various directions and their relation to the different functions of the body particularly reproduction was therefore, studied by many investigators.

Since vitamins maintain animal life, they may as part of their action influence secretion within the animal. It can be generally observed that in animals which have been deprived of vitamins for a long time, the entire organism suffers and especially the glands lose vitality and as a result of this

Fig. 1 and 2 Showing the endometrium of rabbit uterus treated with:
Fig. 1: 40 mg Vitamin C.
Fig. 2: 20 mg Vitamin B₆.

the effective secretion is reduced. So an integral part of the physiological action of vitamins is their influence on the secretion of hormones. Thus a relation of vitamins to hormones does exist.

It is therefore, proposed to undertake an investigation to examine some vitamins from a hormonal point of view and their possible relationship to gonadal hormones.

In this present study, progesterone-like effect of some vitamins has been studied. Vitamins investigated in this present study are: C, B$_6$, B$_{12}$, E and A.

Fig. 3 and 4  Showing the endometrium of rabbit uterus treated with:
Fig. 3: 50 mg Vitamin E.
Fig. 4: oestrogen alone (control).