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## Biography

**Pranita Ashok,** MBBS, MD, PhD, is a distinguished physician and researcher with over 15 years of experience in nutrition, metabolism, and weight management. She specializes in integrating evidence-based medical science with the principles of Ayurveda to provide comprehensive solutions for obesity, diabetes, and other metabolic disorders, with a patient-centered approach, Dr. Pranita designs personalized nutrition and lifestyle plans tailored to each individual's unique health profile, goals, and daily routine, rather than relying on one-size-fits-all diet programs. Her expertise lies in helping patients achieve sustainable weight loss, improve metabolic health, and enhance overall well-being through scientifically guided and holistic interventions

# Associations of vitamin D with metabolic syndrome components in Indian urban middle-aged women

## Abstract:

The prevalence of metabolic syndrome is increasing in developing countries and the prevalence is reported to be higher in Indian urban women and vitamin D deficiency is documented as a common health problem. However, little is known regarding whether vitamin D deficiency plays an important role in the heightened prevalence of metabolic syndrome. Aims and Objectives: This study was planned to assess the levels of vitamin D and their association with components of metabolic syndrome in middle- aged women. Materials and Methods: A total of 300 women volunteers who were in the age group of 35-64 years were included in the study. We used the criteria of metabolic syndrome defined by A joint interim statement of the International Diabetes Federation task force. Plasma levels of 25-hydroxyvitamin D [25(OH)D] was assessed by chemiluminescence method. Pearson's correlation was used for associations Results: Vitamin D levels are significantly lower in women with metabolic syndrome. Waist circumference (WC), systolic blood pressure (BP), and triglyceride concentrations were inversely associated with vitamin D concentrations. 84% are with deficient levels of vitamin D. Conclusion: Vitamin D deficiency was found to be common in Indian women. Elevated WC, BP, and triglycerides were found to inversely associate with low serum levels of 25(OH)D. Improving vitamin D status would be useful in improving the health in middle-aged urban women.