

**GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA**

UNSTARRED QUESTION NO:2904

ANSWERED ON:10.05.2006

VITAMIN A PROGRAMME

Adhalrao Patil Shri Shivaji;Rao Shri Kavuru Samba Siva

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) the number of children given doses of Vitamin A, State wise;
- (b) the recommended dietary allowance for Vitamin A per single dose for children aged 1-3 years;
- (c) the level of mcg contained in a single dose given to children in the country;
- (d) whether the Government proposes to review the programme on priority basis to save the children from side effects of high doses of Vitamin A which may lead to weak bones and cause fractures; and
- (e) if so, the details thereof?

Answer

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH & FAMILY WELFARE (SMT. PANABAKA LAKSHMI)

(a) to (e): The number of children given doses of Vitamin A, state-wise for prophylaxis against blindness due to deficiency of Vitamin A among children, during the period April to January, 2005-06 is at Annexure-I.

As recommended by the Indian Council of Medical Research, the Recommended Dietary Allowance of Vitamin A for children aged 1-3 years is 1333 IU/day.

Under the Reproductive and Child Health programme 5 doses of Vitamin A are given to children in the age group of 9 months to 3 years. The first dose at 9 months is 100,000 International Units (IU) followed by 4 doses of 200,000 IU once every six months. This regime is considered totally safe. However if Vitamin A is consumed in excess for prolonged periods, it may lead to toxic symptoms like irritability, headache, nausea, vomiting and hyperostosis affecting shafts of long bones.

In December 2003, the Indian Council of Medical Research (ICMR) have reviewed the programme and recommended continuation of the same policy with regard to dosage and age of children .