



Type your search



[Biology](#) > [Biology Article](#) > [Deficiency Diseases](#)



India's Largest Online Aptitude & Scholarship Test
BYJU'S National Aptitude Test 2020 (BNAT)

Register Free

Deficiency Diseases

Deficiency Diseases Definition

“Deficiency diseases are diseases that are caused by the lack of certain essential nutrients, especially vitamins and minerals, in one’s diet over a prolonged period of time.”

Table of Contents

- [Explanation](#)
- [List](#)
- [Vitamin Deficiency](#)
- [Mineral Deficiency](#)
- [Prevention](#)

What are Deficiency Diseases?

A balanced diet is extremely important for the good health of a person. Any imbalance in the diet might lead to excess or insufficient intake of certain nutrients. Insufficient intake of a particular nutrient can lead to a deficiency disease.

Let us have a detailed look at different types of deficiency diseases and the methods of prevention of deficiency diseases.

Also Read: [Components of Food](#)

List of Deficiency Diseases

Following is a list of major deficiency diseases that occur due to lack of essential minerals and vitamins:

Types of Vitamins	Deficiency Diseases
A (Retinol)	Night blindness
B1 (Thiamine)	Beri-beri
B2 (Riboflavin)	Retarded growth, bad skin
B12 (Cyanocobalamin)	Anaemia
C (Ascorbic acid)	Scurvy
D (Calciferol)	Rickets
K (Phylloquinone)	Excessive bleeding due to injury
Types of Minerals	Deficiency Diseases
Calcium	Brittle bones, excessive bleeding
Phosphorus	Bad teeth and bones
Iron	Anaemia
Iodine	Goitre, enlarged thyroid gland
Copper	Low appetite, retarded growth

Vitamin Deficiency Diseases

Vitamin is a micronutrient that is not prepared by the body in sufficient amounts. This is the reason why it is necessary to take in from outside sources for the normal functioning of the body. Inadequate intake of vitamins results in vitamin deficiency diseases.

Following is the list of some of the vitamins and the deficiency diseases caused by them:

Vitamin A

It is an important micronutrient that is obtained from different food sources such as carrots, spinach, milk, egg, liver and fish. It is required for normal vision, reproduction, growth and healthy immune system of an individual.

Most of the children below five years of age suffer from xerophthalmia, a serious eye disorder, in which the child is at risk of becoming blind. Vitamin A deficiency in a pregnant woman can lead to complications during pregnancy and childbirth.

Vitamin B

Vitamin B can be of different types, such as Vitamin B1, B2, B12 etc. The deficiency diseases depend on the type of Vitamin B that a person is lacking.

Vitamin B1: Deficiency of vitamin B1 causes **beriberi**, that results in weak muscles and severe weight loss. Acute deficiency can lead to paralysis and cardiac failure.

Vitamin B6: Lack of vitamin B6 causes deficiency diseases such as anaemia and certain skin disorders such as cracks around the mouth. It can also lead to depression and nervous breakdowns.

Vitamin B12: Lack of vitamin B12 causes pernicious anaemia. Other diseases related to B12 deficiency are muscle and nerve paralysis, extreme fatigue, dementia and depression.

Vitamin C

Deficiency of vitamin C can cause scurvy, a disease that is characterised by bleeding gums, skin spots and swelling in joints. It also affects the immune system and can even be fatal in acute conditions.

Also Read: [Scurvy](#)

Vitamin D

Vitamin D deficiency causes rickets, which leads to weakening of bones, especially near the joints. It can also lead to the decaying of teeth.

Vitamin K

Vitamin K is an important blood coagulating nutrient. Its deficiency is common in infants and leads to excessive bleeding due to the inability to form blood clots.

Also Read: [Food Deficiency](#)

Mineral Deficiency Diseases

Minerals are inorganic [nutrients](#) that include trace elements such as copper, zinc, iodine, iron, along with the micronutrients such as calcium, potassium, magnesium and sodium.

Following is the list of a few minerals along with the deficiency diseases associated with them:

Iodine

Iodine is the most important element required for the brain development of the developing foetus. It is responsible for a number of other functions such as the production of hormones. Salt is an important source of iodine in many countries. Deficiency of iodine leads to goitre.

Iron

Iron, in the form of haemoglobin, carries oxygen from the lungs to different tissues of the body. Iron deficiency causes anaemia, a condition in which the blood is unable to carry the required oxygen to the tissues, that also results in death. Around 40-60% of the infants in developing countries suffer from mental impairment due to iron deficiency. Red meat, spinach, poultry, etc. are some of the iron-rich foods.

Prevention of Deficiency Diseases

The deficiency diseases can be prevented in the following manner:

- Eating simple, wholesome food such as groundnut, soybean, pulses, etc.
- Prolonged cooking and undercooked food lose its nutritional value. Keeping cut vegetables and fruits for a longer period also destroys its nutritional values. Avoiding this can prevent deficiency diseases.
- Fermentation and sprouting retain and increase the nutritional value of food.

Also Read: [Vitamins and Minerals](#)

For more information on deficiency diseases and prevention of deficiency diseases, keep visiting BYJU'S website or download BYJU'S app for further reference.

Frequently Asked Questions

What are deficiency diseases?

Deficiency diseases are the diseases caused due to lack of any essential nutrient in the body.

How is marasmus caused?

Marasmus is caused by the deficiency of all the nutrients. It leads to loss of muscle and body weight.

What is Vitamin C beneficial for?

Vitamin C is necessary for the growth, development and repair of the body tissues. It is also known as ascorbic acid. It helps in the formation of collagen, iron absorption, wound healing and maintenance of bones and teeth.

Name some minerals important for our body.

The important minerals required by our body include:

- Calcium
- Magnesium
- Phosphorus
- Potassium
- Chloride
- Sodium
- Sulphur

BIOLOGY Related Links

[Classification of Joints](#)[Human Digestive System](#)[What is Rhizobium](#)[Information About Different Types of Blood Groups](#)[What is An Angiosperm](#)[What is Biopiracy](#)[Mode of Nutrition](#)[Microorganisms in Food](#)[Food Preservation Methods](#)[Diseases Related to Nervous System](#)

5 Comments



Parv Agarwal

NOVEMBER 24, 2019 AT 7:48 PM

Very good app for learning I am already learning from this.

REPLY



warisha

JUNE 25, 2020 AT 2:45 PM

its so easy i love it
thankyou

REPLY



Albert Garfield

JULY 14, 2020 AT 3:19 AM

Is cancer caused by a lack of some food substance or vitamins ?

REPLY



Mentor

JULY 20, 2020 AT 6:02 PM

Cancer does not have one specific cause. There are many factors – external and internal, that can trigger cancer. Substances that have the potential to cause cancer are termed as carcinogenic substances.

REPLY



Mohammed

AUGUST 30, 2020 AT 3:09 AM

I love it

REPLY

Leave a Comment

Your email address will not be published. Required fields are marked *

Comment

Please don't use any HTML or external links in the comment box.

Name *

Email *

POST COMMENT

CBSE Sample Papers

- [CBSE Sample Papers Class 8 Science](#)
- [CBSE Sample Papers Class 9 Science](#)
- [CBSE Sample Papers Class 10 Science](#)
- [CBSE Sample Papers Class 11 Physics](#)
- [CBSE Sample Papers Class 11 Chemistry](#)
- [CBSE Sample Papers Class 11 Biology](#)
- [CBSE Sample Papers Class 12 Physics](#)
- [CBSE Sample Papers Class 12 Chemistry](#)
- [CBSE Sample Papers Class 12 Biology](#)

CBSE Previous Year Question Papers

- [CBSE Previous Year Question Papers Class 10 Science](#)
- [CBSE Previous Year Question Papers Class 12 Physics](#)
- [CBSE Previous Year Question Papers Class 12 Chemistry](#)
- [CBSE Previous Year Question Papers Class 12 Biology](#)

ICSE Sample Papers

- [ICSE Sample Papers Class 8 Physics](#)
- [ICSE Sample Papers Class 8 Chemistry](#)
- [ICSE Sample Papers Class 8 Biology](#)
- [ICSE Sample Papers Class 9 Physics](#)
- [ICSE Sample Papers Class 9 Chemistry](#)
- [ICSE Sample Papers Class 9 Biology](#)
- [ICSE Sample Papers Class 10 Physics](#)
- [ICSE Sample Papers Class 10 Chemistry](#)
- [ICSE Sample Papers Class 10 Biology](#)
- [ISC Sample Papers Class 11 Physics](#)
- [ISC Sample Papers Class 11 Chemistry](#)
- [ISC Sample Papers Class 11 Biology](#)
- [ISC Sample Papers Class 12 Physics](#)
- [ISC Sample Papers Class 12 Chemistry](#)
- [ISC Sample Papers Class 12 Biology](#)

ICSE Previous Year Question Papers

- [ICSE Previous Year Question Papers Class 10 Physics](#)
- [ICSE Previous Year Question Papers Class 10 Chemistry](#)
- [ICSE Previous Year Question Papers Class 10 Maths](#)

ISC Previous Year Question Papers class 12

- [ISC Previous Year Question Papers Class 12 Physics](#)
- [ISC Previous Year Question Papers Class 12 Chemistry](#)
- [ISC Previous Year Question Papers Class 12 Biology](#)



1000+ hours of engaging videos
covering all concepts

REGISTER FOR FREE



Are you stuck with some problem?

Register now!

Get India's best teachers to help you out



Join BYJU'S Learning Program

COURSES

• CBSE • ICSE • CAT • IAS • JEE • NEET • Commerce • Bank Exam • NCERT

EXAMS

• CAT Exam • IAS Exam • UPSC Syllabus • UPSC 2020 • JEE Main • Government Exams

RESOURCES

• Blog • Videos • CBSE Sample Papers • CBSE Question Papers • DSSL

EXAM PREPARATION

• Free CAT Prep • Free IAS Prep • Maths • Physics • Chemistry • Biology

COMPANY

- [About Us](#) • [Contact Us](#) • [Student Feedback](#) • [Investors](#) • [Careers](#) • [BYJU'S in Media](#)
- [Students Stories - The Learning Tree](#) • [Life at BYJU'S](#)

FOLLOW US



Free Textbook Solutions

- [NCERT Solutions](#) • [NCERT Exemplar](#) • [NCERT Solutions for Class 6](#) • [NCERT Solutions for Class 7](#)
- [NCERT Solutions for Class 8](#) • [NCERT Solutions for Class 9](#) • [NCERT Solutions for Class 10](#)
- [NCERT Solutions for Class 11](#) • [NCERT Solutions for Class 12](#) • [RD Sharma Solutions](#) • [RS Aggarwal Solutions](#)
- [ICSE Selina Solutions](#)

State Boards

- [Maharashtra](#) • [Gujarat](#) • [Tamil Nadu](#) • [Karnataka](#) • [Kerala](#) • [Andhra Pradesh](#) • [Telangana](#) • [Uttar Pradesh](#) • [Bihar](#)
- [Rajasthan](#) • [Madhya Pradesh](#)

[Disclaimer](#) | [Privacy Policy](#) | [Terms of Services](#) | [Sitemap](#)

© 2020, BY JU'S. All rights reserved.

Biology

[Biology Article](#)



[Biology Syllabus](#)



[Important Diagrams](#)



[Biology Important Questions](#)



[Biology Projects](#)



[Biology Practical Notes](#)



[FAQ's](#)

[MCQ's](#)

[25 Important Topics in Biology](#)



[Life Cycle](#)

[Biology Root Words](#)

