

Nutritional deficiency, peripheral neuropathy – Diagnosis and Management: A brief reviewSaba Sabreen ^{1, #}, Mubashir H. Masoodi ¹, Nahida Tabassum ¹¹Department of Pharmaceutical Sciences, University of Kashmir, Hazratbal, 190006, India.#Email: spiritualesteem@gmail.com

Abstract: Peripheral neuropathy is a disorder resulting from damaged or destroyed peripheral nerves, that disrupts nerves' normal functioning. The injuries, illnesses, infections, auto-immune diseases, medications, inheritance, and poor nutrition are some of the reasons for the condition. Our focus is to have a brief review on the contribution of nutritional deficiency (specifically vitamins and minerals deficiency) to peripheral neuropathy; and its pathogenesis and management. Nutritional neuropathies present itself as acute, subacute or chronic. This can affect myelination of neurons, or axons itself, and such nutritional neuropathies along with myelopathy comprise myeloneuropathy. Cyanocobalamin deficiency along with deficiency of copper and cobalt is a common cause for the same. Recent advances in the diagnosis management and prognosis of peripheral neuropathy would be taken into consideration, also the protective effect of vitamins and minerals against the condition would be considered.

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