Bölüm 5

RAT KARACİĞER DOKUSUNDAN RETİNOL (VİTAMİN A) ve α-TOKOFEROLÜN (VİTAMİN E) FLORESANS DEDEKTÖRLÜ ULTRA PERFORMANSLI SIVI KROMATOGRAFİSİ (UPLC-FD) İLE EŞ ZAMANLI MİKTAR ANALİZİ

Metin ÇAPA[1]
Yücel KADIOĞLU[2]
Elif ÇADIRCI[3]

1. GİRİŞ

Vitaminler, vücutta sentezlenemeyen veya çok az sentezlenebilen, vücuttaki metabolik olayların normal olarak gerçekleşmesi ve sağlıklı bir hayatın sürdürülmesi için gerekli olan organik bileşiklerdir (1). Sağlıklı yaşamın vazgeçilmez bir parçası olan vitaminler, Latince "vita" kelimesinden gelmektedir. Bu organik moleküller vücudumuzda üretilemez ve bu nedenle günlük diyetle gıdalardan alınmalıdır. Birçok hayati süreçte koenzim veya enzim görevi gören vitaminler, vücudun normal fonksiyonları açısından önemli bileşiklerdir. Yapılan birçok araştırma sonucuna göre her vitaminin vücutta ayrı bir görevi olduğu ve bir vitamin eksikliğinden kaynaklanan sağlık sorununun başka bir vitaminle giderilemeyeceği anlaşılmaktadır (2). Günlük besinlerle birlikte aldığımız vitaminlerden bir veya birkaçı eksik olursa büyüme geriliği, verim düşüklüğü ve üreme performansında azalma gibi durumlar görülebilir (3). A vitamini ve E vitamini yağda çözünen vitaminlerdir (4). Vitamin A ve E çoklu fizyolojik süreçlerde rol alır ve üreme, gelişme ve yaşam boyunca büyük öneme sahiptirler (5-7).

Retinol ve beta karoten A vitamininin en yaygın formlarıdır (8). Retinol esas olarak hayvansal gıdalardan elde edilirken, beta (β)-karoten bitkilerden elde edilir

[1] Dr. Öğr. Üyesi, Tokat Gaziosmanpaşa Üniv. Eczacılık Fakültesi, metin.capa@gop.edu.tr, ORCİD iD: 0000-0002-1245-4099

[2] Prof. Dr., Atatürk Üniversitesi, Eczacılık Fakültesi, Analitik Kimya AD, yucel@atauni.edu.tr, ORCİD iD: 0000-0001-6590-7306

[3] Prof. Dr., Atatürk Üniversitesi Tıp Fakültesi, Dahili Tıp Bilimleri Bölümü, Tıbbi Farmakoloji AD, ecadirci@atauni.edu.tr, ORCİD iD: 0000-0003-0836-7205

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