Sun energy and its amazing Vitamin D gift to Human Health

Sun energy sustains all the life forms on the planet. In the ancient Indian, Greek, and Egyptian civilizations; the sun has been given the status of God. Indians have worshipped the sun with sun salutations and Gayatri mantra to boost physical, mental, and spiritual strength. These morning religious Hindu ritual brings an individual close to the rising sun at a time when the sun is not emitting harmful ultraviolet rays. Sun-gazing for 5-10 minutes within one hour of sunrise and sunset has been claimed to have many health benefits.

The sun rays have visible light frequencies which comprise a spectrum of 7 colors- VIBGYOR (violet, indigo, blue, green, yellow, orange, and red). Also, sunlight has invisible frequencies of light – ultraviolet (UV) and infrared lights. The UV light is very critical to health and disease. Ultraviolet light helps the body to synthesize Vitamin D in the skin. The human body needs some exposure to the sun for UV light to maintain adequate levels of vitamin D. The excessive exposure to the sun, especially to the intense mid-day sun can cause damage to eyes (early cataracts) and skin (wrinkles and skin cancer). The UV damage to the skin occurs more commonly in the white race because of a low level of the protective skin pigment melanin. Unfortunately, health experts in the west have focused more on these adverse effects of UV light of the sun, moving the populations away from the benefits of sunlight. The recent medical research has shown that UV light of the sun taken in at an appropriate time of the day for a safe duration, is highly beneficial to health.

Vitamin D is an exception amongst all vitamins in that body can make it's very own in the skin, through the photosynthetic reaction by the UV beam of the sunlight. For increasing vitamin D synthesis repeated small exposures to sunlight (after the hour of sunrise) is more effective than a single long exposure. Vitamin D is unique amongst vitamins in that it supports many physiological reactions in the body, working more like a hormone.