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Treatment of Adult Scurvy with Crystalline Vitamin C
(Ascorbic Acid).

IRVING SHERWOOD WRIGHT. (Introduced by W. J. Stainsby.)

*From the Second Medical Division, Bellevue Hospital and Department of
Medicine, Cornell University Medical School, New York.*

Three patients suffering from severe adult scurvy, with the classical physical findings, have been treated with the use of Crystalline Vitamin C (ascorbic acid). They were kept on a Vitamin C poor diet during treatment. A rapid improvement was noted within 6 days in each instance and a complete restoration to normalcy obtained within 4 to 5 weeks. The criteria utilized in determining improvement were:

- (a) Improvement in general condition.
- (b) Disappearance of purpuric spots and cessation of the appearance of new purpuric spots.
- (c) Cessation of bleeding from nose, gums and intestines.
- (d) Marked decrease in capillary fragility to within normal limits.

The capillary fragility test used was a standardized modification of the tourniquet test, performed as follows: A circle with a diameter of 2.5 cm. was drawn on the inner aspect of the forearm, 4 cm. below the elbow fold. The cuff of a Baumanometer was applied above the elbow, and the pressure maintained between the diastolic and the systolic pressure for 15 minutes, then released; the number of petechial hemorrhages produced within the circle was noted with the naked eye.

The dosage used in the treatment of these patients was: 0.06 to 0.09 gm. per day orally. Other patients have been treated with ascorbic acid administered intravenously, up to 0.1 gm. per day, dissolved in 5 cc. of sterile normal saline. No untoward effects have been noted from the intravenous use of this vitamin.