

Foods that Help to Heal Wounds

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Did you know that there are nutrients that help accelerate wound healing?

When a wound occurs a series of complex biochemical reactions to repair the damage, vitamins and minerals provide the body with the necessary tools to rebuild the tissues.

Proper diet during tissue repair will be key in how quickly the wound heals and will help the body fight infections. On the other hand, an insufficient supply of nutrients could be an inconvenience for this whole process to work correctly.

There are foods and nutrients more related than others with the healing, contributing to the creation of new tissues, among them we mention the protein as one of the most important and that must not be lacking in its diet, essential for the growth and tissue development, we find it in meat, eggs, fish, legumes. Also carbohydrates and fats will provide us energy so that the cells can make their function, amino acids, antioxidants and minerals are also important.

The role of different vitamins in wound healing was examined in a study, demonstrating that vitamins A, K, C, E, D, B are involved in this process. So it gives us an idea of what we can include in our diet to notice improvements in healing.

Vitamin K, participates in the blood coagulation process forming Protombina and other coagulation factors, avoiding hemorrhages. It is found mostly in green leafy vegetables (broccoli, lettuce, cabbage, cabbage), cereals, dairy and liver.

Vitamin C favors the resistance to infections through the activity of leukocytes and participates in the formation of collagen, the most abundant protein in the skin, contributing to the healing of wounds, fractures, contusions and hemorrhages. This protein is important because it increases the resistance of the wound creating a solid tissue of collagen, since in its absence what would keep the wound closed would be a fibrin-fibronectin clot and would not be very resistant. Vitamin C can be taken through citrus fruits such as orange, grapefruit, kiwi, mandarin, strawberries and vegetables such as tomatoes and green peppers.

Vitamin A, is another fundamental antioxidant that contributes to the maintenance, growth and repair of mucous membranes, skin and other tissues. It favors the resistance against infections and helps in the control of the inflammatory response. It is a source of food of animal origin (eggs, meat, milk, cheese and liver), but it is also found where there is more beta carotene that are precursors of this vitamin as in carrots, spinach, broccoli, squash, melon, etc.

Vitamins of group B, also participates in processes of growth and development of cells and tissues. They help the body to use several of its enzymes, to regulate chemical reactions and collaborate in the production of red blood cells. We can find them in foods such as eggs, red meat, whole grains, nuts.

As for minerals, zinc would be the most essential, helps the body to synthesize proteins and develop collagen, making it an important mineral for wound healing. It is a source of protein foods such as red meat, molluscs, legumes and eggs.

Also important are foods that act as antibacterials, prevent the wound from being infected and thus prevent inflammation of the area from occurring, inhibiting the healing process. We can say that garlic is the main antibiotic that prevents infections, with antiseptic, bactericidal, fungicidal and depurative properties. So it would be a key food to add to our diet.

Finally we can not forget about honey, it also has beneficial properties for wound healing as it acts as an antibacterial, anti-inflammatory and antioxidant. In one study, the role of honey in healing was evidenced, so that according to the results it can be used as a dressing to promote rapid and improved healing of the wound. Its use leads to a better cure in acute cases, pain relief in patients with burns and a decrease in the inflammatory response in these patients. They concluded that honey has almost equal or slightly higher effects compared to conventional treatments for acute wounds and superficial burns [1,2].

The final appearance of the scar will depend on factors such as age, type of skin, location in the body, type of injury and nutritional status. We can already make an idea with the foods that have been mentioned of what will be our food before a wound if we want a quick healing!

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