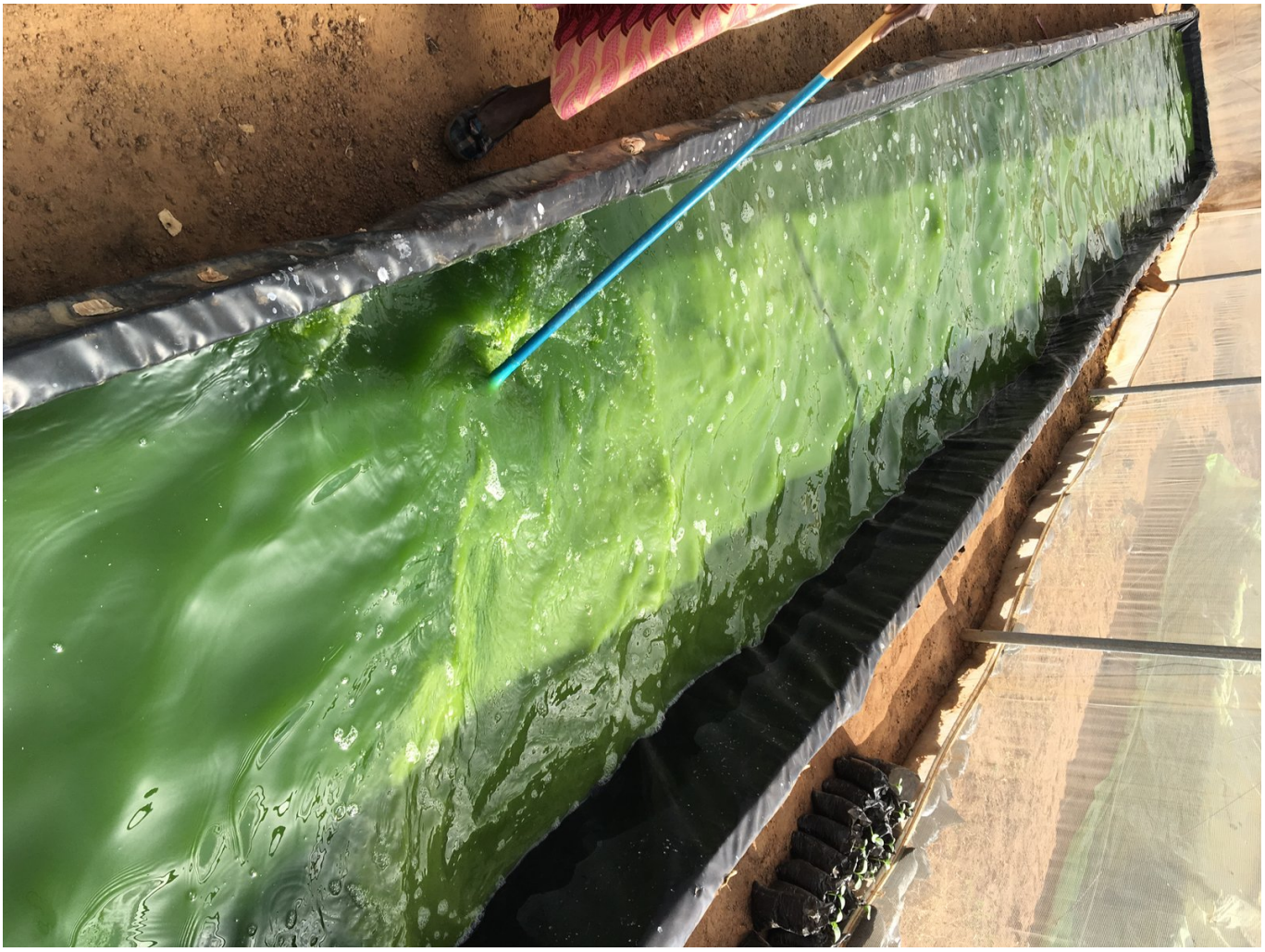
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TB hospital to cultivate spirulina for patient’s health

Mumbai’s Group of Tuberculosis Hospitals, Sewri, is planning to cultivate spirulina a blue-green algae in its premises as a health supplement for its patients.

By **Guest** | August 11, 2018



tb-hospital-to-cultivate-spirulina-for-patients-health

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Mumbai’s Group of Tuberculosis Hospitals, Sewri, is planning to cultivate spirulina a blue-green algae in its premises as a health supplement for its patients.

Authorities propose to create an artificial pond on the premises of the hospital to cultivate spirulina for its protein content.

Spirulina, a unicellular organism, which is a source of proteins, carbohydrates and vitamins, is considered a super food. The liquefied form of this alga will be fed to TB patients for faster recovery. Doctors say spirulina is rich in protein and minerals, which will boost the immunity of patients.

Undernutrition is an established risk factor for progression of latent TB infection into active TB. Lack of adequate nutrition is also considered to be a serious co-morbidity in patients with active TB in India, and increases the risk of severe disease, death, drug toxicity, drug malabsorption and relapse after cure.

A single tablespoon of dry spirulina powder, weighing seven grams, contains four grams protein, 11% vitamin B1, 15% vitamin B2, 4% Vitamin B3, 21% copper and 11% iron. Spirulina’s reputation as superfood or space food is connected to the fact that a small amount of it is sufficient for daily nutritional need of an individual.

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