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The Effect of Spirulina in the Treatment of Bronchial Asthma

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ABSTRACT

The present study was undertaken to study the effectiveness of spirulina supplementation in the treatment of bronchial asthma. Thirty-four adult asthmatics with mild to moderate degree of bronchial asthma were enrolled and divided into three groups, namely, Group A (medication), Group B (spirulina) and Group C (spirulina + medication). The intervention was done with spirulina that was administered at 1 g/day. The lung functions and biochemical parameters were monitored at baseline and at the end of first and second month. The dietary history revealed a poor intake of protective antioxidant vitamins. An increasing trend in serum total proteins and its fractions was observed in both the groups fed spirulina. Significant improvement in lung function were observed in all three groups, the quantum being similar in groups A and B and most optimal in Group C. It is concluded that spirulina alone has been equally beneficial as medication alone over two months period in treating mild to moderate asthma. The most optimal improvement was observed when medication and spirulina were administered together. The results of this study suggest that long-term supplementation of spirulina for more than two months on daily basis can optimise an improvement of bronchial asthma.

Key Words: Spirulina, bronchial asthma, lung, nutraceutical

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