



RESEARCH PAPER

# Effect of Therapeutic Diet with Spirulina Supplementation on Anthropometry of HIV Infected Patients

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**ABSTRACT :** Weight loss and low BMI is common syndrome seen in HIV infected patient due to various reasons like adverse effect of drug, higher catabolic rate, reduced functioning of body organs, reduced immune functioning, low food intake and improper digestion which contributes adversely to overall weight loss and low BMI in HIV patient. Hence, study was under take to determine the impact of Spirulina supplementation on body weight and BMI of HIV infected patients. Study was conducted on 62 HIV infected patients where 29 patients were assigned randomly as T<sub>0</sub> (Control group) and another 32 patient present who were considered as T<sub>1</sub>(Treatment) receiving therapeutic diet along and 5 g/day of Spirulina supplementation in form of capsule for period of six months. Patients were followed up at regular interval of two weeks to assure that they take regular Spirulina supplementation, to develop good rapport and to stop dropout rate. During course of study patients were advised to continue their medical prescription. Data was compiled and the results were analyzed using suitable software and appropriate statistical methods. Result stated that weight decreased by 1.092 kg (male) and 1.323 kg (female) in control group. Treatment group showed increase in weight by .720 kg (male) and .820 kg (female). BMI in control group found to be decrease by 0.379 (male) and 0.517 (female), but that of treatment group showed increase in BMI by 0.245 (male) and 0.33 (female) in HIV patients receiving Spirulina supplementation.

**KEY WORDS :**

Therapeutic diet,  
Spirulina  
supplementation,  
Anthropometry,  
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