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RESEARCH PAPER

Impact of Spirulina Supplementation on Triglyceride and Serum Cholesterol Level of HIV Infected Patient

RAJKUMAR M. KAMBLE AND NARENDRAKUMAR J. SURYAWANSHI

See end of the paper for authors' affiliation

Correspondence to :
RAJKUMAR M. KAMBLE
Department of Home Science, Rajaram College, KOLHAPUR (M.S.) INDIA
Email: rajkumarkamble69@gmail.com

ABSTRACT : Dyslipidemia 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 and reduced immune functioning which contributes adversely to overall cardio-vascular risk profile of the patient. Hence, study was under take to determine the impact of Spirulina supplementation on the lipid profile of HIV infected patients. 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 triglyceride level increased by 21.35 mg/dl (male) and 17.11 mg/dl (female) in control group. Same time triglyceride level found to be reduced significantly in treatment group by 11.51 mg/dl (male) and 16.7 mg/dl (female). Serum cholesterol level in control group found to be increased by 12.6 mg/dl (male) and 8.66 mg/dl (female), but serum cholesterol decreased by 14.8 mg/dl (male) and 13 mg/dl (female) in HIV patients receiving Spirulina supplementation.

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