

# Spirulina: An Amazing Plant for Treating Skin Conditions

Miss. Priya Pradip Kadam and Sana Kondivkar

Department of Botany

Hirwal Education Trust's College of Computer Science and Information Technology, Mahad-Raigad, India  
priyakadam6191@gmail.com

**Abstract:** *Our skin serves as both a barrier to the outside world and the greatest organ in our body. Our skin is more susceptible to free radical damage when it is exposed to pollutants and UV radiation over extended periods of time. By destroying the DNA and cell membranes that maintain the skin tight and full, excessive exposure to free radicals from a poisonous diet and environmental contaminants damages the skin. As everyone knows, our bodies' deficiencies in certain nutrients are the root cause of a number of ailments. These ailments are merely signs that we might be deficient in certain nutrients. Usually, the symptoms go away if we refill these nutrients in a timely manner. Spirulina is frequently referred to as the world's most complete food source because it contains more than 100 nutrients. The US National Aeronautic and Space Agency intends to cultivate spirulina aboard its space station and incorporates it into the diet of its astronauts. Japan has several excellent examples of elderly people who have lived off on spirulina and water for more than 20 years, demonstrating the health benefits of spirulina for humans. Spirulina works wonders for healing dark circles, dry eyes, dandruff, aging skin, wrinkles, and hair loss. It also detoxifies the skin.*

**Keywords:** Spirulina

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