

## Review on Spirulina and Health Benefit

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**Abstract:** *Undernutrition is a challenge for public health, especially in developing nations. Many years ago, it was proposed to employ algae, namely spirulina, as a functional food. This was because spirulina is a high-protein food source with an amino acid profile that is thought to have a high biologic-value protein content. Free-floating filamentous microalgae that thrive in alkaline water sources are known as spirulina. In Central Africa, spirulina has been eaten for millennia due to its high nutritional content. Today, it is a commonly utilized food supplement in the area of nutraceuticals. Its therapeutic advantages on a variety of sick situations, such as hypercholesterolemia, hyperglycerolemia, cardiovascular illnesses, inflammatory diseases, cancer, and viral infections, have recently attracted a lot of attention and significant research. The main causes of spirulina's cardiovascular health advantages are its hypolipidemic, antioxidant, and anti-inflammatory properties. Information from preclinical research using different animal models Continually show that spirulina has hypolipidemic properties.*



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