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PRINT: ISSN 0970-9274 ONLINE: 2456-6608

J. Hum. Ecol., 15(2): 105-108 (2004)

DOI: 10.31901/24566608.2004/15.02.05

Effect of Supplementation of Spirulina on the Haematological Profile and Intellectual Status of School Girls (7-9 years)

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KEYWORDS Haematological Profile. Intellectual Status. Spirulina. Supplementation.

ABSTRACT A sample of sixty girls aged between 7-9 years belonging to low middle income group were selected from Government senior secondary school, P.A.U., Ludhiana. The subjects were equally divided into two groups viz. Experimental (E) and Control (C) group. The mean per capita monthly income was Rs. 837/- and Rs. 869/- in group E and C respectively. Subjects of E group were supplemented with two capsules (1g) of spirulina daily after mixing in one serving (30g) of Panjiri daily for five days a week for a period of two months, while C group was given placebo for the same period. Haemoglobin (Hb), PCV, RBC count were estimated before (T1) as well as after supplementation (T2). "Raven's coloured progressive matrices" was used to assess the intellectual status at T1 and T2. An improvement in the haematological as well as intellectual status among respondents of E group when compared to C group showed positive effect of spirulina and proved to be an effective

[Home](#)

[Back](#)
