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A Review on Spirulina (Arthrospira)

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Abstract: *Arthrospira is a blue-green micro algae that is photosynthetic, filamentous, spiral-shaped, multicellular. Cell division takes place through binary fission. stands It stands as it is Botanists categorize it as a micro alga belonging to the Cyanophyceae class because it contains chlorophyll a, much like higher plants. However, bacteriologists have a different classification for it. Bacterium is characterized by its prokaryotic structure. Mexicans (Aztecs) began utilizing this microbe as a source of nourishment for humans. The chemical makeup consists of proteins make up around 55% to 70% of the composition, carbohydrates range from 15% to 25%, and essential fatty acids are at 18%, along with vitamins, minerals, and pigments such as carotenes and chlorophyll a. blue pigment found in certain types of algae. Pigments are utilized in the food and cosmetic sectors. Spirulina is seen as a highly nutritious food with no toxicity and possessing anticancer properties. It has antiviral and immunological properties, as well as strong antioxidant effects. Spirulina functions have undergone a notable shift when faced with stress circum stances*

Keywords: Arthrospira platensis; spirulina; microalgae; basil pesto; antioxidants; food fortification; vegan; novel foods