

# Food derived bioactive peptides in human health-microalgae spirulina platensis being utilized as a protein source.

Sarni Chee\*

Department of Molecular Medicine, Faculty of Medicine, University of Malaya, Malaysia

## Abstract

Microalgae are tiny, photosynthetic eukaryotic life forms that are viewed as a decent wellspring of proteins and different supplements. These microorganisms furthermore produce an expansive scope of bioactive mixtures and are expected wellsprings of hostile to microbial, hostile to carcinogenic, mitigating as well as immune modulatory particles and may likewise have other wellbeing advancing impacts. In addition, there is a rising solicitation for microalgae to be utilized as nutraceuticals and food supplements. In this survey, we investigate bioactive peptides from microalgae with an emphasis on enemy of malignant growth and immune modulatory exercises. Spirulina is a nature's present high-quality meals to mankind.

**Keywords:** Microalgae, Nutraceuticals, Photosynthetic, Fatty acids, Fodder.

## Introduction

NASA has said that the dietary cost of one thousand kg of end result and veggies equals to atleast one kg of Spirulina. In 1992 WHO has declared Spirulina as "Best meals for future" to readress malnutrition specifically in children. Apart from being a meals complement, Spirulina has received good sized reputation and paramount significance because of the presence of positive pigments and secondary metabolites [1]. It suggests pharmacognosic homes like immuno-protective, anticancer, antidiabetic, antiviral, anti-obesity, etc. It miles the maximum nutrition focused compact complete meals acknowledged which owe a capability to significantly decrease the probabilities of growing cancer, coronary heart disease, or stroke or contracting a life-threatening virus consisting of HIV and save eyes from cataract formation.

Many animal researches in *in vivo* and *in vitro* human trials have proved Spirulina to be commercialized and bought for healing purposes. It seems to have a good sized capability for growing a key crop in coastal and alkaline areas in which conventional agriculture struggles. Thus, searching at its international dietary significance, extra need to be completed in tradition isolation, purification, and fine manipulate of Spirulina and its products [2].

## Nutritional quality of algal protein from spirulina platensis

Jara or rasayana, which is similar to geriatrics, is one of the eight branches of the traditional Indian system of medicine, Ayurveda. Charaka described the fatigue and physical exhaustion brought on by premature ageing caused by a poor diet [3]. According to the Charaka Samhita, elderly patients

should avoid excessive physical or mental strain and eat a light but nutritious diet. A number of Byzantine Empire physicians studied geriatrics, with doctors like Atius of Amida clearly specialising in the field [4]. Alexander of Tralles saw ageing as a natural and unavoidable form of marasmus caused by moisture loss in body tissue. Atius' works describe the mental and physical symptoms of ageing.

In their medical works, Theophilus Protospatharius and Joannes Actuarius both addressed the issue [5]. Byzantine physicians typically drew on Oribasius' works and advised elderly patients to consume a diet rich in foods that provide "heat and moisture."

## Conclusion

They also advocated for frequent bathing, massage, rest, and low-intensity exercise regimens. Avicenna's Canon of Medicine, published in 1025, was concerned with how "old folk need plenty of sleep" and how their bodies should be anointed with oil, as well as recommended exercises such as walking or horseback riding. The Canon's Thesis III addressed the appropriate diet for the elderly and dedicated several sections to elderly patients who become constipated.

## References

1. Skjanes K, Aesoy R, Herfindal L et al. Bioactive peptides from microalgae: Focus on anti-cancer and immunomodulating activity. *Physiol Plant*. 2021;173(2):612-3.
2. Apone F, Barbulova A, Colucci MG. Plant and microalgae derived peptides are advantageously employed as bioactive compounds in cosmetics. *Front Plant Sci*. 2019;10:756.

\*Correspondence to: Sarni Chee, Department of Molecular Medicine, Faculty of Medicine, University of Malaya, Malaysia, E-mail: sarni.chee@um.edu.my

Received: 06-Jun-2022, Manuscript No. AAAFN-22-67380; Editor assigned: 07-Jun-2022, PreQC No. AAAFN-22-67380(PQ); Reviewed: 21-Jun-2022, QC No. AAAFN-22-67380; Revised: 24-Jun-2022, Manuscript No. AAAFN-22-67380(R); Published: 28-Jun-2022, DOI:10.35841/aaafn-5.3.113

3. Sorrenti V, Castagna DA, Fortinguerra S et al. Spirulina microalgae and brain health: A scoping review of experimental and clinical evidence. *Mar Drugs*. 2021;19(6):293.
4. Calvano CD, Coniglio D, D'Alesio PE et al. The occurrence of inositolphosphoceramides in spirulina microalgae. *Electrophoresis*. 2020;41(20):1760-7.
5. Bellahcen TO, AAmiri A, Touam I, et al. Evaluation of Moroccan microalgae: Spirulina platensis as a potential source of natural antioxidants. *J Complement Integr Med*. 2020;17(3).