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**A NUTRIENT-RICH DIET ACCELERATES BACTERIOLOGIC STERILIZATION  
IN PULMONARY TUBERCULOSIS.**

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**ABSTRACT**

Malnutrition is common among tuberculosis patients and is associated with mortality. Nutritional support is often recommended as part of the treatment of tuberculosis but it has never been tested. The study was aimed to assess the effect of supplementation of nutrient rich -formulated diet on culture conversion in pulmonary tuberculosis. Freshly detected tuberculosis patients (120) aged between 25-55 years were divided into experimental and control groups based on the smear examination of the sputum for the presence of acid fast

bacilli. The experimental group received formulated diet i.e. 100g of ready to eat food supplement for two months. After two weeks of nutritional supplementation (formulated diet) the number of patients with sputum smears negative for acid fast bacilli was 63% in the experimental group. In the control group no sputum smear conversion was observed for first two weeks. This difference was maintained for six weeks. Within six weeks all the sputum smears in the experimental group turned negative for acid fast bacilli, where as in control group this was only up to 60%. Nutritional supplementation - formulated diet improved the effect of TB medication and cell - mediated immunity resulting in the earlier elimination of bacilli from sputum.

**Keywords** Malnutrition, tuberculosis, ready to eat food, sputum, formulated diet