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ADDITION OF CURCUMIN IN ASTRONAUT'S DIET FOR IMPROVED PHYSICAL AND MENTAL
HEALTH DURING EXTENDED STAYS IN SPACE.

Abstract

Space flights have always affected astronauts both physiologically and psychologically. Astronauts who have been part of extended missions in space have shown signs of degraded health because of many factors such as microgravity, confinement, radiation, and isolation. Throughout the years, the diet plan of astronauts has changed rapidly. It is essential for the astronauts to maintain a healthy body and mind to be successful in their missions. Curcumin is a compound that has been used by many Asian countries as a vital part of their diet to attain strong physical and mental health. The aim of this research is to provide a nutritional and microbiological review of the properties of curcumin and propose an approach for adding it to the astronaut's diet in fermented and drinkable forms for preventing diseases during extended manned missions to Mars.

Keywords: Curcumin, fermented