

21st International Conference on

Food & Nutrition

July 25-26, 2018 | Vancouver, Canada

Unripe *Carica papaya* consumption on weight, oxidative stress and some organ indices

Hanson Iyawe

Ambrose Alli University Ekpoma, Nigeria

Carica papaya a member of the family *caricacea* is popularly known as pawpaw is a fruit preferably consumed ripe. The matured and unripe fruit of *carica papaya* is hardly of economic value, due to its unpopular nature and unpalatable taste. The global interest on fruits and vegetables and the role they play in ameliorating oxidative stress has created the need to study *Carica papaya* with the hope of creating a value for the matured and unripe fruit. The objective of this study was to examine the effect of consumption of unripe *carica papaya* on body weights, oxidative stress, liver and kidney functions in rats. Matured and unripe fruit of *carica papaya* samples were obtained treated and used at 20% inclusion in grower's mash to feed three groups of 6 albino rats while control group was fed with standard feed for 28 days. Body weight was monitored weekly for the duration of study. At the end of feeding, samples were collected and treated with standard methods. Results of study indicated significant ($p < 0.05$) weight gain in all groups with a least and highest weight gain of 40.76% and 67.45% respectively. Significant ($p < 0.05$) reductions were observed in bilirubin, malondialdehydes (MDA), creatinine and urea levels compared to controls. The different group of samples showed significant ($p < 0.05$) reductions in alanine amino transferase (ALT), gamma glutamyltransferase (GGT) and aspartate amino transferase (AST) activities, as well creatinine and urea concentrations. Result implies that treated samples of matured unripe *carica papaya* are effective in body weight gain, oxidative stress reduction and improved hepatic and renal functions in rats.

iyawehanson@yahoo.com