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Administration of fermented cheese whey to apparently healthy albino rats caused an increase in the population of the cells of the immune system

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The effect of fermented cheese whey on the cells of the immune system and the packed cell volume (PCV) of apparently healthy albino rats (AHARs) was investigated in this study. Twenty four AHARs were grouped into six groups of four rats (A, B, C, D, E, F) and each rat in different groups was orogastrically administered different volumes of whey fermented at $30+2^{\circ}$ C for 72 h as follows: group A; 0.5 ml, group B; 1.0 ml, group C; 1.5 ml, group D; 2.0 ml, group E; 2.5 ml per rats respectively while the rats in group F were not given whey. The rats in this group (F) served as control. All the rats were fed with basal diet alongside the administered whey except the control group that was given only the basal diet. Heamatological assays were carried out by collecting the rats' blood through cervical dislocation into EDTA bottles and then analyzed using standard methods. The blood of the rats was evaluated for total White Blood Cells (WBC), differential WBC counts and Packed Cell Volume (PCV). The study revealed that the administration of the fermented whey at 2.0 ml and 2.5 ml per rat respectively caused a significant increase (p<0.05) in PCV values, lymphocyte and monocyte counts of the groups fed with whey as compared with control. It is therefore conceivable that the consumption of fermented whey by apparently healthy individuals might boost their immune system and increase their PCV.

Biography

Adebolu T T completed her PhD in Microbiology at Obafemi Awolowo University, Ile- Ife, Nigeria. Her research area is medical microbiology (Infections and Immunity). She has more than 50 papers in reputed journals. She served as the Editor in Chief for the School of Sciences *Journal of Research in Science and Management* and also as the Head, Department of Microbiology for six years at her University.

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