

Veterinary World 1 (11) : 343-345

Ameliorating potential of Ashwagandha on cadmium chloride induced changes in weights of visceral organs

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Abstract

The present study was carried out to evaluate the protective effect of Ashwagandha on Cadmium chloride induced changes in weights visceral organs of male rats. Thirty male Wistar rats were divided equally into three groups. Group I was fed on balanced diet of rat pellets for a period of sixty days. The rats in-group II were given freshly prepared cadmium chloride solution in the deionised drinking water @200 ppm daily for 60 days. The rats in Group III were fed on Ashwagandha plant powder thoroughly mixed in rat feed at the concentration of 0.5g/Kg (w/w) corresponding to 500-ppm level. Simultaneously the rats were given cadmium-chloride @200 ppm in deionised drinking water throughout the experimental period. It is concluded that oral administration of Ashwagandha plant powder for 60 days significantly improved the weights of testes, accessory sex organs, liver and kidney in male rats. Simultaneous medication of Ashwagandha (500 ppm in feed) reduced the severity of cadmium chloride toxicity in male Wistar rats.

Keywords: Ashwagandha, cadmium chloride, visceral organ, rat, liver, kidney.