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Effect of Low Fat Diet in The Presence of Artichoke Leaves on Obese Rats Suffering from Damage in the Liver

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Abstract

Impact of three levels of This study was performed to examine the effect of artichoke leaves on obese rats suffering from liver damage triggered by CCl₄. This study was designed as follows: Forty (40) male albino rats weighting 180±20g were utilized in this study. They were categorized into two main groups; Group research. The rats were divided into control negative group, included six rats that received a basal diet; Group HFD (High Fat Diet) for six weeks to -rats that received a high fat diet included 34 rats with were treated to induce obesity. Subsequently, animals in Group research were divided into seven subgroups: Subgroup 1 (6) animals in Group research and 3 (3) received HFD and was utilized as positive controls. Subgroups 2 (6) received HFD containing 10g dried Artichoke /kg, and 3 (6) received HFD containing 20g dried Artichoke /kg diet, 4 (6) received HFD containing 30g dried Artichoke /kg diet, 5 (6) received LFD containing 10g dried Artichoke leaves/kg diet, 6 (6) received LFD containing 20g dried Artichoke leaves/kg diet, 7 (6) received LFD containing 30g dried Artichoke leaves/kg diet, respectively. By the end of the trial, feed intake and the proportion of glucose, lipid gaining bodyweight were estimated. In addition, serum profile, liver enzymes, and kidney functions were determined in all groups. The obtained results revealed that all groups treated demonstrated substantial improvement in these indices. Treatment of obese groups with a low fat diet containing the three levels from artichoke leaves, induced a substantial improvement in these indices compared to the obese groups, which were suffering from liver damage and treated with an HFD containing the same levels from the

artichoke. Based on these outcomes, we may infer that Artichoke leaves
.may improve the adverse effects of obesity and liver disease

.liver damage, obesity , Artichoke Leaves, CCL :**Keywords**