

Post-harvest fungal diseases of sweet potato (*Ipomoeae batatas* (L.) Lam.) Within Jos Metropolis

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This study was carried out to determine the post-harvest fungal diseases of sweet potato within Jos metropolis of plateau state, Nigeria. The samples were obtained from three different markets (Farin gada market, Building material market and Terminus market) at random, in sterile polythene bags and were transported to the laboratory for the studies. Potato dextrose agar (PDA) was used as medium for the isolation of different fungi species. Six fungi species were isolated and identified using light microscope with *Aspergillus* spp as the predominant fungi isolated. The percentage frequency of occurrence of each organisms were determined and *Aspergillus niger* had the highest percentage frequency of occurrence with 22.44%, followed by *Fusarium* spp with 17.0%, then *Aspergillus flavus* and *Aspergillus fumigatus* has the same percentage frequency of occurrence at 16.33% each

followed by *Rhizopus* spp at 12.93% and *penicillium* spp had 8.84%. There were two unknown organisms with the least frequency of occurrence of 4.08% and 2.04% respectively. There was no significant difference in the occurrence of fungi isolated from sweet potato collected in the three markets. Farin gada market had the highest number of colony with the total of 51 colonies followed by Building material market at 50 colonies and Terminus had the least number of colony at 46. Pathogenicity test was carried out and at $P \leq 0.05$, there was a significant difference in the percentage weight loss and the diameter of rot. This research shows that fungi are mostly responsible for the spoilage of stored sweet potatoes. The diseases observed were Black Rot, *Fusarium* Surface Rot and Soft Rot.

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Obesity - eat great, move a bit and loose weight!

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Aim: Obesity is the big issues with developing world and post covid so in this article we work on Sugharsize Diet to rehab with eat great, move a bit and loose weight!

Background: Since generations obesity is a big problem and has been a focus of our life! Being overweight is really common nowadays! But what is obesity and overweight and how are they different? Our nation is plagued with obesity and a host of digestive problem! There are likely so many remedies for obesity i.e. hurt burn, indigestion, gas, belching and bloating! Abundance of research available on these health issues! Basic idea behind writing this article is we alleviating our national health issues i.e. obesity and intestinal difficulty? The answer is absolutely no! Most of us are getting fatter and develop health issues! And we spend loss of money hoping that things will improve!

Methods: Solution to obesity lies in what we eat, how we should move! So is above article include a weekly diet and exercise plan to beat out obesity! Three rules of before starting anything:

1. Motivation is primary tool!
2. Know your ideal body weight!
3. Work on water retention!

4. Move your body!

Change your lifestyle:

1. Avoid crash diet!
2. Start food packets whole day!
3. Split size food!
4. Separate food items!
5. Eliminate the funky foods!

Conclusion: With these principles of food combing easy to follow and utilize when eating out or social gathering at home! After all eating great and lose weight is good combo we had like to experience! One can loose weight immediately weight and get ideal body weight by correcting diet, half hour physical routine and getting out of sedentary lifestyle! But when you are obese it takes more time, effort, dedication and discipline to get into shape!

Keywords: OI- over indulged, obesity, GI- Gastrointestinal, POC- plan of care, BMI- Body mass index, w- weight in kg, H- Heights!

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Gut ecosystem modulation as precursor for blood glucose regulation through moringa leaves aqueous extract- An experimental study

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Moringa oleifera (MO), also known as drumstick, has gained importance as a medicinal plant. It has high nutritional and pharmacological value. In this experimental study, anti-hyperglycemic effect of different doses of Moringa oleifera has been investigated along with its prebiotic activity against Lactobacillus. 20 Male Albino rats weighing 200-250g were housed in cages with free access to water and food. Diabetes was induced using Streptozotocin 50mg/kg in overnight fasted rats. Diabetic rats were divided in 4 groups (n=5). Control group rats were given Metformin 100mg/kg/day, treatment group 1, 2 and 3 rats were treated with MO 100, 200, 300 mg/kg/day respectively. Random blood glucose levels were monitored twice a week for 21 days and were represented as mean of each week. Study results conclude that Moringa oleifera has promising anti-hyperglycemic properties

but results are more evident on a dose of 100mg/kg/day from 152.50 ± 7.7 to 119 ± 7.07 (p value= 0.010) compared to the other doses (p>0.05). The result of stool analysis showed that it supports the growth of Lactobacillus which is evident by increased count of 104 CFU Lactobacillus in group 2 and 3 compared to the control group 103 CFU Lactobacillus. While higher 105 CFU Lactobacillus in group 2 treated with 100mg/kg/day of MO leaves. Moringa oleifera maintained blood glucose level and supports the gut microbial growth as evident by the Lactobacillus growth in each treatment group compared to the control group. The results of this study suggest the need of further experimentation for a longer duration to establish the effective dose of Moringa oleifera.

Keywords: Diabetes, Moringa oleifera, anti-hyperglycemia, prebiotic activity.

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