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## COPPER AND CADMIUM ESTIMATION IN VARIOUS EXTRACTS OF *PTERIS VITTATA*, *CATHARANTHUS ROSEUS* AND *GANODERMA LUCIDUM*

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*Pteris vittata*, *Catharanthus roseus* and *Ganoderma lucidum* have been analysed for the estimation of copper and cadmium by spectroscopic methods. The two concerned metals have been found within the range of acceptability. Copper and cadmium being acting as a co-enzyme in various metabolic cycles and gets involved in other physiological functions, so needs to be maintained within the range. Since copper and cadmium are both essential cofactors and a toxic element, involving a complex network of metal trafficking pathways, different strategies have evolved in plants to appropriately regulate their homeostasis. The strategies must prevent accumulation of the metals in the freely reactive form (metal detoxification pathways) and ensure proper delivery of these elements to target metalloproteins. The plants and the fungi should be consumed in powder form as to meet the metal deficiency of the body.

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