

## **Effect of feeding of yoghurt on blood cholesterol and sugar in rat**

**Manoj Kumar<sup>1</sup>, D.V. Singh<sup>1</sup>, Jai Singh<sup>2</sup>, Rananjay Singh<sup>3</sup> and S.P. Srivastava<sup>1</sup>**

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**ABSTRACT :** To carry out this study, thirty albino rats were selected of similar age and divided into five groups i.e. A,B,C,D And E. Group A (control) was given only basal diet, where as group B received basal diet + 10% milk, group C basal diet +10% yoghurt, group D basal diet +20% yoghurt and group E basal diet +30% yoghurt. The reduction in total cholesterol level in blood of rat maintained in yoghurt diet (50.80) over control group (61.59) were statistically significant ( $P<0.01$ ). As the yoghurt increased in the diet cholesterol level got reduced. But the variation in cholesterol level of blood from rats maintained in diets C, D and E were not significant. Surprisingly, addition of whole milk in the diet (Group B) to the extant of 10% caused a significant ( $P<0.01$ ) increase in the cholesterol level from 61.59 to 65.50%, resulted an increase of 6.35%.The level of yoghurt feeding did not seen to have any specific effects on blood sugar level in rats.

**Key Words :** Yoghurt, cholesterol, glucose and lactose.