

## Vitamin, Bioactive compound Contents and Antioxidant Activity of *Ficus capensis* Fruit

### Abstract

*Ficus capensis* is a tropical, evergreen tree with more than 800 species. Virtually all the parts are locally used for the treatment of various illnesses. This study investigated the Vitamin, Bioactive compound contents and the Antioxidant activity of the fruits of *Ficus capensis*. The analyses were conducted using standard biochemical methods. Various concentrations of 20, 40, 60, 80 and 100 µg/ml of the sample were subjected to 2,2-diphenyl-1-picrylhydrazyl (DPPH) radical scavenging, Reducing Power and inhibition of lipid peroxidation in-vitro antioxidant tests and compared with standard antioxidant (Butylated hydroxyl anisole (BHA)). From the results of the vitamin analysis, the fruit contained Vitamins A ( $1.15 \pm 0.18$  mg/g), B<sub>1</sub> ( $0.14 \pm 0.00$  µg/g), B<sub>2</sub> ( $0.12 \pm 0.01$  µg/g), B<sub>3</sub> ( $0.26 \pm 0.02$  µg/g), C ( $8.12 \pm 0.16$  mg/100g), E ( $1.44 \pm 0.45$  mg/g) and Folic acid ( $81.23 \pm 6.29$  µg/g). The bioactive compound evaluated were Total Phenol ( $13.97 \pm 1.40$  mgGAE/100g), Flavonoids ( $11.03 \pm 0.16$  mgCE/100g), β-carotene ( $0.34 \pm 0.001$ mg/100g) and Lycopene ( $0.14 \pm 0.002$  mg/100g). The antioxidant activity assays showed that the fruits of *Ficus capensis* exhibited scavenging activity on DPPH with EC<sub>50</sub> of 30 µg/ml while that of the standard was 28µg/ml. It inhibited lipid peroxidation with EC<sub>50</sub> of 80 µg/ml while that of the standard was 62 µg/ml and exhibited reducing power activity with OD<sub>0.5</sub> of 38 µg/ml while that of the standard was 34 µg/ml. Results from this study revealed that fruits of *Ficus capensis* is a potential antioxidant agent due to its free radical scavenging and reducing power activities which were comparable with that of the standard antioxidant. The presence of antioxidant vitamins and bioactive compounds makes it a natural source of antioxidants.

Keywords: Ficus, capensis, fruits, vitamin, bioactive, antioxidant

### Introduction

“A greater percentage of the world's population still depends on herbal medicines for their health needs such as in management, cure and treatment of diseases. Herbal medicines usually play roles in first-line and basic health services, both to people living in remote areas where it is the only available health service and to people living in poor areas where it offers the only affordable remedy”[1]. “Even in areas where modern medicine is available, the interest in herbal medicines and their utilization have been increasing rapidly in recent years. Herbal medicines account for a significant percentage of the pharmaceutical market”[1]. “Plants which include fruits and vegetables contain many bioactive compounds. They serve as herbal medicines and are used in traditional medicine. Bioactive compounds are present in small quantities in foods, mainly in fruits, vegetables and whole grains and provide health benefits beyond the basic nutritional value”[2]. “Bioactive compounds are molecules that can present therapeutic potential with influence on energy intake, while reducing pro-inflammatory state, oxidative stress, and metabolic disorders” [3]. Studies have shown that “high consumption of food rich in bioactive compounds such as flavonoids and carotenoid, has a positive effect on human health and could diminish the risk of numerous diseases such as cancer, heart diseases, stroke, Alzheimer’s, diabetes, cataracts and age related functional decadence”[4]. “Plants are rich in natural antioxidants of which the best known are carotenoids, tocopherols, vitamin C, flavonoids, and different other phenolic compounds”[5]. “In recent times, flavonoids, amongst other natural antioxidants have received increasing attention. In comparison to Vitamin C and E, dietary flavonoids are considered to be more powerful antioxidants”[6]. “Flavonoids are known antioxidants which are highly effective in scavenging oxygen radicals. They exhibit anti-cancer, anti-aging, hypolipidemic, and anti-inflammatory activities”[7]. “More so, the protective effects of flavonoids in biological systems are attributed to their capacity to scavenge free radicals, chelate metal catalysts, activate antioxidant enzymes, reduce alpha-tocopherol radicals, and inhibit oxidases” [8].

“Antioxidants provide protection against degenerative diseases including cancer, coronary heart, and Alzheimer’s diseases” [5]. “Reactive Oxygen Species (ROS), contribute to cellular aging, mutagenesis, carcinogenesis, and coronary heart disease, likely through destabilization of membranes, DNA and protein damage, and oxidation of low-density lipoprotein (LDL) (2). Mechanism of action of antioxidants includes the suppression of ROS formation, the inhibition of enzymes or chelating of elements involved in free-radical production. Furthermore, antioxidants scavenge reactive species, and upregulate antioxidant defences”[9].

“The plants of *Ficus* species are well known in the field of traditional medicine. *Ficus* species have been found to be rich sources of phenolic acid and flavonoids making them capable of protecting against disorders of oxidative stress”[10]. “*Ficus capensis* commonly known as bush fig is a fast growing deciduous or evergreen tree”[11]. The fruits are often hairy, soft and edible but watery and tasteless, having many seeds. Traditionally, *Ficus capensis* has been used in gastrointestinal tract relaxation [12, 13] as antioxidant [10], antimicrobial [14] immune booster [15].

## **Materials and methods**

### **Collection and identification of plant material**

Fresh fruits of *Ficus capensis* were collected from Department of Applied Biology and Biotechnology garden of Enugu State University of Science and Technology and was

authenticated in the Department of Applied Biology and Biotechnology, Enugu State University of Science and Technology, Enugu, Nigeria.

### **Sample Preparation**

The fresh fruits of *Ficus capensis* were rinsed thoroughly with distilled water and were cut into halves. The fruits were ground with mortar and pestle.

### **Vitamin Analysis**

Vitamins A and E were determined according to the method of Rutkoski *et al.* [16], Vitamin C was determined according to the method of Klein and Perry [17], Vitamins B<sub>1</sub>, B<sub>2</sub> and B<sub>3</sub> were determined using the method of Kirk and Sawyer [18] while Vitamin B<sub>9</sub> was determined according to the method of Padmarajaiah *et al.* [19].

### **Bioactive Compound Analysis.**

Total phenol, flavonoids,  $\beta$ -carotene and Lycopene contents were determined by using the slightly modified colorimetry method described by Barros *et al.* [20].

### **Antioxidant Assay**

The stable 2,2-diphenyl-1-picryl hydrazyl radical (DPPH) was used for the determination of free radical scavenging activity of the sample. This was assayed using the method of Ebrahimzadem, *et al.*, [21]. The reducing power and inhibition of lipid peroxidation were determined according to the method of Barros *et al.*, [20].

### **Statistical Analysis**

Data was analyzed using Excel Statistical Package and presented as mean  $\pm$  standard deviation of duplicate analysis

## **Results**

### **Vitamin Composition**

The result of the vitamin analysis is presented in Table 1. From the result, vitamin E ( $1.44 \pm 0.15$  mg/g) was the highest in composition while vitamin B<sub>2</sub> ( $0.12 \pm 0.01$  µg/g) was the least.

Table 1: Vitamin Composition of fruit of *Ficus capensis*

Vitamins	Composition
A(mg/g)	$1.15 \pm 0.18$
B <sub>1</sub> (µg/g)	$0.14 \pm 0.00$
B <sub>2</sub> (µg/g)	$0.12 \pm 0.01$
B <sub>3</sub> (µg/g)	$0.26 \pm 0.02$
C (mg/100g)	$8.12 \pm 0.16$
E (mg/g)	$1.44 \pm 0.15$
B <sub>9</sub> (µg/g)	$81.23 \pm 6.29$

Values are mean  $\pm$  standard deviation (n=2)

### Bioactive Compound Content

Table 2 shows the result of the bioactive compound composition of *Ficus capensis* fruit. Flavonoid content was higher (13.97 mgGAE/100) than other bioactive compounds evaluated.

Table 2: Bioactive Compound Composition of fruit of *Ficus capensis*.

Bioactive Compounds	Concentration
Total Phenol (mgGAE/100g)	$13.97 \pm 1.39$
Flavonoids (mgCE/100g)	$11.03 \pm 0.16$
Beta Carotene (mg/100g)	$0.34 \pm 0.001$
Lycopene (mg/100g)	$0.14 \pm 0.002$

Values are mean  $\pm$  standard deviation (n=2)

### Antioxidant Activity

#### DPPH Radical Scavenging Activity

The DPPH radical scavenging activity of the fruit of *Ficus capensis* was dose-dependent. The highest activity was observed at the highest concentration tested (100 µg/ml) and gave 21.19% activity while the standard antioxidant (BHA) gave 89.96% activity as shown in Fig. 1. The effective concentration at 50% (EC<sub>50</sub>) was 30 µg/ml and 28 µg/ml for the fruit of *Ficus capensis* and BHA respectively (Fig 2).

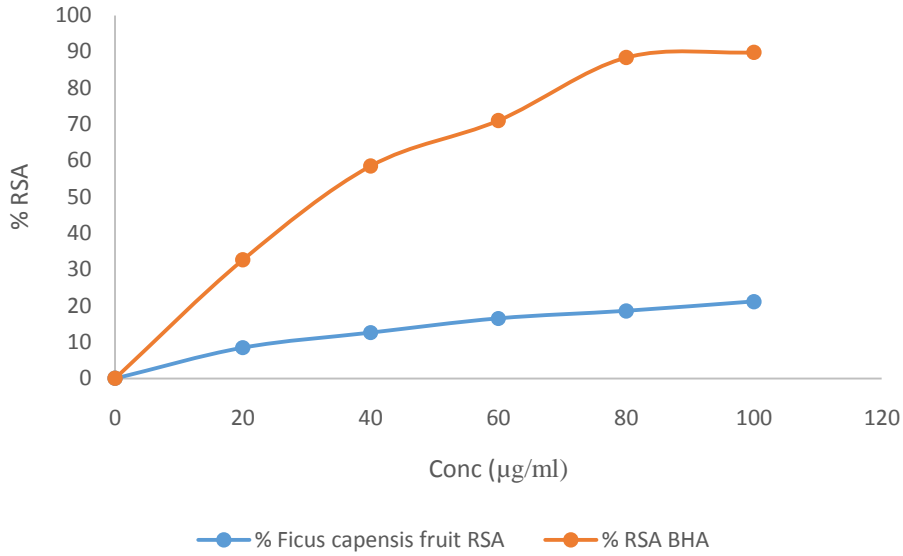


Fig. 1: Percentage DPPH Radical Scavenging Activity (RSA) of fruit of *Ficus capensis* and BHA

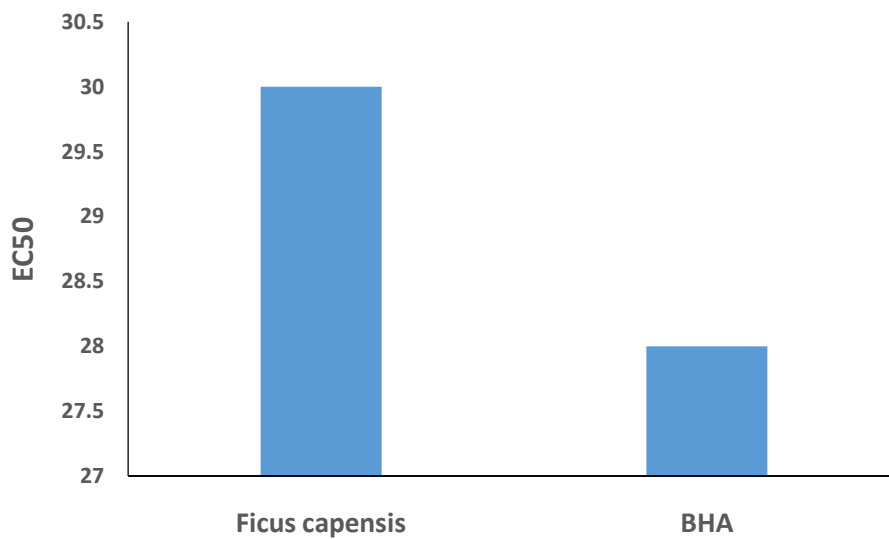


Fig. 2: The EC<sub>50</sub> of fruit of *Ficus capensis* and BHA

### Reducing Power Activity

The reducing power activity of fruit of *Ficus capensis* and BHA is shown in Fig. 3. As the concentration increased, the reducing power activity increased shown by the increase in the absorbance. At 100 µg/ml, the absorbance of fruit of *Ficus capensis* was 0.623 while that of BHA was 1.352. Fig. 4 shows the OD<sub>0.5</sub> of 38µg/ml and 34 µg/ml for fruit of *Ficus capensis* and BHA respectively.

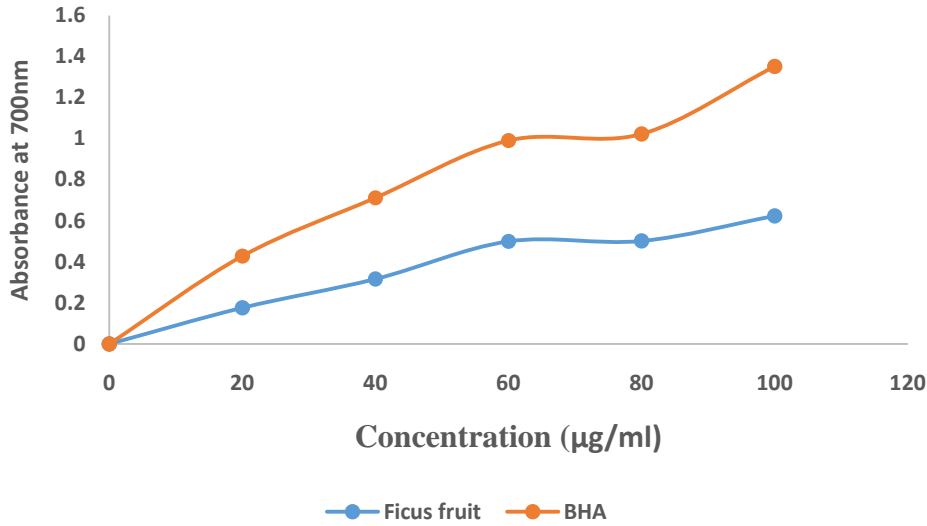


Fig. 3: Reducing Power Activity of fruit of *Ficus capensis* and BHA

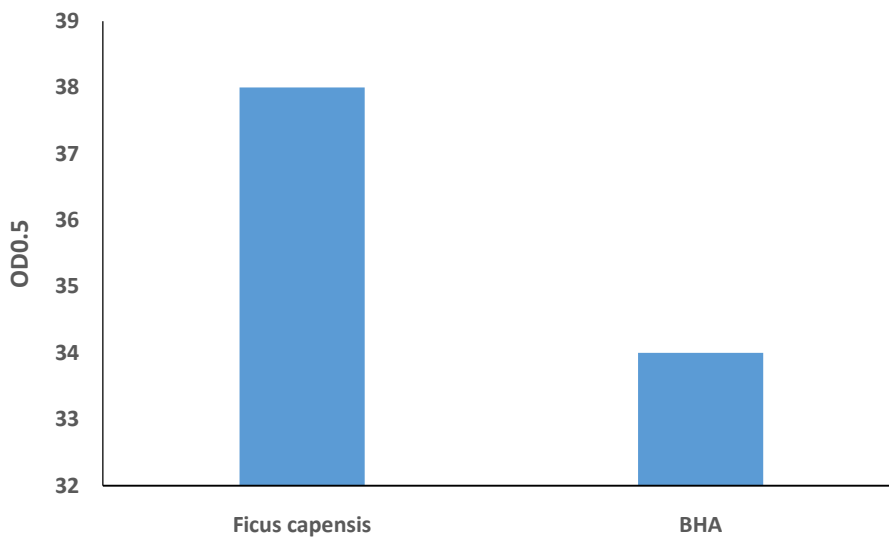


Fig. 4: OD<sub>0.5</sub> of *Ficus capensis* fruit and BHA

### Inhibition of Lipid Peroxidation

The percentage inhibition of lipid peroxidation activity of fruit of *Ficus capensis* and BHA is presented in Fig.5. The activities were concentration-dependent with BHA exhibiting higher activity than *Ficus capensis* fruit. At 100 µg/ml, the activities were 29.294% and 72.703% for the fruit of *Ficus capensis* and BHA respectively. The EC<sub>50</sub> for the fruit of *Ficus capensis* was 80 µg/ml while that of BHA was 62 µg/ml (Fig. 6).

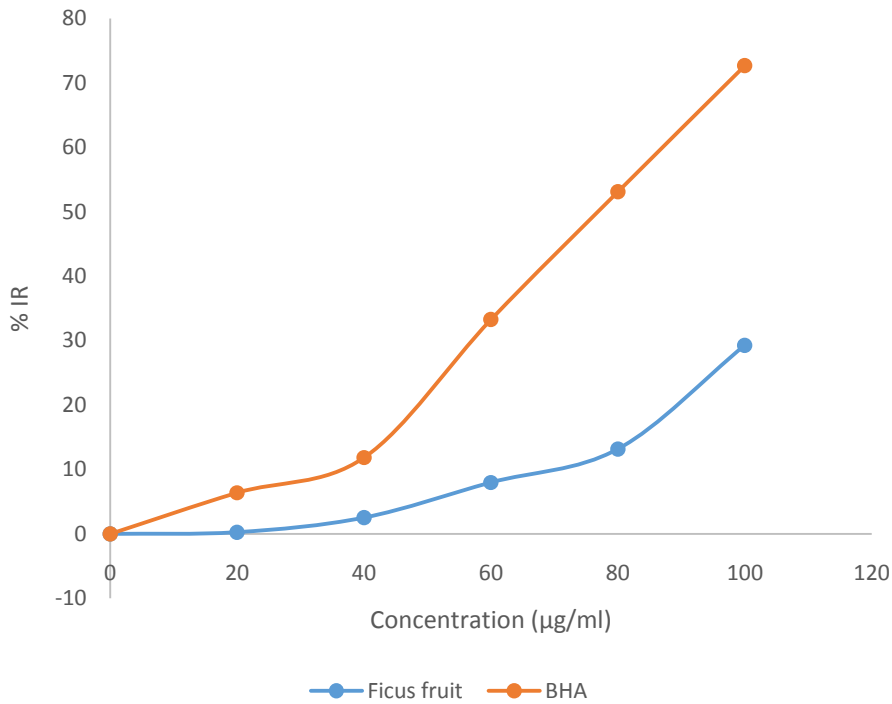


Fig. 5: Percentage Inhibitory ratio of fruit of *Ficus capensis* and BHA

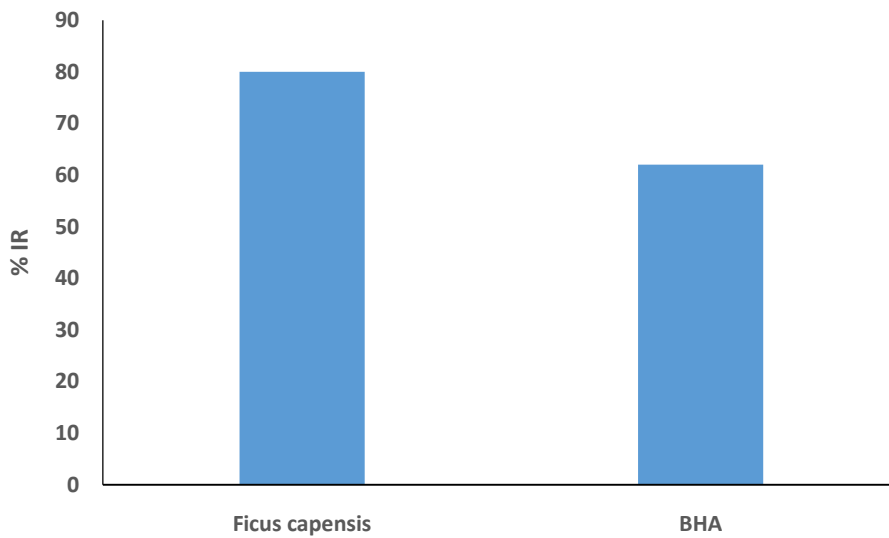


Fig 6: EC<sub>50</sub> of fruit of *Ficus capensis* and BHA.

## Discussion

Plants have proven to be effective in the treatment and management of diseases. Hence, there is increase in efforts at identifying and exploiting potentially beneficial plants. Other parts of *Ficus capensis* has been reported to possess several potential health benefits, little is known

about health benefits of the fruits. In view of this, this work intends to unravel the vitamin and bioactive compound contents of the fruits as well as the *in-vitro* antioxidant mechanism.

### **Vitamin Composition**

The result of the vitamin composition showed the presence of vitamins A, B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>9</sub>, C and E (Table 1). Vitamin E was the highest in concentration ( $1.44 \pm 0.15$ mg/g). These vitamins are molecules required in small quantity and play important roles in cellular metabolism where they act as coenzymes as well as in health and well-being. Their deficiencies have been linked to some diseases[22]. The B vitamins majorly function as coenzymes in metabolic pathways of Carbohydrate, Proteins and amino acids. Vitamin C and E are well-known antioxidants that play vital roles in combating oxidative stress in cells such as in cancer cells[23, 24]. Vitamin C is involved in many body functions including formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing and maintenance of cartilage, bones and teeth[25]. Derivatives of vitamin A such as all-trans-retinoic acid are used in the management of acute promyelocytic leukaemia[26]. Some of these vitamins and their derivatives have been suggested as chemo-preventive agents[27]. Therefore, the discovery of more sources of these vitamins and their derivatives like *Ficus capensis* fruit can be a way to manage chronic diseases.

### **Bioactive Compounds Composition**

Bioactive compounds are active medicinal chemical constituents. The presence of bioactive phytochemical constituents present in different plants parts gives them their medicinal value and biological activities [28]. Important bioactive compounds such as phenol, flavonoids, beta carotene and lycopene were present in the fruit of *Ficus capensis* (Table 2). *Ficus capensis* fruits showed reasonable amount of phenol at the concentration of  $13.97 \pm 1.39$  mgGAE/100g. Phenol has been reported to possess some medicinal properties. It has a defense role against free radicals and exhibits several properties beneficial to humans and its antioxidant property are important in determining their role as protecting agents against free radical-mediated diseases process[29]. The presence of phenol may indicate that fruit of *Ficus capensis* have antioxidant activity. Flavonoids was present in the concentration of  $11.03 \pm 0.16$ mg/g. Flavonoids possess many medicinal benefits such as anti-cancer, anti-oxidant, antiviral properties and anti-inflammatory as well as cardio-protective and neuroprotective effects[30, 31, 32, 33, 34]. The concentration of lycopene ( $0.14 \pm 0.002$  mg/100g) was very low. Lycopene is a carotenoid that naturally gives foods their pink/red colour. It is said to be good for bone, heart and vascular health [35, 36] and, as a potent antioxidant especially effective at scavenging singlet oxygen [37]. Beta carotene was slightly present and was found in the concentration of ( $0.34 \pm 0.001$  mg/g).  $\beta$ - Carotene is regarded as the major carotenoid present in human diet [38] and the main source of vitamin A in humans. It plays a crucial role in prevention of degenerative diseases such as cardiovascular diseases, diabetes and several types of cancers [39].

### **Antioxidant Activity**

#### **DPPH scavenging activity:**

“One of the in-vitro antioxidant parameters used for testing the potency of plants is their ability to scavenge free radicals. DPPH radical scavenging assay is the most common method used in the study of antioxidant activity of plant extracts. This mechanism involves the protonation of the 2,2-diphenyl-1-picrylhydrazyl (DPPH) radicals turning it to stable free radical which is visually noticeable as a decoloration from purple to golden yellow and detected by spectrophotometric technique. Decrease in absorbance shows the more efficient antioxidant activity of the extract in terms of hydrogen atom donating capacity. *Ficus capensis* fruit demonstrated radical scavenging activity in a dose-dependent manner. Antioxidant activity of *Ficus capensis* fruit as measured by ability to scavenge (DPPH) free radicals was compared with the standard antioxidant; butylated hydroxyl toluene (BHT). The standard however gave a higher activity. The presence of phenolic compounds in the fruit of *Ficus capensis* may contribute directly to the observed antioxidant effect as phenolic compounds have been reported to have antioxidant activities”[40].

The effective concentration of the extract at half maximum DPPH scavenging activity ( $EC_{50}$ ) was calculated from graph of percentage scavenging activity against concentration of the extract was 30  $\mu\text{g/ml}$  and that of BHA was 28  $\mu\text{g/ml}$ . The  $EC_{50}$  was used to evaluate the antioxidant effectiveness of the sample. The lower the  $EC_{50}$  value, the higher is the scavenging potential. This shows that BHA was the stronger DPPH scavenger having the lower  $EC_{50}$  value.

### **Reducing Power Assay**

“In reducing power assay, the yellow colour of the test solution changes to different shades of green depending on the reducing power of the test specimen. The presence of the reductants in the solution causes the reduction of the  $\text{Fe}^{3+}$ /ferricyanide complex to the ferrous form. Therefore,  $\text{Fe}^{2+}$  can be monitored by absorbance measurement at 700 nm. Previous studies have reported and suggested that the reducing properties have been shown to exert antioxidant action by donating of a hydrogen atom to break the free radical chain”[41]. In this study, the observed increasing absorbance at 700 nm as the concentration of the extract increased indicates an increase in reducing ability. The antioxidants present in the fruit of *Ficus capensis* caused the reduction of  $\text{Fe}^{3+}$ /ferricyanide complex to the ferrous form, and thus proved the reducing power.

### **Inhibition of lipid peroxidation**

“The thiobarbituric acid reactive substances (TBARS) method has been used widely in determination of the extent of lipid peroxidation via formation of malondialdehyde (MDA) compound from lipid peroxidation of polyunsaturated fatty acids. Using brain homogenate as a medium of peroxidation in this study, percentage lipid peroxidation inhibition by the extract of fruit of *Ficus capensis* increased with increase in concentration. Antioxidant potential of extract correlates directly to the scavenging of hydroxyl radical and consequently the inhibition of lipid peroxidation”[42]. “Lipid hydroperoxides generation can cause damage to molecules of the bio-system and have the ability to bind with DNA leading to strand breaks, mutation and carcinogenesis”[43]. “Intrinsically, erythrocytes are highly susceptible to peroxidation due to the heavy buildup of polyunsaturated fatty acids and haemoglobin. During respiration erythrocytes are frequently exposed to high tension of oxygen, which can induce oxidative damage”[44].

In this study, fruit of *Ficus capensis* exhibited scavenging of radicals indicating the presence of primary antioxidants which possess anti-lipid peroxidation potential. Phenolic compounds have been reported to delay oxidative degradation of lipids as well as enhance the quality and nutritional value of food [45].

## Conclusion

Plant sources with antioxidant abilities is of great interest to industries and researchers because of their medicinal properties in the supportive and definitive care of debilitating diseases. This study investigated the vitamin content, bioactive compound composition and antioxidant properties of fruit of *Ficus capensis*. The study showed that vitamins and bioactive compounds were present in varying concentrations. The antioxidant activity exhibited in different *in-vitro* antioxidant assays carried out in this study may be linked to the antioxidant constituents such as phenolic, flavonoid, ascorbic acid, lycopene and beta-carotene found in the fruit of *Ficus capensis*. These results suggest that fruit of *Ficus capensis* may be a potential source of natural antioxidants.

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## Authors' contributions

ONA designed the study, wrote the protocol, wrote the first draft of the manuscript, managed the analyses of part of the study and wrote part of the manuscript, EIA managed the literature searches and contributed to the writing of the manuscript, IIU managed the analyses of part of the study and performed the statistical analysis. All authors read and approved the publication of the paper.

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