

## Effect of Asparagus root powder Supplementation on Body Weight and Milk Composition of Lactating Crossbred Cows

### Abstract

The present study was conducted to evaluate the effect of supplement feeding of Shatavari root powder (*Asparagus racemosus*) on milk composition and body weight of lactating crossbred cows. Fifteen lactating crossbred cows were selected and divided into three groups; T<sub>1</sub> (control), T<sub>2</sub> and T<sub>3</sub> (treatment) of five animals each on the basis of nearness in their body weight and milk yield in completely randomized design. In T<sub>1</sub> no Shatavari was supplemented while in T<sub>2</sub> and T<sub>3</sub> Shatavari was supplemented @ 150 mg and 200 mg/kg body weight, respectively. The study was conducted for a period of 90 days. Milk composition of each animal was determined once every fortnight. Results indicated that the Shatavari root powder supplementation had significant (P<0.05) effect on milk fat%, SNF%, total solid%, lactose% and protein%. The increase in body weight gain was more (P<0.05) in shatavari supplemented groups than control group. The result showed that supplementing shatavari to the diet of crossbred cows enhanced body weight and improved milk composition.

**Keywords:** Body Weight, Crossbred Cows, Milk Composition, Shatavari

### Introduction

Herbals are concentrated foods those provide vitamins, minerals and other nutrients that sustain and strengthen the human and animal body. Indian history is very rich in herbal medicine and one of the oldest surviving systems of healthcare in the world known as Ayurveda. Ayurveda is a natural therapy and totally based on herbs. These herbs were being used since pre-vedic time because they were safe to use, cheap and easily available, has no side effect and no residual effect in milk (Krishna *et al.*, 2005). So, their inclusion in the diet should be encouraged to enhance animal's performance, improve feed efficiency, maintain health and alleviate adverse effect of environmental stress. Traditional herbal medicines in veterinary practice have a large potential as an alternate therapy. According to Bakshi *et al.*, (2004), herbal plants were broadly

used as animal feed additives, having galactogogue properties like Shatavari (*Asparagus racemosus*), Jivanti (*Leptadenia reticulata*) and Methi (*Trigonella foenum*).

Herbal feed additives could either effect feeding pattern, or effect the growth of favourable microorganisms in the rumen, or stimulate the secretion of different digestive enzymes, which in turn may improve the efficiency of nutrients utilization or stimulate the milk secreting tissue in the mammary glands, resulting in improved productive and reproductive performance of dairy animals (Bakshi and Wadhwa, 2000).

Shatavari (*Asparagus racemosus*) is most frequently used in indigenous medicine. The name Shatavari means curer of a hundred diseases (shat means hundred and vari means curer). It is also known as 'Satavar' and 'Shatmuli'. Shatavari (*Asparagus racemosus*) is the one most commonly used herb in traditional medicine due to the presence of steroidal saponins and sapogenins in various parts of the plant (Krishna *et al.*, 2005). The general pharmacology of shatavari are galactogogue and mammogenic, it enhances the blood prolactin level and stimulates the cellular division in the mammary gland (Kumar *et al.*, 2008).

*Asparagus racemosus* are widely used as animal feed additives, improved feed palatability, utilization and animal productivity due to these increased the animal products and productivity especially milk yield and milk composition (Kumar, 2015). Shatavari (*Asparagus racemosus*) have various medicinal properties namely, Galactagogue and Mammogenic (Pandey *et al.*, 2005). Choudhary and Kar (1992) recorded that Shatavari root is rich source of minerals and it contains macro minerals such as calcium, magnesium, potassium and iron having concentration of 0.22, 0.40, 2.50 and 0.01 g/100g, respectively and micro minerals such as copper, zinc, manganese, cobalt and Chromium having concentration of 5.29, 53.15, 19.98, 22.0 and 1.8 µg/gm, respectively.

## **MATERIALS AND METHODS**

The study was conducted to examine the effect of Shatavari on milk composition and body weight of crossbred cows. Fifteen lactating crossbred cows at early stage of lactation were selected from the herd of livestock farm Rajasthan College of agriculture, MPUAT, Udaipur (Rajasthan) for the study purpose. After that, the animals were randomly placed into three groups of five animals each on the basis of nearness in their body weight and milk yield. All the animals

were fed as per ICAR (2013) feeding standards to meet out the requirement of nutrients. The experiment was carried out for a period of 90 days. The Asparagus root powder was added and mixed in concentrate uniformly in morning and fed individually to each animal. Throughout the experiment, all experimental cows were kept in a well-ventilated shed. Three different dietary trial feeds were given to the cows. (Table 1).

**Table1. Experimental feeds offered to lactating crossbred cows**

Groups	Experimental feed
T <sub>1</sub> (Control)	Wheat straw ad-lib. + 10 kg green fodder + Concentrate mixture
T <sub>2</sub>	T <sub>1</sub> + Shatavari @ 150 mg/kg BW
T <sub>3</sub>	T <sub>1</sub> + Shatavari @ 200 mg/kg BW

For carrying out study on proportional milk composition samples of morning and evening milk were collected every 15 days intervals for the analysis of milk components viz. Fat, Protein, Solid not fat, Lactose and Total solids. Each time 100 ml of milk sample was collected in sterile plastic bottle after cleaning and disinfecting of teats and discharging the first streams of foremilk. There were a total of seven sampling on each lactating cow during the period of 90 days. Representative amount of each sample was used for estimation of milk components by using Lacto Star- automatic milk analyzer.

#### **BODY WEIGHT:**

Body weight of lactating animals were recorded at the beginning of the experiment and after at monthly intervals during the experimental period. Weight was taken at each occasion on two consecutive days and average of the two was considered as the actual weight. The weight was recorded in the morning at 8.00 AM before providing water, feed and fodder to the animals.

#### **Statistical analysis**

Completely randomized design (CRD) was used to conduct the experiments and data were analyzed as per the procedure of Snedecor and Cochran (1980). Treatment means were tested by critical difference test.

## RESULTS AND DISCUSSION

### Milk composition

Data pertaining to the influence of Asparagus supplementation on milk composition is presented in Table 2. The average milk fat per cent was  $3.83 \pm 0.072$ ,  $4.04 \pm 0.036$  and  $4.12 \pm 0.037$ , in T<sub>1</sub>, T<sub>2</sub> and T<sub>3</sub>, respectively. The results found that milk fat% was significantly ( $P < 0.05$ ) higher in supplemented group (T<sub>2</sub> & T<sub>3</sub>) in comparison to the control group (T<sub>1</sub>). In other words, milk fat % was higher by 5.48% in T<sub>2</sub> and 7.57% in T<sub>3</sub> as compared to the control group. The average SNF per cent in supplemented groups (T<sub>2</sub> & T<sub>3</sub>) and control group (T<sub>1</sub>) were  $8.87 \pm 0.097$ ,  $8.96 \pm 0.070$  and  $8.59 \pm 0.034$ , respectively.

**Table 2: Effect of shatavari supplementation on milk composition (Mean±SE)**

Attributes	Treatments		
	T <sub>1</sub> (Control)	T <sub>2</sub>	T <sub>3</sub>
Fat %	$3.83^b \pm 0.072$	$4.04^a \pm 0.036$	$4.12^a \pm 0.037$
SNF %	$8.59^b \pm 0.034$	$8.87^a \pm 0.097$	$8.96^a \pm 0.070$
TS %	$12.42^b \pm 0.076$	$12.91^a \pm 0.110$	$13.08^a \pm 0.090$
Lactose %	$4.45^b \pm 0.075$	$4.72^a \pm 0.064$	$4.80^a \pm 0.056$
Protein %	$2.92^b \pm 0.054$	$3.06^a \pm 0.018$	$3.20^a \pm 0.039$

Means with various superscripts within a row differ significantly ( $p < 0.05$ )

The results showed that the values of SNF per cent was significantly ( $P < 0.05$ ) higher in shatavari supplemented groups (T<sub>2</sub> & T<sub>3</sub>) than control (T<sub>1</sub>) group. However, no significant difference was observed between T<sub>2</sub> and T<sub>3</sub> groups. Average total solid per cent was  $12.42 \pm 0.076$ ,  $12.91 \pm 0.110$  and  $13.08 \pm 0.090$  in T<sub>1</sub>, T<sub>2</sub> and T<sub>3</sub> groups, respectively. Total solid per cent was significantly ( $P < 0.05$ ) higher in treatment groups as compared to control group. Milk lactose % and milk protein % in supplemented groups (T<sub>2</sub> & T<sub>3</sub>) and control (T<sub>1</sub>) group were  $4.72 \pm 0.064$ ,  $4.80 \pm 0.056$  and  $4.45 \pm 0.075$ ;  $3.06 \pm 0.018$ ,  $3.20 \pm 0.039$  and  $2.92 \pm 0.054$ , respectively. The results indicated that lactose and protein per cent were significantly ( $P < 0.05$ ) higher in shatavari supplemented groups (T<sub>2</sub> & T<sub>3</sub>) as compared to (T<sub>1</sub>) control group. However, no significant difference was found between T<sub>2</sub> and T<sub>3</sub> groups.

These results are in agreement with Saini *et al.* (2018) who reported that shatavari supplementation significantly ( $P<0.01$ ) increased percent fat, SNF, TS, lactose and protein in crossbred cows. The findings are in line with Divya *et al.* (2015) who reported that Shatavari roots supplemented feed increased percent milk fat, solid not fat (SNF) and total solids (TS) significantly. Sukanya *et al.* (2014) reported that supplementation of Milkplus a Shatavari based herbal preparation enhanced the milk fat per cent from 3.95% to 4.38% in control and experimental animals, respectively. Kumawat *et al.* (2017) also observed that Milk fat and total solid contents were increased ( $P<0.01$ ) in *Asparagus racemosus* supplemented group as compared to control group. Gautam *et al.* (2019) observed that supplementation of polyherbal mixture significantly ( $P<0.05$ ) increased the average milk protein per cent in treatment group as compared to control group. Muwal *et al.* (2020) reported that SNF and total solid values differed significantly ( $P<0.05$ ) between control and treatment group when shatavari root powder was supplemented in the diet of Sahiwal crossbred cows.

### Body weight change

**Table 3: Mean body weight changes in lactating crossbred cows (Mean±SE)**

Treatments	Initial body wt. (kg)	Final body wt. (kg)	Mid body wt.(kg)	Total gain in 90 days (kg)	Body wt. gain per day (gm)
T <sub>1</sub> (Control)	382.80±9.06	400.60±8.62	391.70±8.83	17.80 <sup>c</sup> ±0.66	197.77 <sup>c</sup> ±7.37
T <sub>2</sub>	381.40±12.67	403.00±13.42	392.20±13.04	21.60 <sup>b</sup> ±1.20	240.00 <sup>b</sup> ±13.42
T <sub>3</sub>	380.60±21.36	405.40±21.72	393.00±21.54	24.80 <sup>a</sup> ±0.66	275.55 <sup>a</sup> ±7.37

Mean values having different superscripts within a column differ significantly ( $P<0.05$ )

The average body weight gain per day was 197.77±7.37, 240.00±13.42 and 275.55±7.37 gm in T<sub>1</sub>, T<sub>2</sub> and T<sub>3</sub>, respectively. The body weight gain per day (gm) was significantly ( $P<0.05$ ) higher in T<sub>3</sub> as compared to T<sub>2</sub> and T<sub>1</sub>, but there was significant difference between T<sub>2</sub> & T<sub>1</sub> and T<sub>3</sub> & T<sub>2</sub>. The total gain in body weight was highest in T<sub>3</sub> (24.80±0.66) as compared to T<sub>2</sub> (21.60±1.20) and T<sub>1</sub> (17.80±0.66). However, there was significant difference between T<sub>2</sub> & T<sub>1</sub> and T<sub>3</sub> & T<sub>2</sub>. The total body weight gain in 90 days period was more ( $P<0.05$ ) in treatment groups in comparison to control group.

These findings are in accordance with the results of Kumar *et al.* (2014) who reported that the increase in body weight gain and body weight change per day was more in Shatavari supplemented group than non supplemented group. Similarly, Kumawat *et al.* (2017) reported that the increase in body weight gain was more in Asparagus supplemented group than control group. Similar results were also reported by Jamara (2012) and Kumar *et al.* (2010). Rawat *et al.* (2017) assessed the effect of Shatavari supplementation on body weight of lactating cows and found that the body weight gain was significantly ( $P<0.05$ ) higher in treatment groups than the control group.

### **Conclusion:**

On the basis of the present investigation, it may be concluded that the milk composition (including fat, SNF, total solids, protein and lactose, percent) in lactating crossbred cows differed significantly ( $P<0.05$ ). The body weight gain per day was also significantly higher in shatavari supplemented groups than control group. It can be concluded, based on the above findings, that supplementation of Shatavari in the diet of lactating crossbred cows was significantly improved animal performance by enhancing milk fat percent, SNF per cent, total solid per cent and by increased body weight gain in lactating crossbred cows.

### **NOTE:**

The study highlights the efficacy of "Ayurveda" which is an ancient tradition, used in some parts of India. This ancient concept should be carefully evaluated in the light of modern medical science and can be utilized partially if found suitable.

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