

## Original Research Article

# Comparative Analysis of Phytochemicals Screening, Proximate and Elemental Analysis of *Anacardium occidentale* L Nuts and *Carica papaya* Seeds

### ABSTRACT

**Aims:** The aim of this study was comparatively analysis of phytochemicals screening, proximate and elemental analysis of *Anacardium occidentale* L nut and *Carica papaya* seeds extracts.

**Study design:** The samples were cleaned, washed with water, dried, and grinded with a laboratory mortar and pestle, packed in an air tight container and stored ready for further analysis

**Place and Duration of Study:** The research was conducted at the Chevron Biotechnology Centre, Modibbo Adamawa University of Yola, Nigeria which lasted for about three months

**Methodology:** The nuts were manually separated from fruit pulp, cleaned, washed with water, dried, roasted and grinded with a laboratory mortar and pestle, packed in an air tight container and stored ready for further analysis.

**Results:** The result of *Anacardium occidentale* L nut phytochemicals screening showed that with Glycosides (-), Tanins (+), flavonoids(+++), Alkaloids(++), Saponins(-) and the proximate composition (%) were as follows: moisture content ( $9.81 \pm 0.2$ ), ash content ( $3.48 \pm 0.3$ ), crude fat ( $26.76 \pm 0.3$ ), crude protein ( $14.24 \pm 0.01$ ) carbohydrate (by difference) ( $44.98 \pm 0.01$ ) Calorific (Energy) value 482.18 Kcal. The mineral analysis (mg/100g) revealed that magnesium ( $3.51 \pm 0.01$ ), Manganese ( $2.00 \pm 0.01$ ), Nickel ( $3.23 \pm 0.01$ ) and Cobalt ( $0.13 \pm 0.01$ ) while the phytochemical screening for *Carica papaya* seeds extracts also showed Glycosides (+), Tanins (++), flavonoids(++), Alkaloids(++), Saponins(-) for the moisture content ( $8.48 \pm 0.3$ ), ash content ( $3.95 \pm 0.01$ ), crude fat ( $15.54 \pm 0.2$ ), crude protein ( $15.82 \pm 0.01$ ) carbohydrate (by difference) (41.60) Calorific (Energy) value 1546.87 Kcal. The mineral analysis (mg/100g) revealed that magnesium ( $3.0 \pm 0.01$ ), Manganese ( $0.21 \pm 0.01$ ), Nickel ( $3.43 \pm 0.01$ ) and Cobalt ( $0.17 \pm 0.01$ ).

**Conclusion:** The study therefore indicates that the *Anacardium occidentale* L nut and *Carica* may not provide all the nutrients required by human in the right proportion though it contains an appreciable quantity of some essential nutrients like Fats, Proteins, Carbohydrate and some minerals.

**Keywords:** [Phytochemicals, *Carrica papaya*, *Anacardium occidentale* L, proximate and elemental analysis]

### 1. INTRODUCTION

Phytochemicals can be referred to as natural occurring compounds in plant. They contribute to colour, smell and flavor of plants and are plant natural defense mechanism against most disease with many therapeutic value and diseases

prevention for human beings (Okwu, 2004). Few examples of phytochemicals are saponin, tannins, flavonoids and alkaloids (Chikezie *et al.*, 2008). Most plants have active compounds which are usually extracted from the plant structures such as roots, flowers, seeds or fruits, corms, stem and bark but, the concentration of the active compounds vary from structure to structure. The structure with the highest amount is usually preferred to be used as therapeutic purpose (Kafaru, 1994). The pungent, repulsive smell and bitter taste in many plants are usually responsible for repressive ability over the metabolic activities of many microorganism (Mitscher *et al.*, 1992; Baladrin *et al.*, 2009). The screening of phytochemical compounds helps in knowing the presence of bioactive compounds which can also be used for antimicrobials analysis of the plant extracts (Gali *et al.*, 2016).

*Carrica papaya* can be described as a herbaceous fruit crop that comes from the family of Caricaceae. It is native to places like America which is mostly grown in the tropics in subtropics and tropics (Aravind *et al.*, 2013). It is also widely distributed in places like Asia, Nigeria and other countries of the world and it is ranked first amongst major food crops which in some states recommend for deficiency cause by childhood blindness (Guoado *et al.*, 2007; Afolayan, 2003). The plant has some medicinal values such as antibacterial, cardiogenic, analgesic, amebicide, cholagogue, hypotensive, digestive, emenagogue, febrifuge, vermifuge, pectoral, stomachic and laxative. It is also rich in three vital antioxidants such as vitamin E, vitamin A and vitamin C and some minerals such as potassium and magnesium, it also contains B vitamin, pantothenic acid, fiber and folate. It also contains digestive enzymes like papain which successfully treats allergies, sports injuries and causes of truma (Aravind *et al.*, 2013). There are many biological active phytochemicals compounds that have been isolated from *C. papaya* and studies for various applications. All the parts of *C. papaya* have been such as leaves, fruits, peel, latex and roots have been found to have important biological active compounds which have various pharmaceutical uses (Flath and Forrey, 2007).

The cashew plant with botanical name *Anacardium occidentale L* it belongs to the family Anacardiaceae, also has potential for use as medicinal plant. The stem barks and the leaves have been used for the treatment of diarrhea, bronchitis, dysentery, cough, impotence and syphilis-related skin disorders (Bilcalho, 2001; Franca, 1993). Nigeria is the largest producer of cashew nut in the world with its shell where the cashew nut is a popular snack and food source (Hammed and Anikwe 2008). Cashew nut oils and its many applications in polymer based friction epoxy resins, varnishes, linings, primers and foundry chemicals (Mahanwar and Kale 1996). The phytochemicals analysis reveals that it has phenolic glycosides, saponins, phenols, flavonoids and glycosides (Shahidi *et al.*, 2008, De-Fatima *et al.*, 2006).

In this present study, the comparative analysis of phytochemicals screening, proximate and elemental analysis of *Anacardium occidentale L* nut and *Carica papaya* seeds extracts were analyzed.

## **2. MATERIAL AND METHODS**

### **2.1 Samples processing.**

The samples for this experiment were collected from Gerei Local Government of Adamawa State, Nigeria and taken to Chevron Biotechnology Centre, Modibbo Adama University of Technology. The nuts of *Anacardium occidentale L* were manually separated from fruit pulp, cleaned, washed with water, dried, roasted and grinded with a laboratory mortar and pestle, packed in an air tight container and stored ready for further analysis. The seeds of *Carrica papaya* were manually separated from fruit pulp, cleaned and washed with water. It was shelled manually to remove seed coat and air-dried for one week. They were sorted to remove bad ones, shelled, grinded with a laboratory mortar and pestle, packed in an air tight container and stored ready for further analysis.

### **2.2 Phytochemicals analysis**

The phytochemicals analysis for flavonoids, alkaloids, saponins, tannins and glycosides were both tested according to (Sofoworo 1993)

### **2.2 Elemental analysis**

Mineral compositions for Magnesium, Manganese, Nickel and Glycosides of *Anacardium occidentale L* nuts and *Carrica papaya* were determined by atomic absorption spectrophotometer according to (AOAC, 2003)

### **2.2 Proximate analysis**

After bringing the samples to uniform size, they were analysed for moisture content, crude protein, crude fat, ash content, carbohydrate and energy value according to (AOAC, 2003)

### 3. RESULTS AND DISCUSSION

**TABLE 1. Qualitative Photochemical analysis**

Inference	Cashew nut	Carica papaya
Flavonoids	+++	++
Alkaloids	++	++
Saponins	—	—
Tanins	+	++
Glycosides	—	+

Key: + present, ++ moderately present, +++ adequately present and – absent.

**Table 2. Elemental Analysis**

Parameter	Cashew nut	Carica papaya
Magnesium	3.51 ± 0.01	3.00±0.02
Manganese	2.00 ± 0.01	0.21±0.01
Nickel	3.23 ± 0.01	3.43±0.01
Cobalt	0.13 ± 0.01	0.17±0.01

**Table 3. Proximate Analysis**

Parameter	Cashew nut concentration (%)	Carica papaya concentration (%)
Moisture Content	9.81 ± 0.2	8.48±0.3
Crude Fat	26.76 ± 0.5	15.54±0.2
Ash Content	3.48 ± 0.3	3.95±0.01
Crude Protein	14.24 ± 0.01	15.82±0.1
Carbohydrate	44.98 ±0.01	41.60
Energy Value	482.18kcal	1546.87(kcal)

The proximate composition of the cashew nut (table) contained crude fat (26.79±0.5) and protein (14.26±0.01). It also contained (9.71±0.2) moisture, ash (3.46±0.3), and carbohydrate by difference (45.78± 0.01). Some of these values were in agreement with those reported by (*Achal et al.*, 2002). The moisture content of cashew nut (table) was 7.2%. This value fell within the range of mean values of moisture of legumes (between 7.0% and 11.0%) reported by (Arkroyed and Doughty 1994). Seeds with low moisture content could store for a longer time without spoilage. Ash content of cashew nut (table) in this study was 3.4%. Previous studies showed ash content of kolanut and cowpea to be 3.1% and 3.2% respectively (Arogba et al., 1999), and of cashew nut flour 4.4±0.1% (Aremu et al., 2006). An ash content of 1.5 - 2.5% for nuts has been recommended for suitability as animal feeds (Pomeranz and Clifton, 1981) but with the value of ash reported in this study, cashew nut may be unsuitable for animal feeds. This is in agreement with (Aremu et al., 2006). The values of fat and protein (table) were also comparable to those obtained by (Pearson 1996). The fat content values ranged from 16.41-44.34%. The fat and oil content of cashew nut contributes substantially to its energy content (Ohler, 1999).

## 4. CONCLUSION

The study therefore indicates that the *Anacardium occidentale* L nut and *Carica* may not provide all the nutrients required by human in the right proportion though it contains an appreciable quantity of some essential nutrients like Fats, Proteins, Carbohydrate and some minerals

## CONSENT

Not Applicable

## ETHICAL APPROVAL

Not Applicable

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