

Genotoxicity and Histopathological Studies on the Liver, Kidney and Lymphocytes of Male Rats Fed on Diet Containing Waste Fat Released from Chicken During Grilling Process

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Abstract

Fat released from chicken during grilling process, as waste, is used by some low income people in Egypt in cooking as dietary fat because it is a cheap fat source compared to other fats. The present study aimed to elucidate the genotoxic and histopathologic effects of grilled chicken fat on the liver, kidney and lymphocytes of male albino rats. Fifteen two months old male rats were divided to three groups, the first group was fed on control diet, the second and third groups were fed diets containing wasted fat at substitution levels of 50 and 100% from the fat of diet, respectively. The animals were fed *ad-libitum* for eight weeks. The single cell gel electrophoresis (Comet) assay is a simple and effective method for detecting DNA damage in control and treated rat cells, and results showed significant increase in tailed nuclei (DNA damage), tail moment, % DNA in the tail and tail length in liver, kidney and lymphocytes of treated groups compared to the control. In addition, both liver and kidney of treated rats showed a marked degenerative changes congestion of blood vessels in addition to loss of protein, polysaccharides and DNA content.

Keywords: Chicken grilled fat; Comet assay; Genotoxicity; Histopathology; Liver; Kidney; Lymphocytes; Rats

Introduction

Food is an essential factor providing sustenance but may also has a great role in the genesis of human diseases. An association between the intake of grilled or broiled meat and development of cancer was recorded by Thomson et al. [1]. Grilling meat, fish or other foods with intense heat over a direct flame result in fat dripping on the hot fire and yielding flames containing a number of polycyclic hydrocarbons (PAHs), such harmful chemicals adhere to the surface of the food. The more intense the heat, the more PAHs is present [2]. PAHs are produced from organic compounds by condensation of smaller units at high temperatures forming stable polynuclear aromatic compounds. At high temperature, organic compounds are easily fragmented into smaller compounds, mostly free radicals, which may then recombine to form a number of relatively stable PAHs [3]. Lin et al. [4] showed that, mice fed high fat diet developed more severe disease and had a shorter life span. Weisburger et al. [5] found that the use of grilled meats in diet, where compounds formed on the surface of meat may be associated with increased risk of genotoxicity and cancer. They also showed that, normal intestinal bacteria can convert one of these compounds, 2-amino-3-methyl-3H-imidazo[2,5-f] quinolin (IQ) to the 7-hydroxy metabolite, 2-amino-3,6-dihydro-3methyl-7-H-imidazolo(4,5-F) quinolin-7-6(7-OHQI), a direct acting mutagen. The surface of fried and grilled meat or fish contain powerful mutagens, Sugimura et al. [6] isolated these mutagens and identified them as heterocyclic aromatic compounds with an exocyclic amino group and often an O-methyl group.

The heterocyclic amines formed by partial pyrolysis of amino acids, sugar or creatinine at high temperatures have been shown to be carcinogenic and mutagenic in mice and rats [7]. Food mutagens cause different types of DNA damage, nucleotide alterations and gross chromosomal aberrations. Most mutagens begin their action at the DNA level by forming carcinogen-DNA adducts, which result from the covalent binding of a carcinogen or part of a carcinogen to a nucleotide.

The single cell gel electrophoresis (SCGE) assay, also known as the comet assay, is a rapid, simple, visual and sensitive technique for detecting and analyzing DNA strand breakage in a variety of organs and various mammalian cells [8]. The advantage of the comet assay is that it allows any viable eukaryote cells to be analyzed. For these reasons, the comet assay is now widely used in researches of biomonitoring and DNA damage processes to routine assessments of genotoxicity. Quantitative analysis for DNA damage has yielded several parameters, including tailed nuclei, tail length, % DNA in the tail, and tail moment in the comet assay [9].

Singh et al. [10] made microgels slides and electrophoresing under alkaline conditions and removed the DNA supercoiling and denatured the DS DNA to SS DNA. With this modification they obtained a dose response curve with respect to length of DNA migration. The resulting images were subsequently named 'Comet' because of their appearance and their total length was considered directly related to the DNA damage. From that moment a range of applications of the Comet assay have been used in investigations of the physiochemical behavior of DNA, through studies of cellular responses of DNA damage, to biomonitoring of human population.

When the Comet assay technique is used to detect *in vivo* genotoxicity, the most important advantage is that DNA lesions can be measured in cells not engaged in mitotic activity, making it possible to

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Received December 05, 2010; **Accepted** February 09, 2011; **Published** February 11, 2011

Citation: Hassan GM, Mazher KHM (2011) Genotoxicity and Histopathological Studies on the Liver, Kidney and Lymphocytes of Male Rats Fed on Diet Containing Waste Fat Released from Chicken During Grilling Process. J Cytol Histol 2:111. doi:10.4172/2157-7099.1000111

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assay many organs [11]. The grilled chicken fat is widely used by low income people in Egypt and other developing countries. Thus the aim of this study was to evaluate the genotoxic and histopathologic effects on liver and kidney of rats fed on diet contained fats of grilled chicken.

Materials and Methods

Preparation of grilled chicken fat

About fifteen kilograms from liquids released as waste from chicken during grilling process were collected from different restaurants in Fayoum and Beni-Suef governorates, Egypt. The liquid was held at low temperature ($7 \pm 2^\circ\text{C}$) for 3 hours for solidification of fat fraction that was then separated from other liquids, the fat portion was rendered by heating and filtered by using cheese cloth for separation of any foreign matters, and then they obtained fat was directly analyzed.

Animals and diets

Fifteen Swiss male albino rats weighing approximately 90 ± 10 g were used. The rats were obtained from the Animal House of the Faculty of Science, Fayoum University, Egypt. Food and water were provided *ad-libitum*. After feeding on the basal diet for one week as adaptation period, the animals were divided into three groups with five rats in each group. The first group was fed on control diet containing 5% corn oil; while the second and the third groups were fed diets containing wasted fat as substitution for the diet fat at levels of 50 and 100%, respectively. The experimental diets that contained the grilled fat chicken and corn oil according to AOAC [12].

Genomic DNA isolation from liver and kidney

The liver and kidney were surgically removed from each rat and instantly immersed in liquid nitrogen and grounded using an autoclaved ceramic pestle. About 17 mg of the grounded tissue was added to 600 μl of Nuclei Lysis Solution, according to Surzycki [13]. Genomic DNA was fractionated on agarose gel electrophoresis (1.2%) and ethidium bromide staining.

Detection of DNA damage by the comet assay

The portions of the liver and kidney were minced and suspended in chilled homogenizing buffer (pH 7.5) 0.075 M NaCl and 0.024 M Na_2EDTA , and then homogenized gently using homogenizer in ice. The cells suspension was centrifuged at 4°C , 700X g for 10 min. The

cells were re suspended in the cold buffer. [14]. Lymphocytes were isolated by the standard method according to Brulles and Wells [15]. The comet assay was carried out under alkaline conditions, basically as described by Singh et al. [10]. In control and treated rats, digital images were scanned into an image analyzer (Comet analyzer software IV) to determine the length of DNA migration (Comet tail length) due to genotoxicity. Tail length, % DNA in the tail and tail moment were obtained by observing 25 nuclei for each rat and all assays were performed in triplicate and compared with control. The tail length is the distance from the comet head to the last visible signal in the tail. The percentage of DNA in the tail is calculated from the fraction of DNA in the tail divided by the amount of DNA in the nucleus multiplied by 100. The tail moment is the product of the amount of DNA in the tail and mean distance of migration in the tail [8].

Histopathological examination

After eight weeks the animals were sacrificed. The liver and kidneys were excised and fixed in neutral buffered formalin 10%; the organs were routinely processed and sectioned at 4 to 5 mm thickness. The obtained tissue sections were collected on glass slides, deparaffinized and stained with Hematoxylin and Eosin stain, bromophenol blue, Feulgen technique and PAS technique [16]. The sections are then examined and observed under light microscope at 400X magnification.

Statistical analysis of data

Comet assay data were analyzed for homogeneity of variance using the General linear Model procedure of statistical analysis system (SPSS, 1999). Variable means for treatments indicating significant differences in the ANOVA were compared and, the significances were indicated using Duncan multiple range tests [17].

Results and Discussion

Electrophoretic pattern of liver and kidney DNA

A comparison of the gel electrophoretic DNA band patterns in liver and kidney of control and treated rats are shown in Figure 1, as revealed from the figure, the genomic DNA of control group showed definite bands, while the bands of treated groups gave damaged and smear bands. The damage was clear in the liver of treated rats, this may be due to ingestion of genotoxic compounds in the treated diet. Most of genotoxic compounds begin their action at the DNA level causing

| Treatments | | Head length (microns) | Tail length (microns) | Head % intensity | Tail % intensity | Tail migration (microns) | Tail moment (microns) |
|----------------------------|-------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|------------------------------|
| Control | Liver | 12.98 \pm 0.37 ^b | 7.62 \pm 0.89 ^c | 90.98 \pm 2.76 ^A | 7.22 \pm 3.16 ^B | 1.36 \pm 0.61 ^c | 0.50 \pm 0.24 ^c |
| Diet with 2.5% grilled fat | | 19.04 \pm 1.88 ^a | 13.86 \pm 1.91 ^B | 81.97 \pm 5.00 ^A | 18.02 \pm 5.00 ^B | 4.34 \pm 1.30 ^B | 1.68 \pm 0.51 ^B |
| Diet with 5% grilled fat | | 16.89 \pm 0.95 ^a | 18.35 \pm 0.99 ^A | 67.89 \pm 2.23 ^B | 32.11 \pm 2.23 ^A | 9.91 \pm 0.640 ^A | 3.50 \pm 0.29 ^A |
| Control | Kidney | 14.74 \pm 2.44 ^a | 6.44 \pm 0.56 ^c | 96.29 \pm 2.43 ^A | 3.71 \pm 2.43 ^C | 0.24 \pm 0.25 ^c | 0.15 \pm 0.10 ^c |
| Diet with 2.5% grilled fat | | 13.96 \pm 0.78 ^a | 10.25 \pm 1.18 ^B | 80.37 \pm 5.37 ^B | 19.63 \pm 5.37 ^B | 3.27 \pm 1.06 ^B | 1.44 \pm 0.42 ^B |
| Diet with 5% grilled fat | | 14.34 \pm 0.37 ^a | 15.72 \pm 0.92 ^A | 66.84 \pm 4.53 ^C | 33.16 \pm 4.53 ^A | 8.54 \pm 0.86 ^A | 3.08 \pm 0.42 ^A |
| Control | Lymphocytes | 13.37 \pm 0.36 ^a | 6.74 \pm 0.28 ^B | 96.30 \pm 2.86 ^A | 3.70 \pm 2.86 ^B | 0.39 \pm 0.25 ^B | 0.22 \pm 0.17 ^B |
| Diet with 2.5% grilled fat | | 17.08 \pm 1.86 ^a | 16.00 \pm 0.93 ^A | 80.98 \pm 3.35 ^B | 20.28 \pm 2.86 ^A | 7.45 \pm 1.12 ^A | 2.12 \pm 0.20 ^A |
| Diet with 5% grilled fat | | 13.76 \pm 0.79 ^a | 14.54 \pm 0.88 ^A | 74.56 \pm 3.22 ^B | 25.44 \pm 3.22 ^A | 7.65 \pm 1.16 ^A | 2.54 \pm 0.42 ^A |

Values in the same column within the same item followed by different letters are significantly different ($P > 0.05$ for a to c; $P > 0.01$ for A to C)

Table 1: Comet assay parameters obtained by image analysis in cells isolated from liver, kidney and lymphocytes in rats after administration with diet contained grilled fat.

DNA-adducts which bind mutagen to a nucleotide [18]. An increase in DNA damage is indicated by the increase in migration length of the stained DNA.

Comet assay

The head length, tail length, head % intensity, tail %intensity, tail migration and tail moment in the treated and control rats were obtained using automated image analysis software as described in Table 1. The results in Table 1 and Figure 2, 3 and 4 showed that grilled chicken fat induced a significant concentration-dependent increase in the tail length, tail intensity%, tail migration and tail moments in the liver, kidneys and lymphocytes respectively. These results suggested that the observed DNA damage was due to genotoxicity and comet assay might be used to detect the DNA damage induced by grilled fat in rat liver, kidneys and lymphocytes. We chose the tail moment to present the results because it facilitates comparison among the tested agents. In the control group, the tail moment was 0.50 ± 0.24 , 0.15 ± 0.10 and 0.22 ± 0.17



Figure 1: Agarose gel electrophoretic pattern: Liver DNA (1: control); 2: (2.5% grilled fat); 3: (5% grilled fat); kidney DNA (4: control); 5: (2.5% grilled fat) and 6: (5% grilled fat).

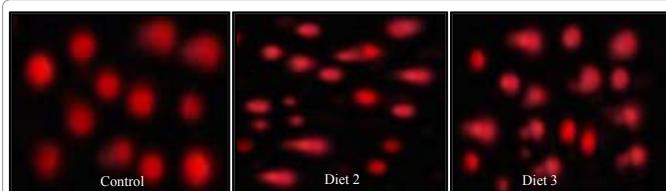


Figure 2: Photomicrographs representative DNA damage (comet assay) in liver of rats fed on control diet and diet containing different concentrations of grilled chicken fat.

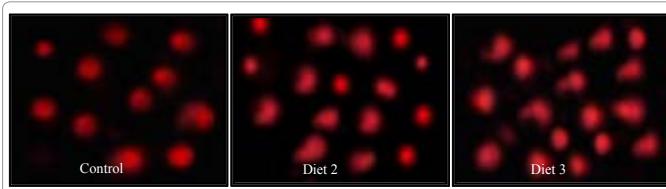


Figure 3: Photomicrographs representative DNA damage (comet assay) in kidney of rats fed on control diet and diet containing different concentrations of grilled chicken fat.

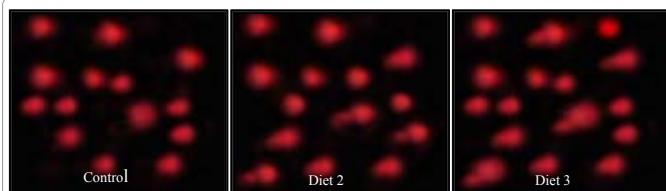


Figure 4: Photomicrographs representative DNA damage (come assay) in lymphocytes, of rats fed on control diet and diet containing different concentrations of grilled chicken fat.

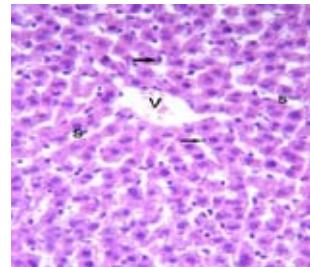


Figure 5: A photomicrograph of the liver of control rats stained with H&E showing normal hepatic lobule has a thin walled central vein (V), hepatic cords radiating towards the periphery alternating with hepatic sinusoids(S) lined by Kupffer cells and endothelial cells (arrow). X, 400.

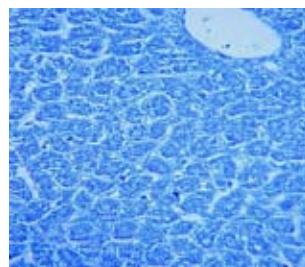


Figure 6: A photomicrograph of the liver of control rats stained with bromophenol showing normal content of total protein in the hepatocytes as indicated by the intense blue stainability. X, 400.

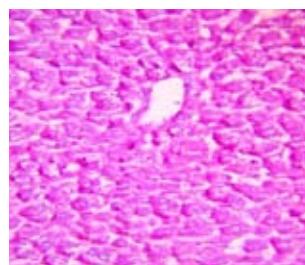


Figure 7: A photomicrograph of the liver of control rats stained with Feulgen technique showing normal content of DNA in the hepatocytes as indicated by the intense magenta colour.X, 400.



Figure 8: A photomicrograph of the liver of control rats stained with PAS technique showing normal content of general polysaccharides as indicated by the intense red colour. X, 400.

μm for the liver, kidney and lymphocytes respectively where in the treated groups the tail moment increased in a dose-dependent fashion. When the grilled fat in rats diet was 5% tail moment of 3.50 ± 0.29 , 3.08 ± 0.42 and $2.54 \pm 0.42 \mu\text{m}$ in the liver, kidney and lymphocytes respectively were observed. Our results suggest that the *in vivo* comet assay might be used to detect the DNA damage induced by mutagen

compounds released during grilled processed foods and the presence of several PAHs in the grilled fat is a measure of the potential for cellular injury through hydroxyl radicals generation. The changes that occurred in liver and kidney DNA may be due to the presence of the PAHs in the grilled fat which increase the free radicals in liver and kidney. The excess of such free radicals combined with some ions resulting in DNA damage [19].

The amount of DNA breakage in a cell in the comet assay was estimated from the migration extent (tail length) of the genetic material in the direction of anode [10]. Furthermore, the percentage of DNA in the tail (tail intensity) has been shown to be proportional to the frequency of DNA strand breaks [8]. Tail moment is a simple descriptor calculated by the computerized image analysis system considering both the migration tail length as well as the fraction of DNA migrated in the tail [20].

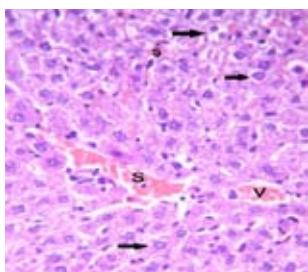


Figure 9: A photomicrograph of the liver of rats feeding with 2.5% grilled fat stained with H&E showing dilated and congested central vein (V) and hepatic sinusoids(S). The hepatocytes (arrow) appeared vacuolated and some of them are degenerated. X, 400.

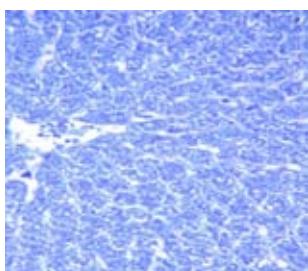


Figure 10: A photomicrograph of the liver of rats feeding with 2.5% grilled fat stained with bromophenol showing moderate protein contents as indicated by moderate blue stainability. X, 400.

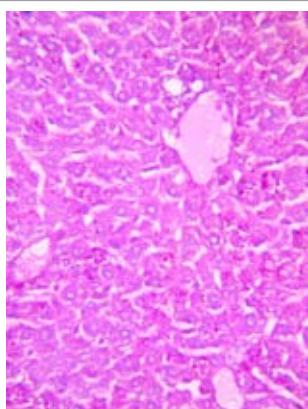


Figure 11: A photomicrograph of the liver of rats feeding with 2.5% grilled fat stained with Feulgen technique showing reduced content of DNA in the hepatocytes as indicated by the moderate magenta colour.X, 400.

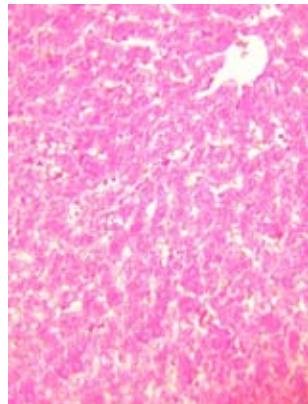


Figure 12: A photomicrograph of the liver of rats feeding with 2.5% grilled fat stained with PAS technique showing moderate content of general polysaccharides as indicated by the moderate red colour. X, 400.

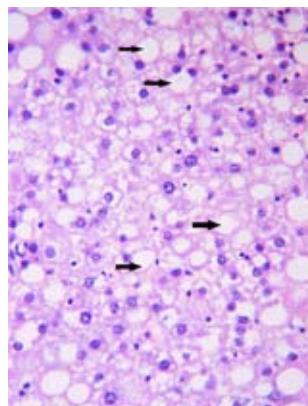


Figure 13: A photomicrograph of the liver of rats feeding with 5% grilled fat stained with H&E showing that most of hepatocytes are degenerates with marked fatty changes (arrow). Most of the hepatic sinusoids are destroyed. X, 400.

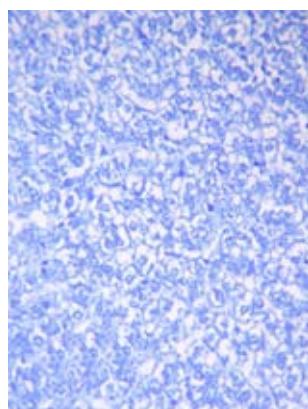


Figure 14: A photomicrograph of the liver of rats feeding with 5% grilled fat stained with bromophenol showing marked depletion of protein contents as indicated by the weak blue stainability .X, 400.

Histopathological findings

The liver: The hepatic parenchyma of the control rats consisted of several hepatic lobules separated from each other by very delicate connective tissue septa housing the portal triad. Each hepatic lobule contained a thin walled central vein surrounded by hepatic cords

radiating towards the periphery. The hepatic cords were formed of hepatocytes arranged in cord manner of one or two rows of cells. The hepatic cords were separated from each other by the hepatic sinusoids. The latter appeared wide irregular blood spaces lined by endothelial cells and Von Kupffer cells (Figure 5). Similar findings were mentioned

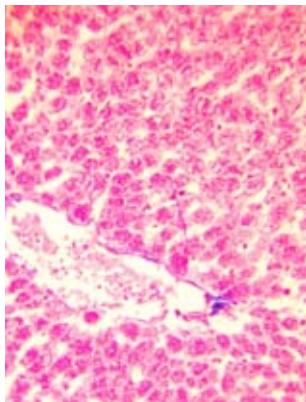


Figure 15: A photomicrograph of the liver of rats feeding with 5% grilled fat stained with Feulgen technique showing a marked depletion of DNA in the hepatocytes as indicated by the weak magenta colour. X, 400.

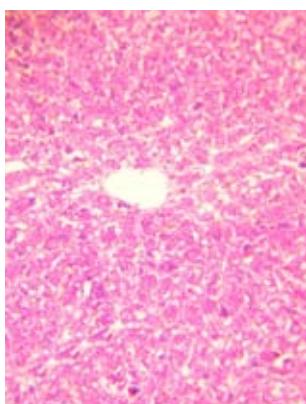


Figure 16: A photomicrograph of the liver of rats feeding with 5% grilled fat stained with PAS technique showing a marked reduction of general polysaccharides as indicated by the weak to moderate red colour. X, 400.

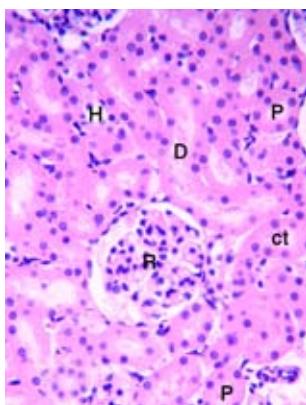


Figure 17: A photomicrograph of the kidney of control rats stained with H&E showing normal histological structure of renal; corpuscle (R), proximal convoluted tubule (P), distal convoluted tubule (D), henles loop (H), and collecting tubule (CT). X, 400.

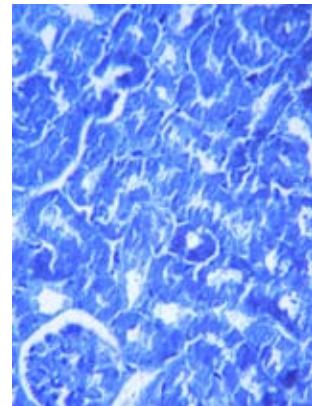


Figure 18: A photomicrograph of the kidney of control rats stained with bromophenol showing normal protein content in the uriniferous tubules as indicated by intense blue stainability. X, 400.

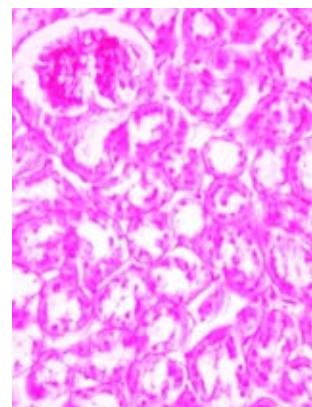


Figure 19: A photomicrograph of the kidney of control rats stained with Feulgen technique showing normal DNA content in the uriniferous tubules as indicated by strong magenta colour. X, 400.

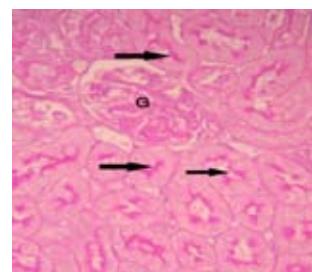


Figure 20: A photomicrograph of the kidney of control rats stained with PAS technique showing strong reaction in the glomeruli (G), brush borders (arrow) and basement membrane (arrow head). X, 400.

by Sharma and Iqbal [21] and Sharma et al. [22]. The hepatocytes appeared polyhedral or hexagonal in shape showing intensive reaction to bromophenol blue indicating high contents of total protein (Figure 6) as stated by Mazia et al. [23] and [24]. The hepatocytes also showed intense magenta colour when treated with Feulgen technique as shown in Figure 7 indicating high amount of DNA material in the nucleus and sometimes the cytoplasm as presented by Feulgen and Rossenbeck [25]. The normal hepatocytes exhibited strong PAS reaction indicating the normal and intense localization of mucopolysaccharides and/or glycogen (Figure 8) as interpreted by Rawat et al. [26].

The rats of the second group showed generalized dilatation and

congestion involving the hepatic arteries, lymph vessels, central veins and hepatic sinusoids. The hepatocytes appeared vacuolated ballooned and some of them showed degenerative changes while the nuclei appeared pyknotic and densely stained (Figure 9). The hepatocytes lost some of their total protein which was indicated by the moderate bluish stainability (Figure 10). Also, the DNA content of the hepatocytes especially in the nuclei became greatly decreased as indicated by the moderate magenta colour of Feulgen reaction (Figure 11). Moreover the general polysaccharides in the hepatocytes of this group became reduced to a moderate amount as observed in Figure 12.

In the third group, further degenerative changes in the liver became advanced and progressive resulting in fatty changes and accumulation of variable amount of fat in the hepatocytes while most of the nuclei appeared pyknotic and karyolytic. Also the hepatic sinusoids were

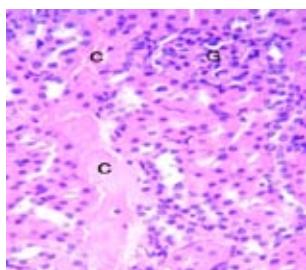


Figure 21: A photomicrograph of the kidney of rats feeding with 2.5% grilled fat stained with H&E showing degeneration of glomerular tuft (G) and brush borders of renal tubules with accumulation of hyaline cast (C) beside lymphocytic infiltration. X, 400.

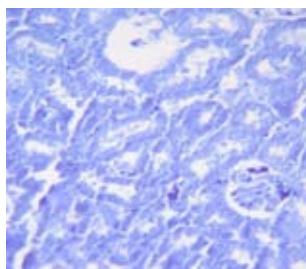


Figure 22: A photomicrograph of the kidney of rats feeding with 2.5% grilled fat stained with bromophenol showing moderate protein content in the uriniferous tubules as indicated by moderate blue stainability. X, 400.

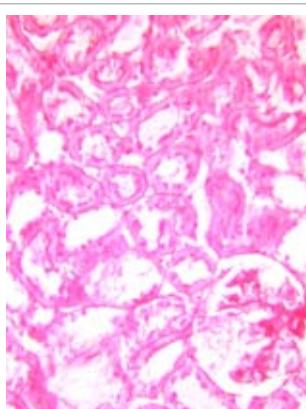


Figure 23: A photomicrograph of the kidney of rats feeding with 2.5% grilled fat stained with Feulgen technique showing moderate DNA content in the uriniferous tubules as indicated by moderate magenta colour. X, 400.

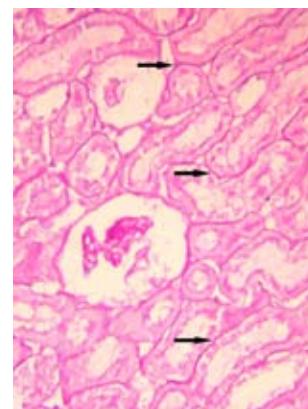


Figure 24: A photomicrograph of the kidney of rats feeding with 2.5% grilled fat stained with PAS technique showing strong reaction in the basement membrane (arrow) and absent in the brush borders. X, 400.

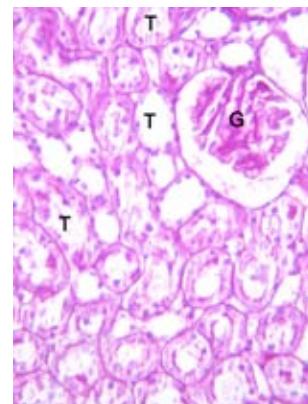


Figure 25: A photomicrograph of the kidney of rats feeding with 5% grilled fat stained with H&E showing degeneration and hyalinization of glomerular tuft (G) and marked degeneration of renal tubules (T). X, 400.

markedly degenerated and destroyed (Figure 13). The hepatocytes lost most of their total protein as indicated by faint blue stainability (Figure 14). Furthermore, a marked depletion and great reduction of both DNA material and general polysaccharides to their minimal amount was an expected result in this group (Figure 15 and 16). These results are in accordance with [27-30]. Moreover, the polycyclic hydrocarbons PAHs has a direct destructive and degenerative effect on the cellular constituents mainly the chromatin materials resulting in protein depletion, DNA damage and gene destruction [31-34].

The hepatocellular damage is augmented by the elevated liver function tests (GOT & GPT). Klatskin and Oconn [24] attributed the dilatation and congestion of hepatic vessels and sinusoids to the direct toxic effect of the toxins leading to hepatocellular damage. The authors also reported that lymphocytic infiltration was seen near the central veins. The marked decrease in total protein, DNA material and general polysaccharides is attributed to the hepatocellular damage.

The kidney: The kidney of the control rats showed the normal histological structure of the renal corpuscles and renal tubules. The renal corpuscle consisted of tuft of blood capillaries surrounded by the Bowmann's capsule. The latter has a parietal layer lined by squamous cells and a visceral layer lined by podocytes. The renal tubules included proximal convoluted tubules lined by large pyramidal cells with brush border, distal convoluted tubules lined by cuboidal cells, loop of Henle

and collecting tubules (Figure 17). Similar findings were recorded by [35,36]. All the cellular components of the renal cortex of normal rats showed the normal contents of the total protein, and DNA material (Figure 18 and 19) as explained by Mazia et al. [23] and Feulgen and Rossenbeck [25]. The general polysaccharides are concentrated in the glomerular tuft, brush borders and basement membranes of the renal tubule (Figure 20) as reported by Selim [36].

The kidney of the second group showed degeneration of the glomerular tuft with infiltration of lymphocytes. The renal tubules became vacuolated and lost their brush borders (Figure 21). The cells of both renal corpuscle and renal tubules lost a considerable amount of total protein and DNA material as indicated by the moderate reaction for both bromophenol blue and Feulgen technique (Figure 22 and 23). In this group the general polysaccharides became greatly decreased in the glomerular tuft and basement membranes while the degenerated brush borders showed negative reaction (Figure 24).

In the third group a progressive degeneration of the glomerular tuft and renal tubules took place (Figure 28). Also focal areas of hyalinization were a marked sign in the group together with loss of cellular architecture (Figure 25). Moreover, the affected cells lost the majority of their cytoplasmic protein as indicated by the faint blue colour (Figure 26). Also the DNA content was reduced to a minimum degree as explained by weak magenta colour (Figure 27). These results

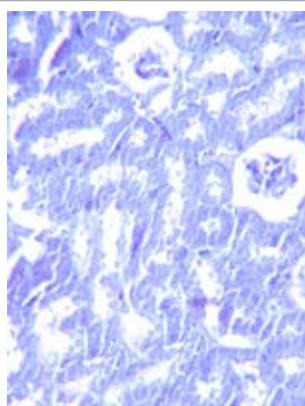


Figure 26: A photomicrograph of the kidney of rats feeding with 5% grilled fat stained with bromophenol showing a marked reduction of protein content in the uriniferous tubules as indicated by faint blue stainability. X, 400.

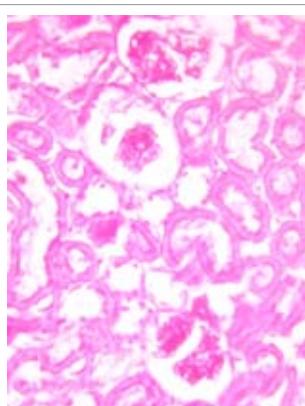


Figure 27: A photomicrograph of the kidney of rats feeding with 5% grilled fat stained with Feulgen technique showing minimal DNA content in the uriniferous tubules as indicated by faint magenta colour.X, 400.

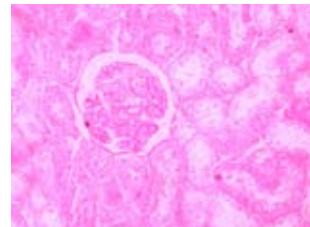


Figure 28: A photomicrograph of the kidney of rats feeding with 5% grilled fat stained with PAS technique showing strong reaction in the basement membrane and absent in the brush borders. X, 400.

are in accordance with [35,37,38]. The degenerative changes recorded in the kidney of the treated rats are augmented by the elevated kidney function tests as creatinine and urea. The loss of cellular protein may be due to disorganization of the rough endoplasmic reticulum that lacks the full complement of ribosomes [39,40]. Sasaki et al. [41] stated that the food additives as well as fatty diet induced DNA damage. The depletion of polysaccharide is attributed to the damage of the renal tissue and brush borders [24].

The degenerative changes observed in the present study would indicate the local action of the grilled fat on both liver and kidney as they considered the main sites of detoxification and excretion of toxic materials of administered substances [30-34].

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