Short Communication

Biochemical Composition of Koi (*Anabas testudineus*) Collected from Paddy Field of Mymensingh, Bangladesh

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(received February 12, 2013; revised June 19, 2013; accepted July 26, 2013)

**Abstract.** An experiment was undertaken to analyse proximate composition of Koi (*Anabas testudineus*), collected from a rice field from Mymensingh, Bangladesh. Fishes were grown as a second crop along with rice. Moisture, protein, lipid and ash percentage (%) were evaluated as 70.07±1.10, 16.97±0.82, 13.01±0.47, 0.95±12, respectively, in wet basis. When compared to previous reports, a lot of variation was observed in the case of lipid.

**Keywords:** proximate composition, *Anabas testudineus*, paddy field, lipid

The gross content of important chemical parameters (moisture, protein, lipid and ash) represents the proximate composition of fish. The fish body contains moisture (66-81%), protein (16-21%), fat (0.2-25%), mineral (1.2-1.5%) and carbohydrate (0-0.5%) in a wide range (Minar et al., 2012) but they may be influenced by food, space, temperature, salinity, physical activity etc., (Begum et al., 2012). Waterlogged paddy field can be used as habitat for small indigenous species (Ahmed et al., 2012). Dugan et al. (2006); Gurung and Wagle (2005) and Halwart and Gupta (2000), have studied different aspects of rice cum fish farming, its diversification, intensification, productivity, profitability and sustainability.

Studies regarding proximate composition of fish collected from local water are available (Mazumder et al., 2008; Naser et al., 2007), but reports of investigation on nutritional composition of freshwater species that are cultured in paddy field is still fragmentary. Therefore, in view of these facts, present study was designed to conduct the proximate composition of Koi (*Anabas testudineus*) collected from the paddy field of Mymensingh area, Bangladesh to find, whether it will be helpful to fulfill the nutrient demand of human.

Samples were collected from various paddy fields of Trishal, Mymensingh (Fig. 1) during August to November, 2012. The fishes were taken to the Fish Technology Research Section, Institute of Food Science and Technology, Bangladesh Council of Scientific and Industrial Research, Dhaka, for conducting experiment. Total 30 fishes were used in this study. The size was ranged from 5.3-7.3 inch and weight was ranged from 50-90 g. Moisture and ash contents of the fish were determined by AOAC method (1990). The crude protein was conducted by Micro- Kjeldhal method (Pearson, 1999).

![Study area](image-url)

**Fig. 1.** Study area.
Fat content was determined by Bligh and Dryer method (1959). The data were analysed by using SPSS 11.5 and Microsoft Office Excel 2007.

**Calculation of moisture:**
\[
\text{Moisture} (%) = \frac{\text{weight loss}}{\text{original weight of the sample taken}} \times 100
\]

**Calculation of protein:**
\[
\text{N}_2 (%) = (\text{titration reading} - \text{blank reading}) \times \text{strength of acid} \times 100/5 \times 100/\text{weight of the sample}.
\]

For most routine purpose the % of protein in the sample is the calculated by multiplying the % of N\(_2\) with an empirical factor 6.25 for the fish:
\[
\text{Protein} (%) = \% \text{of total N}_2 \times 6.25
\]

**Calculation of lipid:**
\[
\text{Fat} (%) = \frac{\text{weight of the residue}}{\text{weight of the sample taken}} \times 100
\]

**Calculation of ash:**
\[
\text{Ash} (%) = \frac{\text{weight of dry samples}}{\text{original weight of the sample taken}} \times 100
\]

The result of the estimated parameters are given in Table 1. Variation of moisture, protein, lipid and ash content in the experimental fishes are shown in Fig. 2.

**Moisture content.** Moisture (%) levels (Table 1 and Fig. 2) in the analysed samples were ranged from 69.09 to 71.90 are similar to the findings of Kamal et al. (2007). Nargis (2006) found that the moisture content of Koi was 79.11±0.65% in males and 78.99% in females throughout the year. The dissimilarity of result may be due to time period i.e., previous study was conducted throughout the year but present study was conducted only for a short period. Another reason might be the collection place as the fish samples were collected from the paddy field directly. Besides the percentage may also vary according to size, sex and season of the year (Minar et al., 2012).

**Protein content.** The estimated protein content (Table 1 and Fig. 2) was 16.97±0.82 (%), which is similar to the findings of CSRI (1962). It showed variation from the findings of Kamal et al. (2007) collected from Mouririver, Khulna. Nargis (2006) found that protein content was 10.24±0.79% for males and 11.07±0.31% for females. In both sexes the maximum values were obtained in January where the fish sample was collected from Rajshahi. This difference may be due to availability of different food found in the paddy field. Besides the value is close to the protein content (%) for G. chapra, C. soborna, A. punctata, C. psuedeutropius atherinoides, P. sarana, (16.78, 17.31, 18.17, 16.69, and 16.73 respectively) (Begum and Minar, 2012).

**Lipid content.** The percentage of lipid obtained (Table 1 and Fig. 2) from the study is 13.01±0.47 which was very much higher than the findings of Kamal et al. (2007), who found that the lipid contents of muscle of seven freshwater fishes from the River Mourir, Khulna, Bangladesh, was ranging between 3.45 and 7.90%. This result is very much different from present results. Besides, Hassan et al. (1999) reported the lipid contents

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Moisture</th>
<th>Protein</th>
<th>Lipid</th>
<th>Ash</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>69.09</td>
<td>17.18</td>
<td>13.05</td>
<td>0.72</td>
</tr>
<tr>
<td>2</td>
<td>71.90</td>
<td>16.85</td>
<td>12.75</td>
<td>1.09</td>
</tr>
<tr>
<td>3</td>
<td>68.09</td>
<td>18.85</td>
<td>13.39</td>
<td>0.90</td>
</tr>
<tr>
<td>4</td>
<td>70.45</td>
<td>17.46</td>
<td>12.80</td>
<td>0.97</td>
</tr>
<tr>
<td>5</td>
<td>69.90</td>
<td>16.25</td>
<td>13.13</td>
<td>1.09</td>
</tr>
<tr>
<td>6</td>
<td>71.00</td>
<td>16.20</td>
<td>12.90</td>
<td>0.98</td>
</tr>
<tr>
<td>7</td>
<td>69.46</td>
<td>17.30</td>
<td>13.65</td>
<td>0.80</td>
</tr>
<tr>
<td>8</td>
<td>70.07</td>
<td>17.05</td>
<td>12.01</td>
<td>1.03</td>
</tr>
<tr>
<td>9</td>
<td>71.11</td>
<td>16.23</td>
<td>13.57</td>
<td>0.94</td>
</tr>
<tr>
<td>10</td>
<td>69.65</td>
<td>16.35</td>
<td>12.89</td>
<td>1.02</td>
</tr>
</tbody>
</table>

Mean±SD 70.07±1.10 16.97±0.82 13.01±0.47 0.95±12

**Fig. 2.** Variation of moisture, protein, lipid and ash content in the experimental fishes.
of some selected muscle of SIS (Kachki, mola etc.) fishes from Mymensingh District, Bangladesh ranging between 1.87 and 9.55%. This is an indication that, the fishes have probably been exposed to intense feeding with minimum activities in the paddy field (Ahmed et al., 2012). Another reason might be due to the larger size of the *A. testudineus* (Nargis, 2006).

**Ash content.** Normally ash may be defined as the residue that lacks water and volatile constituents containing carbon dioxide, oxides of nitrogen. In the present study, ash level (Table 1 and Fig. 2) in analysed samples was 0.95±12, whereas, Nargis (2006) found that ash content was found to vary from 1.32 to 2.15% with an average of 1.72±0.07% for males and 1.45 to 2.21% for females (1.78 ± 0.06%) *A. testudineus*. But Chowdhury (1981) found the values of ash very high, it may be due to habitat, season, sex and size. The main cause of change is due to amount and quality of food it eats along with its movement (Minar et al., 2012).

Result obtained from the present study may be useful in developing a nutritious, cost effective production of Koi fish alongwith the rice.

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