

# ACTA SCIENTIFIC MICROBIOLOGY (ISSN: 2581-3226)

Volume 7 Issue 2 February 2024

Research Article

# Hematological Response of Clarias batrachus to Sodium Fluoride Induced Toxicity

# Saya Tyagi¹, Nandini Rastogi¹, Varsha Gupta¹, Imtiyaz Qayoom²\* and Rashmi Tripathi¹\*

<sup>1</sup>Department of Biosciences and Biotechnology, Banasthali Vidyapith, Banasthali, Rajasthan, India

<sup>2</sup>Division of Aquatic Environmental Management, Faculty of Fisheries, SKUAST-K, India

\*Corresponding Author: Rashmi Tripathi, Assistant Professor, Department of Bioscience and Biotechnology, Banasthali Vidyapith, Banasthali and Imtiyaz Qayoom, Assistant Professor, Division of Aquatic Environmental Management, Faculty of Fisheries, SKUAST-K, India.

DOI: 10.31080/ASMI.2024.07.1347

Received: December 21, 2023 Published: January 24, 2024

© All rights are reserved by **Imtiyaz Qayoom** and **Rashmi Tripathi** *et al,* 

#### **Abstract**

This study aimed to assess Sodium fluoride's toxic effects on the hematological parameters of *Clarias batrachus*. Sodium fluoride is a major pollutant in aquatic environment and exposure to sodium fluoride in the environment can lead to bioaccumulation in fish. In most aquatic habitats, fish are at the top of the food chain and are most vulnerable to the toxic effects of high levels of sodium fluoride. Juvenile *C. batrachus* (length  $13.4 \pm 1.3$  cm, and weight  $24.3 \pm 3.5$  g) were exposed to sodium fluoride at different concentrations (34.975 mg/l and 87.43 mg/L)for ten days. The hematological parameters were examined, including RBC, WBC count, PCV, clotting time, hemoglobin%, MCV, MCH, and MCHC. The parameters such as RBCs, Hb%, PCV, MCV, MCH and MCHC PCV substantially decreased whereas, WBC count was found to be increased in experimental groups. The derived hematological indices of mean corpuscular volume, mean corpuscular hemoglobin and mean corpuscular hemoglobin concentration were equally altered compared to control. The results of this study demonstrate that exposure to Sodium fluoride is toxic to *C. batrachus* and induces alterations in the hematological parameters.

Keywords: Clarias batrachus; Hematology; Sodium Fluoride; Toxicity; Low and High Dose

# Introduction

Fluoride is an utmost element that is present in nature. Still, elementally fluorine does not occur naturally because it is a reactive nonmetal and an electronegative element, so it always integrates, excluding oxygen and noble gases; fluorine exists in the fluoride compounds which make up of minerals of rock and soils. Fluorides make up 0.032% of the earth's crust and are the thirteenth topmost element [1] that is present in nature. Naturally, fluoride is present in water and air, but other sources of fluorideare food. Fluoride is present in low concentrations in meat, fruit, and vegetables, but a high concentration of fluoride is present in tea; the industries also produce aquatic animals as a source of food compounds of fluoride. Fluoride is present in variable concentrations in the water bodies depending on the geographical contribution [2,3].

Water is the primary source of life on the earth, but water faces the threat of contaminants; some are naturally present in nature and some are released by industries. Living beings depend on the environment or ecosystem for their well-being, growth, and development; if the climate changes or faces some threat, it also affects the life of an organism, as water is the main component on the earth. The freshwater contaminated by the toxicants becomes a significant concern, as it affects aquaculture, the primary source of protein. Fluoride exceeding the required level leads to harmful effects and influences the community's health and the aquatic environment. In India fish is the primary food source in West Bengal, Andhra Pradesh, Bihar, and many other states. Fishes are sensitive to climatic change, pH, temperature, and toxicity. *Clarias batrachus* is an Indian walking catfish. It is a freshwater fish, known for its elegance as magur mas in Assam. It is one of the vital fish which

is used as a food source, but it is facing a threat due to the contaminant present in the water, sodium fluoride produced severe health problem in *Clarias batrachus*. The behavioral parameter is important to understand the behavior of the fishes, depending on environmental changes. The toxicant changes the behavior of the fishes, due to the stress and dramatically affects swimming habits, operculum movement, mucus secretion, body position, food sensitivity, and the coloration of the body. There are many other changes, fluoride also works as an inhibitor. It creates problems in the fish's immune system [4,5].

Fluoride work as a contaminant in the fish and affects the development of the fish such as physical changes, length, mass, and size [6]. Two bioindicators of fluoride toxicity exist lipids and proteins in body tissues. They decrease due to higher concentrations of fluoride, resulting in the reduction of fish growth, and thus the weight of the fish falls [7]. Fluoride toxicity affects the chromatophores of the fish that specifies the color of the skin and eyes. The induction of NaF chromatophores dimension, configuration, and dispersal changes. The toxicity of fluoride affects the reproductive system of the fish. Fluoride toxicity affects the serum and tissue biochemistry, and enzyme and some biomolecules of the fish [8]. Due to the high concentration of fluoride, genotoxicity, cytotoxicity and mutagenicity was observed it even hinders cell proliferation and causes cell death [9]. The toxic effect of sodium fluoride severely impacts the hematological parameter of Clarias batrachus. Therefore, it is precious in the assessment of the physiological condition of the fish. Furthermore, hematological responses are essential indicators of changes in the internal as well as external environment of animals [10].

Hematological parameters recall the variation of an organism accurately. Therefore, the central role of the hematological parameter is to identify any change due to environmental factors, chemicals, toxicant, or anything that affect living beings. Moreover, they can remember the slightest difference in an organism because of the changes in hematological parameters due to temperature and climatic change. Fishes are poikilothermic aquatic animals that detect bacteria, parasitic activity, water, toxicity, oxygen rate, and pH. Therefore, immunological and hematological usefulness is the leading standard for fish well-being. Thus, the study of toxicity on hematological parameters will help detect the quality of the ecosystem and thus will help in improving the health status of fish, leading to increased aquaculture production.

# Materials and Methods Experimental animal Collection of experimental animals

Healthy living specimens of freshwater catfish, *Clarias batrachus* (Length:  $13.6 \pm 0.78$  cm; Weight:  $20 \pm 2$  gms), were brought to the laboratory. The samples of the fish *were* collected from Dey Fisheries, Singhati, Ram Sagar, Bankura, West Bengal. They were brought to Banasthali Vidyapith in well-aerated plastic containers.

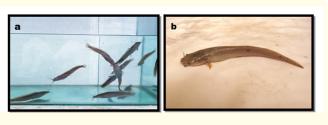


Figure 1: Clarias batrachus.

# **Maintenance of animal**

The fish were disinfected with 0.2%  $\rm KMNO_4$  to avoid bacterial and fungal infection. Then acclimatized for 15days in an aquarium filled with tap water, set up of aerator for proper aeration, for feeding the fish were given fish food Tokyo (5% body weight). After acclimation, healthy and active fish were selected for experimental purposes in different tubs, and water was changed every alternate day.

#### **Experimental setup**

For the acute study, well-aerated plastic tanks were divided into three groups, each having six fish. The water in all the groups was treated with NaF ( $LC_{50}$  349.75 mg/L) and changed every second day. The experimental setup was divided into three groups control, low dose and high dose (Table 1). The following treatment was given to different groups.

# Physicochemical properties of water

Physico-chemical properties of an aquatic ecosystem play a significant role in its production process and, in turn, in the growth of organisms. The physicochemical properties of water were determined by the method of APHA., *et al.* [11], pH, temperature, dissolved oxygen, hardness, and carbon dioxide.

Groups	Acute (10 days)	
GROUP I:	Control	
GROUP II:	Low dose (34.975 mg/L)	
GROUP III:	High dose (87.43 mg/L)	

Table 1: Experimental set up.

#### pH

In the present investigations, the pH values of the water samples were measured using a digital pH meter.

#### **Temperature**

The thermometer was used to measure the temperature of the sample water.

# Dissolved oxygen

Dissolved oxygen in the experiment was measured according to Wrinkler's method. The sample was filled in the BOD bottle to avoid bubbling. Take 1ml of manganous sulfate solution and alkaline potassium iodine solution added at the bottom of the bottle; if a white precipitate is formed, oxygen is low and high; if a brown precipitate is formed. The part of the sample was taken (50 -100 ml) in a conical flask and titrated against 0.025N sodium thiosulphate. Until the solution turns light yellow, add 1ml starch solution in it, and the solution becomes blue. Continue the titration till the solution turns colorless. The quantity of the thiosulphate solution used was calculated.

Dissolved oxygen (mg/l) =  $(8 \times 1000 \times N) \times V2$ 

Where, N = Normality of the titrant (0.025 N); V1 = volume of sample (ml); V2 = importance of titrant used (ml); (1 ml of sodium thiosulphate solution is equivalent to 0.2 mg oxygen).

#### **Hardness**

Take 50 ml of sample in a flask, 1 ml ammonium buffer sample was added, 1 ml of sodium disulfide was added, and 2-3 drops Erichrome black T mediator was added, the solution turns wine red, titrate the contents against EDTA solution at the endpoint till the color changes from wine red to blue.

Hardness (in mg/L) =  $(V \times N \times 50 \times 1000)$ 

SV (Where, V = volume of titrant (mL); SV = sample volume (mL).

#### Carbon dioxide

50 ml of water sample was taken in a conical flask and 2-3 drops of phenolphthalein was added . The sample remains colorless which indicates the presence of free  $\rm CO_2$  in water.The sample was titrated with standard alkaline solution (NaOH or  $\rm Na_2$   $\rm CO_3$  0.05N) untill pink colour persists for 30 seconds.The reading was noted and free  $\rm CO_2$  was calculated by using the below formula;:

Free carbon dioxide (mg/L) =  $\underline{ml}$  of  $\underline{titrant}$  used  $\underline{\times}$  N of NAOH  $\underline{\times}$ 1000 $\underline{\times}$ 4 ml of sample

#### **Alkalinity**

Alkalinity was checked by taking 50 ml of water sample in a conical flask. Add 2-3 drops of phenolphthalein indicator and titrate the sample against the (0.02N) hydrochloric acid. First endpoint at pH 8.3 (bicarbonate alkalinity), then for the second point for carbonate alkalinity, add 2-3 drops of methyl orange indicator.

Total Alkalinity (mg/l) =  $\underline{t \text{ (total volume of 0.02NHCL)}} \times 1000$ ml of sample

# Behavioral study

Observations were made regarding the behavioral changes of fishes with respect to unanimous body conditions and activities like hyperactivity, swimming pattern, responsiveness, food grasping, change in body coloration, and surfacing movements were keenly observed in experimental animals compared with control ones.

# Heart beat rate and oxygen saturation

The heartbeat rate and oxygen saturation were recorded using Pulse Oximeter CMS50D. The area is cleaned, making sure it fits easily without being too loose or too tight. Allow several seconds for the pulse oximeter to detect the pulse and calculate the oxygen saturation. Look for the displayed pulse indicator that shows that the machine has seen a pulse. Without a pulse signal, any readings are meaningless. Once the unit has detected a good beating, the oxygen saturation and pulse rate will be displayed.

# Study of hematological parameter

Hematological parameters are essential in determining the health and physiological status of fish. They reflect the changes in the role organism correctly and play important role in the detection of diseases and the metabolism of fish living in different ecological environments.

#### Collection of blood

The blood was collected from the caudal vessels of the fish with the help of a 1 ml sterile hypodermic syringe in sterilized vials coated with EDTA. The sample was used either fresh or stored immediately at  $4^{\circ}\text{C}$  until used.

# Analysis of blood

# Estimation of the number of RBC (red blood cells)

The blood was taken into the RBC pipette upto 0.5 points, and then the diluting fluid (Hayem's fluid) was drawn upto 101 (thus, the dilution is 1:200). The pipette was held horizontally and rotated between finger and thumb with both hands to allow the blood to mix with the diluting solution. The clear fluid in the capillary section of the pipette was not mixed with blood, it was discarded. Neubauer's counting chamber was used to count the RBCs. The counting chamber was then covered with a clean cover slip, and the mixture was quickly lowered to the edge of the coverslip. Capillary action causes diluted blood to flow freely across the counting chamber. After allowing the corpuscles to settle, they were counted using a compound microscope with a 40X objective, the ruled measuring area was focused underneath the microscope, and the numbers of RBCs were recorded in small squares and the number of RBC's/mm3 was computed accordingly.

#### **Calculation:**

$$RBC's count = \frac{No. of cells \times dilution factor \times depth factor}{areas counted}$$

# Estimation of the number of WBC in blood

WBCs were also counted using the Neubauer counting chamber. Similarly, as mentioned above, the blood was drawn in the WBC pipette up to the 0.5 mark. Immediately after, the diluting fluid (Turk's fluid) was drawn up to the mark11 (thus, the dilution is 1:20). By gently shaking the solution, it was entirely mixed. Again, a drop of fluid was allowed to run beneath the cover slip while maintaining the pipette at an angle of 40 degrees. The ruled area was then focused beneath the microscope, the numbers of WBCs per square millimeter was counted and calculated as per the following formula.

## **Calculation:**

$$WBC\ count = \frac{No.\ of\ cells\ \times\ dilution\ factor \times depth\ factor}{areas\ counted}$$

# **Clotting time**

Clotting time is the time required for a blood sample of an organism to coagulate under standard conditions. Drop blood on the glass slide and fill the capillary with blood. Break capillary after every 3-5 seconds till blood clots and note the clotting time carefully.

# Hemoglobin %

The hemoglobin was estimated by the acid haematin method. N/10 Hydrochloric acid was taken up to 2 marks in the graduated tube. Blood was sucked into the hemoglobin pipette and then transferred into the graduated tube. It was allowed to remain in the dark for 10 to 20 mins. Distilled water was added drop by drop, until the blood color matched with the standard color. Then the results were read from the scale on the graduated tube and expressed in gram %.

# **Estimation of Packed cell volume (PCV)**

The PCV was estimated through PCV tube. Blood samples were container containing an anticoagulant. Blood was taken up to mark 100 in the PCV tube and then centrifuged for 30 min at 3000 rpm. The packed cell volume can be read directly as a percentage.

# **Estimation of Main corpuscle volume (MCV)**

MCV represents the average volume of red blood cells. The MCV is calculated by dividing the Packed Cell Volume by the number of red cells counted and multiplying the result by ten. As a result, MCV is written as cubic micro.

#### **Calculation**

$$MCV = \frac{Haematocrit\%}{RBC \text{ in millions/mm}^3}$$

#### Estimation of Mean corpuscular hemoglobin (MCH)

MCH denotes the mean mass of Hb found in each cell. The size of the cell and the concentration of Hb have an effect on MCH. MCH is obtained by dividing the Hb concentration by the number of red blood cells, multiplying the result by ten, and expressing the result in micrograms (g).

# **Calculation:**

$$MCH = \frac{\text{Hemoglobin (g/100 ml)}}{\text{RBC in millions/mm}^3} \times 10$$

# Estimation of Mean corpuscular hemoglobin concentration (MCHC)

The mean concentrations of Hb in red cells are referred to as MCHC. In contrast to MCH, MCHC is unaffected by cell size. To calculate MCHC, divide Hb by packed cell volume reported in gram percent (g %).

# **Calculation**

$$MCHC = \frac{\text{Hemoglobin (g/100ml)}}{\text{Hapmatocrit}} \times 100$$

#### Statistical analysis

The observed values as means  $\pm$  SE were statistically analyzed with one-way ANOVA using the Graph Pad Prism.

#### **Result and Discussion**

# Physio-chemical analysis of water

In aquatic habitats, the intake of fluoride is affected by physiochemical parameters like temperature, pH, total hardness, dissolved oxygen, and alkalinity. The physio-chemical parameters of the water for the experiment were analyzed. The Physicochemical properties of the water used during the experimentation were monitored and are given in Table 2 (25 ± 3 °C). All the parameters were in the optimum range. High pH levels harm fish by denaturing cellular membranes, and variation in pH alters the chemical constituents of water, leading to stress. The pH value is found to be excellent and suitable for the existence of aquatic animals, as higher pH leads to the loss of nutrients. Water temperature is one of the most essential characteristics of an underwater system, affecting different parameters such as dissolved oxygen levels. The solubility of oxygen decreases as water temperature increases. However, warm water does not contain much excess oxygen, which fish need. When it gets too warm, and oxygen levels drop, fish become sluggish and inactive. A higher dissolved oxygen level indicates better water quality. The water used for experimentation has a value of 16.93 ± 2.57 mg/L and is suitable for supporting life as it is the primary requirement for respiration. An appropriate amount of dissolved oxygen is vital for aquatic life [12]. Freshwater has a hardness in the range of 15 - 375 ppm. The hardness measured was found to be 96.66 ± 5.77 mg/L, within the optimum range. The optimum range leads to better development and growth of fish, and lower value can lead to stress in fish, as reported by Kumawat., et al. [13]. The free carbon dioxide in the water was negligible; as the carbon dioxide increases, the oxygen level falls, and stressful conditions arise for survival. The alkalinity indicates the buffering potential of the water, that is, its ability to resist acidic changes. The value calculated was 333.33mg/l which will resist changes in pH and thus maintain the quality of water [13].

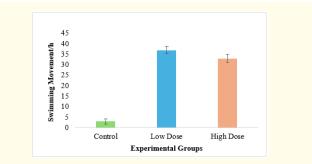
Parameter	Result
Temperature	25 ± 3 °C
рН	7.5 ± 0.1
Total Hardness	98.66 ± 5.77 mg/L
Dissolved oxygen	19.87 ± 2.57 mg/L
Alkalinity	423.90 mg/l

Table 2: Physicochemical properties of water.

# Behavioural changes in C. batrachus

The various behavioral aspects were taken into consideration (Table 3; Figure 2,4,5 and 6) after exposure to high and low doses of sodium fluoride. Fishes are sensitive to their surrounding their behavior changes on exposure to the toxicant.

The exposed fish were found to be more active as compared to the control that mainly remained confined to the bottom of the plastic tub. The sensitive fish were found in the vertical position in the water column, and swimming movement became erratic; aggressiveness highly increased as compared to a horizontal position, and the quiet nature of control fish mainly remained inactive at the bottom (Figure 3). The increase in swimming behavior affects the fish appetite; food intake was very rapid in the group exposed to sodium fluoride toxicity as compared to the control group reported authors [5,14].



**Figure 2:** Changes in the swimming movements of *C. batrachus* exposed to different doses of sodium fluoride.

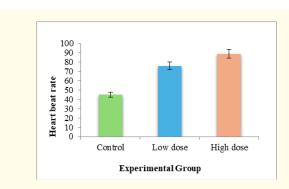
Groups	Rate of operculum opening (beats/min)	Surface activity (per 30 min)	Heartbeat	Oxygen saturation (mm/Hg)
Control	38 ± 2.1	3 ± 1.19	45 ± 2.48	96 ± 5.31
Low Dose	52 ± 1.99*	37 ± 1.76*	76 ± 4.20*	75 ± 4.14*
High Dose	54 ± 1.78*	33 ± 2.01*	89 ± 4.92*	71 ± 3.93*
ANOVA at 1%	F value: 118.6 ®	F value: 578.4®	F value: 191.2®	F value: 53.41®

Table 3: Behavioural Changes in C. batrachus after exposure to various concentrations of Sodium Fluoride.

Values are represented as Mean ± SEM (n=6) in each group. Statistical analysis performed using one way ANOVA (P < 0.001).

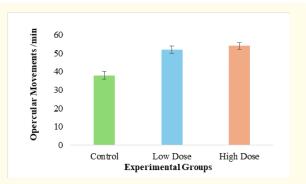


**Figure 3:** Behavioral activities in *C. batrachus* exposed to different doses of sodium fluoride: a) Control: Calm nature confined to the bottom of tub b) Exposed: showing increased activity c) Vertical position in the water column of the exposed fish.

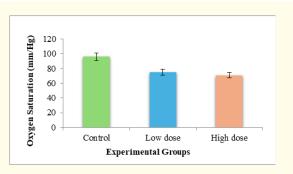


**Figure 4:** Heartbeat rate of *C. batrachus* exposed to different doses of sodium fluoride.

The heartbeat is related to swimming activity, and as the swimming activity increases in the exposed fish, the heartbeat rate also increases, as reported by Sabullah., *et al.* [14]. The decrease in the oxygen saturation in the fish exposed to sodium fluoride may be due to the reduction of RBCs and hemoglobin percentage, and this results in rapid opercular movement to compensate for the deficiency of oxygen reported by authors [15,16].



**Figure 5:** Opercular movement of C. batrachus exposed to different doses of sodium fluoride.



**Figure 6:** Oxygen saturation level in C. batrachus exposed to different doses of sodium fluoride.

#### Hematological parameters

Several hematological changes were noticed during the experimental period (Table 4; Figure 7A-H). On exposure to different concentrations (low and high dose) for different time periods (10 days), significant decreases in RBC count, Hb%, PCV, MCV, MCH, and MCHC were noted, indicating anemia. On the other hand, there was an increase in the number of WBC, clotting time (Figure 7A-H).

Parameter	Control	Low dose	High dose	F value
RBC's count (10 <sup>6</sup> /μl)	1.95 ± 0.507	0.76 ± 0.086*	0.63 ± 0.015*	35.99®
WBC's Count (10³/μl)	1.4 ± 0.08	1.76 ± 0.09*	2 ± 0.08*	78.55®
Clotting time	20 ± 0.12	31 ± 0.22*	36 ± 0.24*	10017®
Hemoglobin%	8.00 ± 0.2	7.06 ± 0.305*	6 ± 0.61*	35.68®
PCV%	32.452 ± 1.70	31.94 ± 1.29*	28.46 ± 1*.03	15.12®
MCV (fL)	100 ± 1.34	88 ± 2.12*	74 ± 1.99*	297.4®
MCH (pg)	41 ± 2.98	35 ± 1.65*	28 ± 3.98*	27.77®
МСНС	24.65 ± 0.67	22.1 ± 0.75*	21.08 ± 0.89*	33.75®

**Table 4:** Effect of different doses of sodium fluoride on the hematological parameters in *C. batrachus*.

Values are represented as Mean  $\pm$  SEM (n = 6) in each group. Statistical analysis performed using one way ANOVA (P < 0.001).

#### **Estimation of RBCs**

Compared to control group the RBC counts significantly declined in experimental groups in 10 days of fluoride exposure. The RBC count after 10 days of experiment was  $1.95 \pm 0.507$  in control which on exposure of fluoride was decreased to  $0.76 \pm 0.086$  and  $0.63 \pm 0.015$  in low and high doses respectively. The decrease in RBC counts following exposure to sodium fluoride may be caused by the toxin's stimulation of the lipid peroxidative system, which produces lipid peroxides that haemolyze RBCs.

# **Determination of WBCs**

After 10 days of fluoride exposure, the WBC counts showed higher in experimental groups than in the control group. The WBC counts after 10 days of the experiment were  $7.41 \pm 1.16$  in Control, and increased to  $12.70 \pm 1.28$  and  $16.56 \pm 1.47$  in low and high doses after fluoride exposure (NaF per se). This increase in leukocytes indicates that fluoride, a foreign agent, may cause an immunological response through lymphocytes, which are more susceptible to fluoride and act as evidenced by their rapid increase in number. Increased WBC count indicates an active response to the toxicant NaF in the water.

#### **Clotting time**

Clotting time was increasingly reported in experimental groups than control. It ranged from  $20 \pm 0.12$  sec (control) to  $31 \pm 0.22$  sec and  $36 \pm 0.24$ \* sec in experimental groups (Low and high doses). The increased clotting time might be related to the fact that NaF is an anticoagulant as well as a chelator of calcium ions from the blood, which is required for blood clotting [17,18].

# **Estimation of hemoglobin**

Hemoglobin percentage decreases due to the reduction of the RBC count because RBC cell ruptures. This led to a reduction in the number of alive cells, this in result also decreased the  $\rm O_2$  carrying capacity. This is also the reason to the surface of the water more as compared to the control group. The hemoglobin percentage of sodium fluoride-treated fish significantly decreases at higher doses, from 8.00 %  $\pm$  0.2 to 7.06  $\pm$  0.305 and 6  $\pm$  0.61% at a lower and higher dose as compared to the control (Table 3). The decrease in hemoglobin leads to anemic conditions due to the destruction of erythrocytes, and the suppression of erythropoiesis was reported by Kumar, *et al.* [19]. The decline in packed cell volume is also a result of a reduction in the RBC count and Hb content. Similar results were reported by Saxena *et al.* [20].

#### **Determination of PCV**

As compared to control group the PCV were significantly decreased in experimental group in 10 days of fluoride exposure. The PCV after 10 days of experiment was  $32.452 \pm 1.70$  in control, which on exposure of fluoride was decreased to  $31.94 \pm 1.29$  and  $28.46 \pm 1.03$  in low and high dose respectively. This can happen as a result of fewer erythrocytes, fewer haemoglobin molecules per erythrocyte, both, or none. Packed cell volume measurements are crucial for assessing the impact of stress on an animal's health and serve as a gauge of the blood's ability to deliver oxygen [17].

## **Determination of MCV**

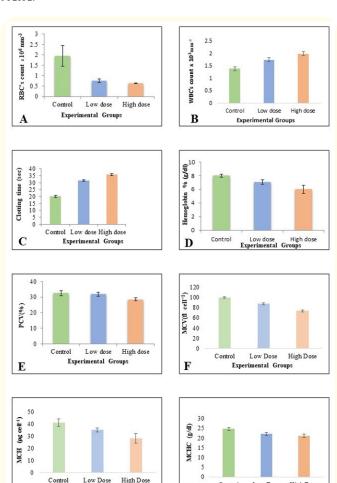
As compared to control group the MCV were significantly decreased in experimental group in 10 days of fluoride exposure. The MCV after 10 days of experiment was  $100 \pm 1.34$  in control which on exposure of fluoride was decreased to  $88 \pm 2.12$  and  $74 \pm 1.99$  in experimental groups. Depending on the average red cell size, MCV is either increased or lowered; a low MCV implies microcytic (small average RBC size) was reported by Dai *et al.* [21].

#### **Determination of MCH**

After 10 days of fluoride exposure, the MCH was found lower in the experimental group compared to the control group. After 10 days of the experiment, the MCH in control was $41 \pm 2.98$ ; however, after exposure to fluoride, it dropped to  $35 \pm 1.65$  and  $28 \pm 3.98$  in low and high doses respectively. MCH was most suitable as an indicator of iron deficiency anemia [22].

#### **Estimation of MCHC**

After 10 days of fluoride exposure, the experimental group's MCHC decreased compared to the control group. After 10 days of the experiment, the MCHC in control was  $24.65 \pm 0.67$ ; however, after exposure to fluoride, the MCHC low dose group was  $22.1 \pm 0.75$  and in high dose it was found to be  $21.08 \pm 0.89$ . The average amount of haemoglobin found inside a single red blood cell is calculated as the mean corpuscular haemoglobin concentration (MCHC) [23]. A sensitive indicator of a lower Hb level is a low MCHC.



**Figure 7:** Hematological parameters (A-H) in *C. batrachus* after acute exposure (10 days) in different experimental groups.

H

#### Conclusion

Significant effects on haematological parameters were observed when subjects were exposed to fluoride toxicity during the current study. Blood is a sensitive indicator of the health of almost all body systems. In a variety of fish species hematology is a measure of fish health status to identify physiological changes caused by various stressors such as pollution, illness, hypoxia, and so on. The findings of this study are also consistent with previous research on fluoride toxicity on blood parameters in other fish species. The study findings also revealed a significant decrease in RBC, Hb%, PCV, MCV, MCH, and MCHC counts and significant increment in heart beat rate, oscillatory movement WBC clotting time in the experimental groups when compared to controls.

# **Funding**

This research received no external funding.

# **Acknowledgments**

The authors would like to take this opportunity to express our gratitude to the Hon'ble V.C. Prof. Ina Aditya Shastri Banasthali Vidyapith, Banasthali, Rajasthan for providing us the research facilities, encouragement, and support. The author's take this opportunity to thank Prof. Dipjyoti Chakraborty Head, Department of Bioscience and Biotechnology, and Dean of Research and Development, Banasthali Vidyapith, Banasthali, for establishing the environment and support. The authors would like to acknowledge Bioinformatics Centre, Banasthali Vidyapith supported by DBT for providing computation support. Authors would also like to acknowledge DST for providing networking support through the FIST program at the Department of Bioscience and Biotechnology.

## **Conflicts of Interest**

The authors declare no conflict of interest.

# **Bibliography**

- Peckham Stephen and Niyi Awofeso. "Water fluoridation: a critical review of the physiological effects of ingested fluoride as a public health intervention". The Scientific World Journal 2014 (2014).
- Brindha Karthikeyan., et al. "Fluoride in weathered rock aquifers of southern India: managed aquifer recharge for mitigation". Environmental Science and Pollution Research 23 (2016): 8302-8316.

ol Low Dose H Experimental Group

- 3. Mukherjee Indrani and Umesh Kumar Singh. "Groundwater fluoride contamination, probable release, and containment mechanisms: a review on Indian context". *Environmental Geochemistry and Health* 40.6 (2018): 2259-2301.
- Narwaria Y S and D N Saksena. "Acute toxicity bioassay and behavioural responses induced by sodium fluoride in freshwater fish Puntius sophore (bloch)". Fluoride 45.1 (2012): 7-12.
- 5. Neuhold John M and William F Sigler. "Effects of sodium fluoride on carp and rainbow trout". *Transactions of the American Fisheries Society* 89.4 (1960): 358-370.
- 6. Bajpai S and M Tripathi. "Retardation of growth after fluoride exposure in catfish, Heteropneustis fossilis (Bloch)". *Bioresources for Rural Livelihood* 1 (2010): 167-173.
- 7. Tripathi, P., and N. Sultana. "Fluoride Content in Ground Water of Some Rural Communities of Dist. Unnao (UP)". *Ecology Environment and Conservation* 12.2 (2006): 279.
- 8. Dey Sananda and Biplab Giri. "Fluoride fact on human health and health problems: a review". *Medical and Clinical Reviews* 2.1 (2016).
- 9. Jha Awadhesh N. "Genotoxicological studies in aquatic organisms: an overview". *Mutation Research/Fundamental and Molecular Mechanisms of Mutagenesis* 552.1-2 (2004): 1-17.
- 10. Alyakrinskyaya I O and S N Dolgova. "Hematological features of young sturgeons". *Vopr Ikhtiol* 4 (1984): 135-139.
- 11. APHA, AWWA, WPCF. Standard methods for the examination of water and wastewater, 19<sup>th</sup> edn. (1995).
- 12. Banerjea S M. "Water quality and soil condition of fish ponds in some states of India in relation to fish production". *Indian Journal of Fisheries* 14.1,2 (1967): 115-144.
- 13. Kumawat Naresh Kumar, *et al*. "Ligand engineering to improve the luminance efficiency of CsPbBr3 nanocrystal based light-e.mitting diodes". *The Journal of Physical Chemistry C* 122.25 (2018): 13767-13773.
- 14. Sabullah M K., *et al.* "Heavy metal biomarker: Fish behavior, cellular alteration, enzymatic reaction and proteomics approaches". *International Food Research Journal* (2015).
- 15. Chatterjee S and S Ganguli. "Effect of mahua oil cake on the blood of the fish Clarias batrachus". *Environment and Ecology. Kalyani* 11.4 (1993): 888-891.

- Sampath K., et al. "Effects of copper and zinc on blood parameters and prediction of their recovery in Oreochromis mossambicus (Pisces: Cichilidae)". *Indian Journal of Fisheries* 45.2 (1998): 129-139.
- 17. Abbas Maryam., *et al.* "Haematological evaluation of sodium fluoride toxicity in oryctolagus cunniculus". *Toxicology Reports* 4 (2017): 450-454.
- 18. Guru Sunil Kumar and Rajesh Behera. "Changes in some haematological parameters induced on exposure to a sub-lethal dose of fluoride (NaF) in the freshwater fish, Channa punctatus (BLOCH)".
- 19. Kumar Anand., *et al.* "Fluoride-induced biochemical changes in fresh water catfish (Clarias batrachus, Linn.)". *Fluoride* 40.1 (2007): 37-41.
- 20. Saxena R., *et al.* "Fluoride induced haematological alterations in the freshwater fish Channa punctatus". *Journal of Ecophysiology and Occupational Health* 1.1 (2001): 139-146.
- 21. Dai Lu., *et al.* "Prognostic value of preoperative red cell distribution width: fine-tuning by mean corpuscular volume". *The Annals of Thoracic Surgery* 108.6 (2019): 1830-1838.
- 22. Gattermann, Norbert, *et al.* "The evaluation of iron deficiency and iron overload". *Deutsches Ärzteblatt International* 118.49 (2021): 847.
- 23. Gligoroska Jasmina Pluncevic., *et al.* "Red blood cell variables in children and adolescents regarding the age and sex". *Iranian Journal of Public Health* 48.4 (2019): 704.