

# **Estimation of Alanine Transaminase (ALT), Alkaline Phosphate (ALP) and Aspartate (AST) irrespective of Dietary Supplementation, Body Mass Index and Nature of Exercise**

## **Abstract**

**Purpose:** Regular exercise is thought a rudimentary tool for promoting the overall health. Various components of body systems get strengthen their functions due to exercise adaptation. Liver is a most important organ performing a variety of function such as digestion, sugar and fat metabolism, and the body's immune defense etc. This research study was conducted for the assessment of liver enzymes i.e. Alanine Transaminase (ALT), Alkaline Phosphate (ALP) and Aspartate (AST) irrespective of dietary supplementation, body mass index and nature of exercise.

**Methods:** Sixty (60) subjects aging 20 to 30 years, (Twenty (20) from low intensity exercise (EXG-II), Twenty (20) from high intensity exercise (EXG-III) and Twenty (20) subjects as control group (CG-III) were included in the study by using International Physical Activity Scale (IPAQ). Ethical approval was taken from Gomal University Ethical & Research Board and similarly written informed consent was also obtained from the subjects. 5ml blood samples were collected from the subjects for the determination of liver functions and blood redox status. Each blood sample was marked with separate identification mark. After collection of blood samples, three particular liver enzymes tests i.e. ALT, ALP and AST were performed. The results of samples test were proceed through Statistical Package for Social Science (SPSS) Version 23.

**Results:** The P Value of low intensity exercise group (EXG-II) in term of ALT was less than intensity exercise group ( EXG-III) ( $p >.05$ ), The P Value of low intensity exercise group (EXG-II) in term of ALP was less than intensity exercise group ( EXG-III) ( $p >.05$ ) The P Value of low intensity exercise group (EXG-II) in term of AST was less than intensity exercise group ( EXG-III) ( $p >.05$ ).

**Conclusion:** on the basis of findings, it was concluded that low intensity exercise with dietary supplementation positively affect the functions of liver i.e. Alanine Transaminase (ALT), Alkaline Phosphate (ALP) and Aspartate (AST) as compared to high intensity exercise. Similarly high intensity exercise with dietary supplementation also positively influence as compared to performers of high intensity exercise without dietary supplementation

**Key Words:** Low Intensity Exercise, High Intensity Exercise, ALT, ALP, AST, BMI, Dietary Supplementation

## 1. Study Background

Earlier epidemiological studies have confirmed that exercise has numerous health benefits. In addition many health problems also associated with exercise particularly the exercise of high intensity exercise.<sup>1, 2</sup> High intensity exercise may cause the damage of skeletal muscles similarly it is also evident high intensity exercise induce free radicals which leads oxidative damage. Due to oxidative damage different kind of enzymes like aspartate aminotransferase, alanine aminotransferase, lactate dehydrogenase, with all the muscle fibers in the blood increases.<sup>3</sup>

According to Ozougwu (2017) more than 500 hundred functions is performed by the liver (Summary of liver functions is given in Table.1). Digestion, sugar and fat metabolism, and the body's immune defense is the main functions of the liver. Almost liver processes everything a person eats, breathes, or absorbs through the skin. 90% of nutrients pass through liver from intestine.<sup>4,5</sup>

S.No	Functions
1.	Secretion of Bile
2.	Metabolism of Bilirubin
3.	Vascular and Hematologic Functions (important blood reservoir)
4.	Metabolism of Nutrients (Fat, Protein, Carbohydrates)
5.	Metabolic Detoxification (Toxins ,Hormones ,Drugs)
6.	Storage of Minerals and Vitamins (Iron, Copper, Vitamins)
7.	Endocrine functions (Activation of vitamin D, Conversion of thyroxine (T4),secretes angiotensinogen ,metabolizes hormones )

*Table1 Illustrate the summary of liver functions*

In metabolic process, liver play its function such as converting food into energy, regulating the production, storage, and release of sugar, fats, and cholesterol. During food digestion, the liver changes glucose (blood sugar) into glycogen, which is stored for later use. Likewise during energy need, the liver convert's glycogen back into glucose in a process called gluconeogenesis. The liver controls the storage of fats by changing amino acids from digested food into fatty acids such as triglycerides; when the body does not have enough sugar, the liver converts fatty acids into ketones, which can be used for fuel. The liver also controls the production, metabolism, and excretion of cholesterol, which is an important component of cell membranes and certain hormones.<sup>6</sup>

Per day liver secret 700 to 1200 ml of bile (it is an alkaline, bitter-tasting, yellowish green fluid that comprises bile salts (conjugated bile acids), cholesterol, bilirubin (a pigment), electrolytes and water) which helps in intestinal digestion. It is molded by hepatocytes and secreted into the canaliculi.<sup>7</sup> The author further stated that bile salts, which are conjugated bile acids, are required for the intestinal emulsification and absorption of fats. Having facilitated fat emulsification and absorption, most bile

salts are actively absorbed in the terminal ileum and returned to the liver via the portal circulation for re-secretion

Liver stores numerous nutrients such as vitamins A, D, B-9 (folate) and B12. In addition, it also stores iron and plays a key role in changing iron into a component of hemoglobin (the oxygen-carrying molecule in red blood cells). Liver produces several types of enzymes such as ALT, ALP and AST etc. These enzymes help in break down amino acids from digested food and rebuild them into new proteins needed by the body. Damage of liver cells cause leakage of these enzymes and build up to high level in the body.<sup>8</sup> The stored vitamins (Vitamin B<sub>12</sub>, D, E and K) and minerals (as ferritin, an iron-protein complex and is released as needed for red blood cell production) in liver use by the body during need. Vitamin B<sub>12</sub> and D is stored in liver for few months while vitamin.<sup>7</sup> Lastly, the liver has immunologic functions as the liver comprised of cells involved in adaptive and innate immunity.<sup>9</sup>

Alanine transaminase and alkaline phosphate both are usually used to notice inflammation and viral contagions of the liver. AST is found in the liver and other body tissues, including the skeletal muscles, and amplified levels of AST show muscular inflammation. ALT is mainly originate in the liver and in other body tissues such as the kidneys and skeletal muscle, and thus increased levels of ALT are mainly attributable to liver inflammation.<sup>10</sup>

Aspartate aminotransferase and alkaline phosphate both are rich in the liver, AST in other tissues such as the heart, kidney, skeletal muscle and red blood cells there is plenty ALT absorption is low in skeletal muscle (Abedi, 2004). Increased level of Aspartate aminotransferase and alanine aminotransferase signpost muscle and liver enzymes entry into the blood stream.<sup>11</sup> Concentrations of ALT and AST can cause muscle injury.

Alanine aminotransferase (ALT) is an enzyme that catalyzes the transfer of amino groups to form the hepatic metabolite oxaloacetate.<sup>8</sup> ALT is made of 496 amino acids, which are encoded by a gene located in the long arm of chromosome (12) ALT is found abundantly in the cytosol of the hepatocyte.<sup>13, 14</sup> ALT activity in the liver is about 3000 times that of serum activity.<sup>13, 12</sup>

Alkaline phosphate is an enzyme that metabolites such as lipids and amino acids for aerobic energy production in the cell membrane pass. High level or increase resultant to exercise in alkaline may show increased activity of hepatic gluconeogenesis, lipid peroxidation and possibly increased bone turnover caused by the intensity and duration of physical activity.<sup>15</sup>

In the body, liver is the most significant and major solid organ and gland playing vital role in metabolism of nutrients and excretion of waste metabolites.<sup>16, 7, 8</sup> Liver converts food into energy, stores nutrients, and produces blood proteins. Similarly liver

also work as a filter to confiscate injurious materials from the blood. In the developing fetus, blood cells are produced in the liver.<sup>17,18</sup>

The primary function of liver is to regulate the flow and safety of ingredients absorbed from the digestive system before distribution of these substances to the systemic circulatory system.<sup>8</sup> Total body functions is directly associated with liver function similarly total loss of body function is also linked with liver.

Many factors such as hepatitis C or B, use of alcohol and strenuous exercise can lead liver impairment.<sup>19, 11, 20</sup> As liver perform a variety of function consequently it is not astonishing that liver damage can have an effect on almost all body systems of the body particularly digestive, endocrine, cardiovascular, and immune systems.<sup>21, 22</sup> Long term liver damage may cause of complete loss of liver function such as given in Fig.1.<sup>23,7</sup>



*Fig 1 Illustrate the progression of liver damage caused by various factors*

## 2. Justification of the Study

Exercise is considered a basic tool for promoting the overall functional capacity of the body system. Liver is also a most important organ performing a variety of functions. Is there is any effect of exercise on liver function in term of ALT, ALP and AST? To discover the fact, the researcher intend to carry on a research study titled “Estimation of Alanine Transaminase (ALT), Alkaline Phosphate (ALP) and Aspartate (AST) irrespective of dietary supplementation, body mass index and nature of exercise”

## 3. Objectives of the Study

3.1 To assess liver function i.e Alanine Transaminase (ALT), Alkaline Phosphate (ALP) and Aspartate (AST) among low and high intensity exercise performers.

## 4. Methods and Materials

To reach at certain findings and conclusion, the below procedural steps were taken by the researcher

### 4.1 Participants of the Study

The participants of this particular research study was comprised of sixty (60) subjects (Twenty (20) from low intensity exercise performers (EXG-II), Twenty (20) from high intensity exercise performers (EXG-III) and Twenty (20) subjects as control group (CG-III) were included in the study by using International Physical Activity Scale (IPAQ).

### 4.2 Blood Sample Collection for Estimation of ALT, ALP and AST

5ml blood were collected from the subjects. Each blood sample was marked with separate identification mark. After collection of sample, three particular liver enzymes tests i.e ALT, ALP and AST were performed.

### 4.3 Ethical Consideration

Ethical approval was taken from Gomal University Ethical & Research Board and similarly written informed consent was also obtained from the subjects

### 4.5 Statistical Analysis

The mean values of ALT, ALP and AST obtained from both group's i.e. control group and experimental group were processed in SPSS version 24.0 and were analyzed by using One Sample-Statistics, Paired Sample Statistics and Independent Sample T-test.

## 5. Presentation and Analysis of Data

**Table 2 Showing Mean difference between the BMI, ALT, ALP and AST of Control Group (CG-I) and Low Intensity Exercise Group (EXG-II)**

Testing Variables	category	N	Mean	SD	T	Sig.
Body Mass Index	Control group	20	20.9500	1.79106	-2.709	<b>.010</b>
	LIE	20	22.3500	1.46089		
Alanine Transferase (IU/L)	Control group	20	33.5000	2.11511	-2.680	<b>.011</b>
	LIE	20	40.6000	11.65920		
Alkaline Phosphate (IU/L)	Control group	20	236.9000	51.54548	1.441	.158
	LIE	20	213.5500	50.96074		
Aspartate (mg/dl)	Control group	20	25.3500	4.81527	-1.400	.170
	LIE	20	27.6000	5.33509		

The above table demonstrating the Comparison of Control Group N-20 (CG-I), Low Intensity Exercise Group, N-20 (EXG-II) regarding Body Mass Index (BMI), Alanine Transferase (ALT), Alkaline Phosphate (ALP), and Aspartate (AST) Similarly the data are articulated as Mean, and Standard Deviation, T- Score and P- Value. The data of both groups about;

1. BMI shows that mean of CG-I was  $20.95 \pm 1.79$ , Mean of EXG-II was  $22.35 \pm 1.46$ , T Value of both CG-I and EXG-II was -2.709, P- Value was .010. Therefore

- significance difference is found in BMI of both Groups CG-I and EXG-II ( $t_{38} = -2.709, p < .05$ ). The BMI of CG-I) was less than the BMI of EXG-II
2. ALT shows that mean of CG-I was  $33.50 \pm 2.11$ , Mean of EXG-II was  $40.60 \pm 11.65$ , T Value of both CG-I and EXG-II was  $-2.680$ , P- Value was  $.011$ . ( $t_{38} = -2.680, p < .05$ ) Therefore significance difference was found in ALT of both Groups CG-I and EXG-II. The ALT of CG-I was less than the ALT of EXG-II
  3. ALP shows that mean of CG-I was  $40.60 \pm 51.54$ , Mean of EXG-II was  $236.90 \pm 50.96$ , T Value of both CG-I and EXG-II was  $1.44$ , P- Value was  $.158$ . ( $t_{38} = 1.44, p > .05$ ) Therefore no significance difference was found in ALP of both CG-I and EXG-II. The ALP of CG-I was high than the ALP of EXG-II
  4. AST shows that mean of CG-I was  $25.35 \pm 4.81$ , Mean of EXG-II was  $27.60 \pm 5.35$ , T Value of both CG-I and EXG-II was  $-1.40$ , P- Value was  $.170$ . ( $t_{38} = 1.40, p > .05$ ) Therefore no significance difference was found in AST of both Groups CG-I and EXG-II. The AST of CG-I was less than the AST of EXG-II

**Table 3 Showing the Mean difference between the BMI, ALT, ALP and AST of Control Group (CG-I) and High Intensity Exercise Group (EXG-III)**

Testing Variable	Category of the Respondents	N	Mean	SD	T	Sig.
Body Mass Index	Control group	20	20.9500	1.79106	-.617	.541
	HIE group	20	21.3500	2.27746		
Alanine Transferase (IU/L)	Control group	20	33.5000	2.11511	-4.369	<b>.000</b>
	HIE group	20	47.8500	14.53589		
Alkaline Phosphate (IU/L)	Control group	20	236.9000	51.54548	-.757	.454
	HIE group	20	249.2500	51.59955		
Aspartate (IU/L)	Control group	20	25.3500	4.81527	-2.246	<b>.031</b>
	HIE group	20	28.5000	4.01969		

The above table indicating the Comparison of Control Group N-20 (CG-I), High Intensity Exercise Group, N-20 (EXG-III) regarding Body Mass Index (BMI), Alanine Transferase (ALT), Alkaline Phosphate (ALP) and Aspartate (AST) Similarly the data are articulated as Mean, and Standard Deviation, T- Score and P- Value. The data of both groups about;

1. BMI shows that mean of CG-I was  $20.95 \pm 1.79$ , Mean of EXG-III was  $21.35 \pm 2.27$ , T Value of both CG-I and EXG-III was  $-.617$ , P- Value was  $.541$  ( $t_{38} = -2.709, p > .05$ ). Therefore no significance difference was found in BMI of both CG-I and EXG-III. The BMI CG-I was less than the BMI value of EXG-III
2. ALT shows that mean of CG-I was  $33.50 \pm 2.11$ , Mean of EXG-III was  $249.25 \pm 51.59$ , T Value of both CG-I and EXG-III was  $-.757$ , P- Value was  $.000$ . ( $t_{38} = -4.369, p < .05$ ). Therefore significance difference was found in ALT of both CG-I and EXG-III. The ALT of CG-I was less than the ALT of EXG-III
3. ALP shows that mean of CG-I was  $236.90 \pm 51.59$ , Mean of EXG-III was  $236.90 \pm 50.96$ , T Value of both CG-I and EXG-II was  $1.44$ , P- Value was  $.454$ . ( $t_{38} = -.757, p > .05$ ). Therefore no significance difference was found in ALP of both CG-I and EXG-III. The ALP CG-I was less than the ALP value of EXG-III

- AST shows that mean of CG-I was  $25.35 \pm 4.81$ , Mean of EXG-III was  $28.50 \pm 4.01$ , T Value of both CG-I and EXG-III was  $-2.246$ , P- Value was  $.031$ . ( $t_{38} = -2.246$ ,  $p < .05$ ) Therefore significance difference was found in AST of both CG-I and EXG-III. The AST of CG-I was less than the AST of EXG-III

**Table 4 Mean difference between the BMI, ALT, ALP and AST of Low Intensity Exercise Group (EXG-II) and High Intensity Exercise Group (EXG-III)**

Testing Variables	category	N	Mean	SD	T	Sig.
Body Mass Index	LIE Group	20	22.3500	1.46089	1.653	.107
	HIE Group	20	21.3500	2.27746		
Alanine Transferase (IU/L)	LIE Group	20	40.6000	11.65920	-1.740	.090
	HIE Group	20	47.8500	14.53589		
Alkaline Phosphate (IU/L)	LIE Group	20	213.5500	50.96074	-2.201	.034
	HIE Group	20	249.2500	51.59955		
Aspartate (IU/L)	LIE Group	20	27.6000	5.33509	-.603	.550
	HIE Group	20	28.5000	4.01969		

The above table indicating the Comparison of Low Intensity Exercise Group, N-20 (EXG-II), High Intensity Exercise Group, N-20 (EXG-III) regarding Body Mass Index (BMI), Alanine Transferase (ALT), Alkaline Phosphate (ALP) and Aspartate (AST) Similarly the data are articulated as Mean, and Standard Deviation, T- Score and P- Value. The data of both groups about;

- BMI shows that mean of EXG-II was  $20.35 \pm 1.46$ , Mean of EXG-III was  $21.35 \pm 2.27$ , T Value of both CG-I and EXG-III was  $1.653$ , P- Value was  $.107$ . ( $t_{38} = 1.653$ ,  $p > .05$ ). Therefore no significance difference was found in BMI of both EXG-II and EXG-III. The BMI of (EXG-II) was high than the BMI of (EXG-III).
- ALT shows that mean of EXG-II was  $40.60 \pm 11.65$ , Mean of EXG-III was  $47.85 \pm 14.53$ , T Value of both EXG-II and EXG-III was  $-1.74$ , P- Value was  $.090$  ( $t_{38} = -1.74$ ,  $p > .05$ ) Therefore no significance difference was found in ALT of Groups EXG-II and EXG-III. The ALT of EXG-II was less than the ALT of EXG-III
- ALP shows that mean of EXG-II was  $213.55 \pm 50.96$ , Mean of EXG-III was  $249.25 \pm 5.33$ , T Value of both EXG-II and EXG-III was  $-2.20$ , P- Value was  $.034$ . ( $t_{38} = -2.20$ ,  $p < .05$ ). Therefore significance difference was found in ALP of both EXG-II and EXG-III. The ALP of EXG-II was less than the ALT of EXG-III
- AST shows that mean of EXG-II was  $25.35 \pm 4.81$ , Mean of EXG-III was  $28.50 \pm 4.01$ , T Value of both EXG-II and EXG-III was  $-2.246$ , P- Value was  $.031$ . ( $t_{38} = -2.246$ ,  $p < .05$ ). Therefore significance difference was found in AST of both EXG-II and EXG-III. The AST of EXG-II was less than the AST of EXG-III

**Table 5 Showing Comparison of ALT, ALP and AST of Control Group (CG-I), Low Intensity Exercise Group (EXG-II) and High Intensity Exercise Group (EXG-III)**

Testing Variable	Groups	N	Mean	SD	F	Sig.
Alanine Transferase (IU/L)	CG	20	33.5000	2.11511	8.282	<b>.000</b>
	LIE	20	40.6000	11.65920		
	HIE	20	47.8500	14.53589		
	Total	60	40.6500	12.17225		
Alkaline Phosphate (IU/L)	CG	20	236.9000	51.54548	11.388	.092
	LIE	20	213.5500	50.96074		
	HIE	20	249.2500	51.59955		
	Total	60	233.2333	52.65184		
Aspartate (IU/L)	CG	20	25.3500	4.81527	7.267	.107
	LIE	20	27.6000	5.33509		
	HIE	20	28.5000	4.01969		
	Total	60	27.1500	4.86016		

The above table demonstrating the Comparison of Control Group (CG-I, N-20, Low Intensity Exercise Group (EXG-II, N-20) and High Intensity Exercise Group (EXG-III, N-20) in term of Alanine Transferase (ALT), Alkaline Phosphate (ALP), and Aspartate (AST) Similarly the data are articulated as Mean, and Standard Deviation, T- Score and P- Value. The data of all three groups about;

1. ALT shows that the mean of CG-1 was  $33.50 \pm 2.11$ , Mean of EXG-II was  $40.60 \pm 11.65$ , Mean of EXG-III was  $47.85 \pm 14.53$ , Df was 8.28, P value was .000. Therefore no significance difference was found in CG-I, EXG-II and EXG-III. (CG-I > EXG-II > EXG-III)
2. ALP shows that the mean of CG-1 was  $236.90 \pm 51.54$ , Mean of EXG-II was  $213.50 \pm 50.96$ , Mean of EXG-III was  $249.25 \pm 51.59$ , Df was 11.38, P value was .092. Therefore significance difference was found in CG-I, EXG-II and EXG-III. (EXG-II > CG-I > EXG-III)
3. AST shows that the mean of CG-1 was  $25.35 \pm 4.81$ , Mean of EXG-II was  $27.60 \pm 5.33$ , Mean of EXG-III was  $28.50 \pm 4.01$ , Df was 7.267, P value was .107. Therefore significance difference was found in CG-I, EXG-II and EXG-III. (CG-I > EXG-II > EXG-III)



**Table 6: Mean difference in BMI, ALT, ALP and AST of High Intensity Exercise Group (EXG-III) with Nutritional Supplementation (EXG-III (A) and Non Nutritional Supplementation (EXG-III (B)**

Testing Variables	Supplement	N	Mean	SD	t	Sig.
Body Mass Index	Use Supplement (HIE)	10	21.3000	1.76698	-.096	.925
	No Use Supplement (HIE)	10	21.4000	2.79682		
Alanine Transferase (IU/L)	Use Supplement (HIE)	10	34.6000	4.42719	-11.20	<b>.000</b>
	No Use Supplement (HIE)	10	61.1000	6.02679		
Alkaline Phosphate (IU/L)	Use Supplement (HIE)	10	275.9000	12.71438	2.651	<b>.016</b>
	No Use Supplement (HIE)	10	222.6000	62.29714		
Aspartate (IU/L)	Use Supplement (HIE)	10	29.5000	3.74907	1.120	.277
	No Use Supplement (HIE)	10	27.5000	4.22295		

The above table indicating the Comparison of High Intensity Exercise Group, N-20 (EXG-III) With Nutritional Supplementation (EXG-III (A) N-10 and Non Nutritional Supplementation (EXG-III (B) N-10 regarding Body Mass Index (BMI), Alanine Transferase (ALT), Alkaline Phosphate (ALP) and Aspartate (AST), Similarly the data are articulated as Mean, and Standard Deviation, T- Score and P- Value. The data about;

1. BMI shows that mean of EXG-III (A) was  $21.30 \pm 1.76$ , Mean of EXG-III (B) was  $21.40 \pm 2.79$ , T Value of both EXG-III (A & B) was  $-.096$ , P- Value was  $.925$ . ( $t_{18} = -.096, p < .05$ ). Therefore no significance difference was found in BMI of both EXG-III (A) and EXG-III (B). The BMI of EXG-III (A) was less than the BMI of EXG-III (B)
2. ALT shows that mean of EXG-III (A) was  $34.60 \pm 4.42$ , Mean of EXG-III (B) was  $61.10 \pm 6.02$ , T Value of both EXG-III (A & B) was  $-11.20$ , P- Value was  $.000$ . ( $t_{18} = -11.20, p > .05$ ). Therefore significance difference was found in ALT of both EXG-III (A) and EXG-III (B). The ALT of EXG-III (A) was less than the ALT of EXG-III (B).
3. ALP shows that mean of EXG-III (A) was  $275.90 \pm 12.71$ , Mean of EXG-III (B) was  $181.00 \pm 44.70$ , T Value of both EXG-III (A & B) was  $2.65$ , P- Value was  $.016$ . ( $t_{18} = 2.65, p < .05$ ). Therefore significance difference was found in ALP of both EXG-III (A) and EXG-III (B). The ALT of EXG-III (A) was less than the ALP of EXG-III (B)

4. AST shows that mean of EXG-III (A) was  $29.50 \pm 3.74$ , Mean of EXG-III (B) was  $27.50 \pm 4.22$ , T Value of both EXG-III (A & B) was 1.12, P- Value was .277. ( $t_{18}=1.12, p > .05$ ). Therefore no significance difference was found in AST of both EXG-III (A) and EXG-III (B). The AST of EXG-III (A) was high than the AST of EXG-III (B)

**Table 7: Mean difference in ALT, ALP and AST of Low Intensity Exercise Group (EXG-II) and High Intensity Exercise Group (EXG-III) in Term of Body Mass Index (Ectomorph, Mesomorph and Endomorph)**

Testing Variables		N	Mean	Std. Deviation	Df	F	Sig.
Alanine Transferase (IU/L)	Ectomorph	3	57.0000	18.08314	(2.37)	2.525	.094
	Mesomorph	36	42.6944	12.66450			
	Endomorph	1	61.0000	13.51445			
	Total	40	44.2250				
Alkaline Phosphate (IU/L)	Ectomorph	3	185.3333	72.59017	(2.37)	1.265	.294
	Mesomorph	36	234.6389	52.07860			
	Endomorph	1	253.0000	53.75052			
	Total	40	231.4000				
Aspartate (IU/L)	Ectomorph	3	32.3333	1.52753	(2.37)	1.519	.232
	Mesomorph	36	27.6389	4.73982			
	Endomorph	1	30.0000	4.68467			
	Total	40	28.0500				

The above table indicating the Comparison of both Low Intensity Exercise Group (EXG-II, N=20) and High Intensity Exercise Group (EXG-III, N=20) on the basis of Body Types (Ectomorph, N=3, Mesomorph, N=36, Endomorph, N=1) in term Alanine Transferase (ALT), Alkaline Phosphate (ALP), Aspartate (AST) and FRAP, Similarly the data are articulated as Mean, and Standard Deviation, T- Score and P- Value. The data of both groups about;

1. ALT shows that mean of Ectomorph was  $57.00 \pm 18.0$ , Mean of Mesomorph was  $42.69 \pm 12.46$ , Mean of Endomorph was  $61.00 \pm 13.51$ , Df was 2.37, T Value of all body types was 2.525, P- Value was .094. ( $t_{38}= 2.37, p > .05$ ). Therefore no significance difference was found in ALT of Ectomorph, Mesomorph and Endomorph. The ALT of Mesomorph was less than Ectomorph and Endomorph (Mesomorph < Ectomorph < Endomorph).

2. ALP shows that mean of Ectomorph was  $185.33 \pm 72.59$ , Mean of Mesomorph was  $234.63 \pm 52.07$ , Mean of Endomorph was  $253.00 \pm 53.75$ , Df was 2.37, T Value of all body types was 2.525, P- Value was .294. ( $t_{38} = 2.525$ ,  $p > .05$ ). Therefore no significance difference was found in ALP of Ectomorph, Mesomorph and Endomorph. The ALP of Ectomorph was less than Mesomorph and Endomorph (Ectomorph<Mesomorph<Endomorph).
3. AST shows that mean of Ectomorph was  $32.33 \pm 1.52$ , Mean of Mesomorph was  $27.63 \pm 4.73$ , Mean of Endomorph was  $30.00 \pm 4.68$ , Df was 2.37, T Value of all body types was 1.519, P- Value was .232. ( $t_{38} = 1.519$ ,  $p > .05$ ). Therefore no significance difference was found in AST of Ectomorph, Mesomorph and Endomorph. The AST of Mesomorph was less than Ectomorph and Endomorph (Mesomorph<Endomorph<Ectomorph).

## 5. Findings and Discussion

The study reveals that statistical difference was found in ALT of control group (CG-I) and low intensity exercise group (EXG-II) ( $t_{38} = -2.680$ ,  $p < .05$ ). The findings of studies conducted by <sup>24,25</sup> testified that ALT was changed among the subjects as result of low intensity exercise. They further calculated the statistical difference in both control group and experimental group before and after exercise (SMD -0.40, 95% CI -0.75 ~ -0.05,  $P = 0.03$ ). Findings of the study conducted by <sup>26</sup> revealed that with or without nutritional supplementations (20 intervention groups) the level of ALT was not significantly altered in 10 groups and was significantly reduced (improved) in 5 groups and increased in 5 groups. Such emerging concept is supported by the study conducted by <sup>27,28</sup> by indicating that physical exercise results in transient elevations of liver function tests. Findings of the study conducted by <sup>29</sup> found that the time pattern of enzyme activity following exercise compared with following acute myocardial infarction (AMI) has been reported previously, therefore this findings is also inline of the present study findings. Study conducted by <sup>30</sup> shown that aerobic exercise promote the functional capacity of liver. In addition, it is also aerobic exercise also promote muscular strength, muscle mass and metabolic control, safely and effectively, in vulnerable populations independent of weight loss

The present study divulge that exercise (low intensity exercise and high intensity exercise) effect the function of liver (ALT ( $t_{38} = -1.74$ ,  $p > .05$ ), ALP ( $t_{38} = -2.20$ ,  $p < .05$ ) AST ( $t_{38} = -2.246$ ,  $p < .05$ ). This emerging concept is supported by <sup>31</sup> and reported that ALP were almost unaltered during the 7-day period of exercise. AST and ALT were pointedly increased for at least 7 days after the strenuous physical exercise. The findings of the study conducted by <sup>32</sup> indicated that Strength training and very heavy manual labor are more likely to cause raised in ALT than aerobic exercise <sup>33</sup>. ALT can be elevated in marathon runners and they have the potential to develop rhabdomyolysis in extreme. Exercise has no effects on liver enzymes such as ALT,ALP and AST, Although <sup>34, 35</sup> found a significant increase in the level of liver enzymes after exercise. They also found that exercise improve the functional capacity of liver if it is performed according to the nature and capacity of the body.

The above findings also supported by <sup>36</sup> by concluding that ALP were almost unaltered during the 7-day period of exercise. Study conducted by <sup>37</sup> revealed that AST and ALT were pointedly increased for at least 7 days after the strenuous physical exercise. The findings of the study conducted by <sup>32</sup> indicated that Strength training and very heavy manual labor are more likely to cause raised transaminases than aerobic exercise. Transaminases can be elevated in marathon runners and they have the potential to develop rhabdomyolysis in extreme. Findings of the study conducted by <sup>38</sup> reveals that exercise has no effects on liver enzymes Such as ALT,ALP and AST, Although a significant increase in the level of liver enzymes after exercise. They also found that improvement accurse in liver enzymes when it is performed according to the nature and capacity of the body.<sup>35</sup>

## 6. Conclusion

On the basis of findings, it was concluded that low intensity exercise with dietary supplementation positively affect the functions of liver i.e. Alanine Transaminase (ALT), Alkaline Phosphate (ALP) and Aspartate (AST) as compared to high intensity exercise. Similarly high intensity exercise with dietary supplementation also positively influence as compared to performers of high intensity exercise without dietary supplementation

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