

Abstract

This study was conducted to estimate the level of Arsenic in water, vegetables i.e., Methi/Feenugreek (*Trigonella foenumgraecum*), Spinach (*Amaranthus caudatus*) and Cabbage (*Brassica oleracea*) grown in the villages around the Pakistan-India Border in Lahore (Qila Jeewan Singh, Minhala and Ghaweind). Thirty six samples of each roots and vegetative part of the selected vegetables including Methi, Spinach and Cabbage were analyzed using the Atomic Absorption Spectrophotometer. Average concentration of arsenic was found to be 1.94 mg/Kg, 1.8 mg/kg, 1.57 mg/kg in root samples of Methi, Spinach and Cabbage respectively. While the amount of arsenic recorded in vegetative parts of Methi, Spinach and Cabbage samples was 0.12 mg/kg, 0.14 mg/kg, 0.07 mg/kg respectively. In root samples of vegetables the concentration of Arsenic was found comparatively higher than vegetative part samples of the same vegetables. However, concentration of Arsenic found in vegetative part which is also the edible part for human beings was within the permissible limits and safe to consume. Thus at least for now the sampled vegetables have remained harmless for consumption in the study area.