

Preventive and management measures for hepatitis

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Abstract

Preventive and management measures for hepatitis were carried out by documenting medicinal plant species in Ila Orangun, Osun state, Nigeria. An overall of 22 medicinal plants belong to 18 families were gathered in Ila Orangun. The plant species were from these families: Asteraceae, Clusiaceae/ Guttiferae, Musaceae, Polygalaceae, Bromeliaceae, Caricaceae, Poaceae, Zingiberaceae, Piperaceae, Anacardiaceae, Alliaceae, Rutaceae, Phyllantaceae, Arecaceae, Moringaceae, Caesalpiniaceae, Lauraceae and Basellaceae with 7 different formulations for health care treatment of hepatitis and jaundice. In overall, Asteraceae family had the highest frequency of usage 16.67% followed by Anacardiaceae and Poaceae (10.0%) while other families had the least (5.56%).

Keywords: medicinal plants, jaundice, hepatitis, socio-economic documentation

Introduction

Hepatitis is an irritation of the liver frequently caused by virus. The diverse types of hepatitis are: A, B, or C. Hepatitis A: (Infectious Hepatitis) transmitted by contaminated milk, water or food. Hepatitis B (Serum Hepatitis) and C multiply by getting in touch with contaminated blood from needles, syringes, blood transfusion and sexual contact. Hepatitis E: Lesser significance in Nigeria, but found worldwide. It is 4th among the 30 leading communicable diseases. It is a sexually transmitted disease that can be transmitted through blood fluid, blood, and sex, sharing of needles, brushes, razors, tooth brushes, and so on. The disease is noticed in discolouration of urine, general weakness, fever, abdominal pain, vomiting, jaundice, loss of appetite and nausea. However, sour herbs are given to treat liver sluggishness. This paper focused on ethnobotanical inventory for treatment of hepatitis and jaundice.

Materials and Methods

The data collected were derived from oral interview of the herbal sellers, reports from people (sufferers and the carers)

on what they used to get better, phytomedicine practitioners and sourcing literatures from internet to know common name and scientific name. The plant uses, and part of plant, preparation, and administration were investigated. For this survey, only the uses listed based on symptoms exhibited by different people in Ila orangun.

Results

An overall of 22 medicinal plants belonging to 18 families were encountered for the management of these problems in Ila orangun. The plants were from Asteraceae, Clusiaceae/ Guttiferae, Musaceae, Polygalaceae, Bromeliaceae, Caricaceae, Poaceae, Zingiberaceae, Piperaceae, Anacardiaceae, Alliaceae, Rutaceae, Phyllantaceae, Arecaceae, Moringaceae, Caesalpiniaceae, Lauraceae and Basellaceae (Table 1) with 7 different formulations for health care treatment of hepatitis and jaundice. In overall, Asteraceae family had the highest frequency of usage 16.67% followed by Anacardiaceae and Poaceae (10.0%) while other families had the least (5.56%) in Table 2 and Figure 1, respectively.

Table 1: Checklist of Plants for Hepatitis and Jaundice formulation

S/N	Yoruba Name	English Name	Scientific Name	Family	Part used
1.	Orogbo	Bitter kola	<i>Garcinia kola</i>	Clusiaceae/ Guttiferae	fruit
2.	Yanrin	Dandelion	<i>Taraxacum officinalis</i>	Asteraceae	Leaves, and root
3.	Amunututu	Malabar Spinach	<i>Basella alba</i>	Basellaceae	shoot
4.	Ogede -Agbagba	plantain	<i>Musa paradisiaca</i>	Musaceae	shoot, Bark and root
5.	Ipeta	Violet tree	<i>Securidaca longipedunculata</i>	Polygalaceae	Root
6.	Opon Oyinbo	Pineapple	<i>Ananas comosus</i>	Bromeliaceae	Unripe Fruit
7.	Ibepe	Pawpaw	<i>Caripa papaya</i>	Caricaceae	Unripe/immature Fruit
8.	Atale pupa	Tumeric	<i>Curcuma longa</i>	Zingiberaceae	Root
9.	Kooko oba	Lemon grass	<i>Cymbopogon citratus</i>	Poaceae	Leaves
10.	pear	Pear/avocado	<i>Persea americana</i>	Lauraceae	
11.	Igi owu	Cotton	<i>Gossypium arboretum</i>	Caesalpiniaceae	Leaves
12.	Igi agunmaniye	Drum stick	<i>Moringa oleifera</i>	Moringaceae	Leaves & root
13.	Igi agbon	Coconut tree	<i>Cocos nucifera</i>	Arecaceae	root
14.	Eweolobe/ eyin olobe	Stone breakers	<i>Phyllanthus amarus</i>	Phyllantaceae	Whole plant
15.	Osan wewe	Limon orange	<i>Citrus limon</i>	Rutaceae	Fruit

16.	Ireke	Sugar cane	<i>Saccharum officinarum</i>	Poaceae	Stem juice
17.	Ewuro	Bitter leaf	<i>Vernonia amygdalina</i>	Asteraceae	Leaves bark
18.	Aayu	Garlic	<i>Allium sativum</i>	Alliaceae	Clove
19.	Karoti	Carrot	<i>Daucus carota</i>	Anacardiaceae	Leaves
20.	Kaju	Cashew	<i>Anacardium occidentale</i>	Anacardiaceae	Leaves, Bark and root
21.	Mangoro	Mango	<i>Mangifera indica</i>	Piperaceae	
22.	Iyere	Black pepper	<i>Piper nigrum</i>		dried unripe fruit

Table 2: Frequency of occurrence of plant families used

S/N	Family	Occurrence	Percentage frequency (%)
1.	Euphorbiaceae/ Phyllantaceae	1	5.56
2	Polygalaceae	1	5.56
3	Caricaceae	1	5.56
4	Anacardiaceae	2	10.0
5	Bromeliaceae	1	5.56
6	Poaceae	2	10.0
7	Caesalpiniaceae	1	5.56
8	Arecaceae	1	5.56
9	Rutaceae	1	5.56
10	Alliaceae	1	5.56
11	Clusiaceae/ Guttiferae	1	5.56
12	Asteraceae	3	16.67
13	Zingiberaceae	1	5.56
14	Musaceae	1	5.56
15	Lauraceae	1	5.56
16	Moringaceae	1	5.56
17	Piperaceae	1	5.56
18	Basellaceae	1	5.56

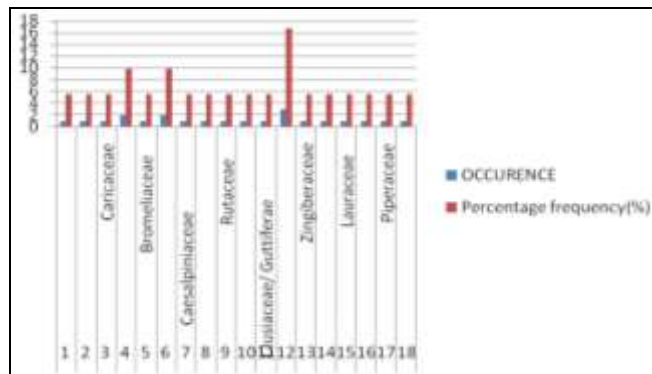


Fig 1: Frequency of occurrence of plant families used

Liver Sluggishness

Sour herbs are given to treat liver sluggishness and they are: Dandelion Yanrin *Taraxacum officinalis* (Asteraceae) Fresh juice Leaves and root contain Vitamins (Vit.A) which increases appetite

Ogede –Agbagba plantain *Musa paradisiacal* (Musaceae) Leaves, Bark and root

Hepato protective herbs: These are herbs that are capable of protecting the liver from injuries.

Hepato protective compounds can be found in: Turmeric *Curcuma longa* (Zingiberaceae) contains curcumin. It has power to stop liver from being damaged.



Fig 1

Garlic *Allium sativum* Alliaceae Clove contains allicin

Which helps the liver to activate enzymes that can flush out toxins that destroys liver.



Fig 2

Silybrum marianum milk thistle (Asteraceae) contains silymarin in the seeds prevent and, in some circumstances, even cure liver disease, both acute and chronic.



Fig 3

Phyllanthus amarus eyin olobe (Phyllantaceae) contains Ellagitannins. Fresh roots are most effective for jaundice. *Persea americana* (Lauraceae) Avocado/Pear (Healthy fat).



Fig 4

Lemon juice *Citrus limon* (Rutaceae): This prevents and treats alcohol induced injuries. Carrot *Daucus carota*: The root vegetable is packed with Vitamins. It comes in various colours from popular orange to red, purple, black as well as white

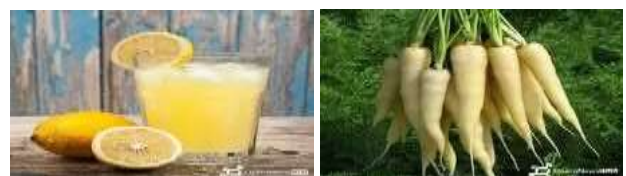


Fig 5

Spinach (Amunututu) contains natural compounds and antioxidants which keep the liver from harm and help it

work properly. Bitter leaf *Vernonia amygdalina* (Asteraceae): It possesses a potent agent to fight bacteria, virus as well as cleanse liver. Sugarcane *Saccharum officinarum* (Poaceae): the stem juice does strengthen the functionality of the liver because the virus is known to fight and weaken the liver.

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Preparatory Methods of Hepatitis Remedies

1. Soak 40 leaves of bitter leaf into 4litres of water for 4days and start taking 60mls 3x daily
2. *Phyllanthus amarus* mix together with extracted sugarcane juice blended with turmeric, garlic. Extract mix with honey taken 2 tablespoonful 2x daily.
3. Gring 40 pieces of *Garcinia kola* into powder mix with lime juice and honey. Taken Four tablespoonful 2x daily.
4. Boil immature pawpaw fruit, root and leaves, coconut root, lemon orange cut in pieces in 4litres of water, 60mls 3x daily.
5. Boil unripe pineapple, cashew leaves, and cotton seeds with water. Take 60mls 4times daily.
6. Extract from sugarcane, bitter leaf, *Aloe vera* mix with honey taken 2 tablespoon ful 2x daily.
7. *Phyllanthus amarus* boiled together with lemon grass in 4litres of water. Take 60mls 3x daily

Discussions

Fresh *Phyllanthus amarus* mix together with extracted sugarcane juice blended with turmeric, garlic. Extract mix with honey taken 2 tablespoonful 2x daily were used in the study area whereas fruit powder of *Phyllanthus emblica* was used by Abbasi *et al.* (2009), Decoction of Dried rhizomes of *Taraxacum officinalis* was reported by Abbasi *et al.* (2009) in contrary to the root and leaves. *Silybrum marianum* contains silymarin in the seeds that prevent and, in some circumstances, even cure liver disease, both acute and chronic. This is contrary to Abbasi *et al.* (2009) who reported Fresh leaves extract. Juice extracted from Fresh stems of *Saccharum officinarum* was reported by Abbasi *et al.* (2009) instead of the juice mixed bitter leaf, *Aloe vera* and honey taken 2 tablespoon ful twice daily. *Vernonia colorata* *Zingiber officinale*, *Phyllanthus amarus*, *Mangifera indica*, *Securidaca logepedunculata*, *Carica papaya* and *Citrus aurantifolia* were also reported by Sombie *et al.* (2018). The most representative family was Asteraceae and this is similar to Sombie *et al.* (2018).

Conclusion

An overall of 22 medicinal plants belonging to 18 families were encountered for the treatment of jaundice and hepatitis in Ila orangun.

References

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