

## Haematological Properties of Aqueous Extracts of *Phyllanthus amarus* (Schum and Thonn.) and *Xylopi aethiopia* (Dunal) A. Rich in Albino Rats

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**ABSTRACT** A study on haematological effects of aqueous extracts from *Phyllanthus amarus* and *Xylopi aethiopia* was investigated in albino rats. The extracts from both plants caused a dose-dependent decrease in erythrocyte sedimentation rate (ESR) with 400mg/kg of *X. aethiopia* causing the least ESR of  $2.7 \pm 0.6$  mm/hr. Significant increases were obtained in red blood cell (RBC) count especially with 100mg/kg of *P. amarus* and *X. aethiopia* that caused 5.6% and 7.8% increases in RBC count respectively ( $P < 0.05$ ). Similar pattern of result was obtained for packed cell volume (PCV). *P. amarus* did not appear to affect haemoglobin concentration, but higher values of HB concentration were obtained for *X. aethiopia*; the difference was, however, not significantly different from the control ( $P > 0.05$ ). Total and differential count studies showed significant increases in the number of circulating leucocytes and neutrophils respectively especially with 100mg/kg of extracts ( $P < 0.05$ ). Assessment of alanine aminotransferase (ALT) and aspartate aminotransferase (AST) gave significantly higher values of ALT for *P. amarus* – treated rats ( $P < 0.05$ ). It was therefore suggested that while both plants can serve as immune boosters and blood tonics, there is need for caution on excessive and prolonged consumption of *P. amarus*.