

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

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ABSTRACT A study on haematological effects of aqueous extracts from *Phyllanthus amarus* and *Xylopi aethiopica* 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. aethiopica* causing the least ESR of 2.7 ± 0.6 mm/hr. Significant increases were obtained in red blood cell (RBC) count especially with 100mg/kg of *P. amarus* and *X. aethiopica* 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. aethiopica*; 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*.