



Do Guava leaves and Mango Barks cure stomach ache?

Husna Adam, Aziza Kiguda and Hidaya Benta

Introduction:

People in our locality and other humble neighborhoods are facing the problem of lack of reliable health services. Most places have no hospitals and health centers and in most cases if the health services are available, citizens can not afford them since they are very expensive. Our project wanted to find out whether plants such as guava and mango trees could be used as alternative medicine to cure disease such as diarrhea. We heard that these trees were used as herbs by some societies to cure problems such as ulcers, gastric interitis and diarrhea. So we wanted to test whether this really worked. We had three hypotheses. One, that guava leaves boiled alone could cure diarrhea. Two, that mango barks boiled alone could cure diarrhea. Lastly, the mixture of guava leaves and mango barks could cure diarrhea.

We used experimental approach to find out whether guava leaves alone, or mango barks alone or mixture of the two could cure diarrhea. We had at least five students have diarrhea by letting them eat food kept overnight or simply food poisoning. And then we observed them after giving them our extracted juice and see the development. If students didn't feel any better after two hours of taking our juice, they were given antibiotics approved to cure diarrhea. This was a control test.

Materials: Guava leaves, mango barks, motor and pestle, clean water, pot, source of heat, filter cloth and antibiotics.

METHODS:

Guava leaves and mango barks were separately grinded by motor and pestle. The contents were separately placed in a pot, mixed with water and boiled for 15 minutes.

The two liquids were cooled and sieved separately using a cloth to extract the clean juice.

The juices were administered to patients (with diarrhea) and the patient was observed for two hours.

If the juice didn't work, the patient was given an approved medicine for diarrhea.

Then the guava leaves and mango barks were mixed together and boiled to form a juice with mixed content.

After cooling, the juice was given to patients and results were observed after two hours. If the patient didn't get any better, the approved medicine was administered to the patient.

The procedure was repeated two times.

Results:

Type of extract	DAY 1		DAY 2		DAY 3	
	Number of Patients	Patients cured	Number of patients	Cured Patients	Number of patients	Cured Patients
Guava	5	0	6	0	5	0
Mango barks	3	0	4	0	6	0
Mango barks and guava (boiled together)	4	3	5	5	3	2



Conclusions:

The number of patients depended on whether the person 'reacted' after eating food.

The results indicate that patients who used the juices made by boiling mango barks and guava leaves together, most of them reported getting better. Their stomach problem stopped in less than two hours. Those who used juices made by either mangoes barks or guava leaves alone didn't get any better.

This suggests that the mixture of barks and guava leaves contain a contents which are able to kill the bacteria causing the diarrhea just like how the antibiotics do.

The alternative medicine made by simply boiling the mangoes barks and guava leaves is simple to use since our environment is rich in guava and mangoes trees. The use of this medicine, having being approved by responsible authorities could help to solve the cost constrains facing the humble community in getting health services.

However, we were not able to identify the contents, since KCMC the only institution in Moshi which we trusted to analyse the contents of the juice admitted to have no such ability. This can be the emphasis for the future projects.

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Further information:

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