



Exploring the Secrets of the Lippia Asperifolia Leaves (Mpambaake)

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Introduction:

Assessment of red and white blood cells count, and hemoglobin concentrations is useful in determining the effect of some chemical substances in blood system. In recent times, reports from medicinal plants research indicate that extracts from some plants are hematotoxic, while others on the other hand are reported to be hematopoietic in action. This study considers the effects of Lippia *Asperifolia* leaves (the vernacular name called Mpambawake) on counting blood contents in human.

. Lippia asperifolia (Mpambaake) is a common shrub in bushes of Zanzibar Island. The chemical analyses of Lippia asperifolia leaf revealed the absence of alkaloids, saponin and tannins. Also revealed the presence of vitamin C . The main active constituent in the plant is reported to be Iron.



Method:

In this study, Lippia asperifolia (Mpambawake) was carried out to identify plant materials. Also, handling and treatment of pregnant mothers was done to prove that lippia asperifolia leaves are useful to anemic pregnant mothers.

Identification and preparation of plant Materials

A total of 10 Pregnant mothers who are attending the Maternal Child Health Clinic (MCH), at Mnazi Mmoja Hospital. It was MCH Clinic under special program that provide us with pregnant mothers in their second visit, who were clinically found to be anemic. Before conducting the study the consent form were given to participants (10 pregnant mothers) to get their prior consent and opinions.

The interview was taken orally, both pregnant mothers, medical doctors as well as traditional healers. The ideas and opinions were taken confidentially, to support the potential of mpambawake leaves specifically to anemic pregnant mothers.

It is true that, mpambawake leaves increase the hemoglobin concentration as it was proved by anemic pregnant mothers who checked their blood before and after using this plant.



Results:

Chemical analysis of the plant leaves, showed the absence of alkaloid, Saponin, tennin, also highly presence of iron. However, blood percentage increased gradually to anemic pregnant mothers, after using lippia asperifolia leaves (mpambawake).

Identification and preparation of plant Materials

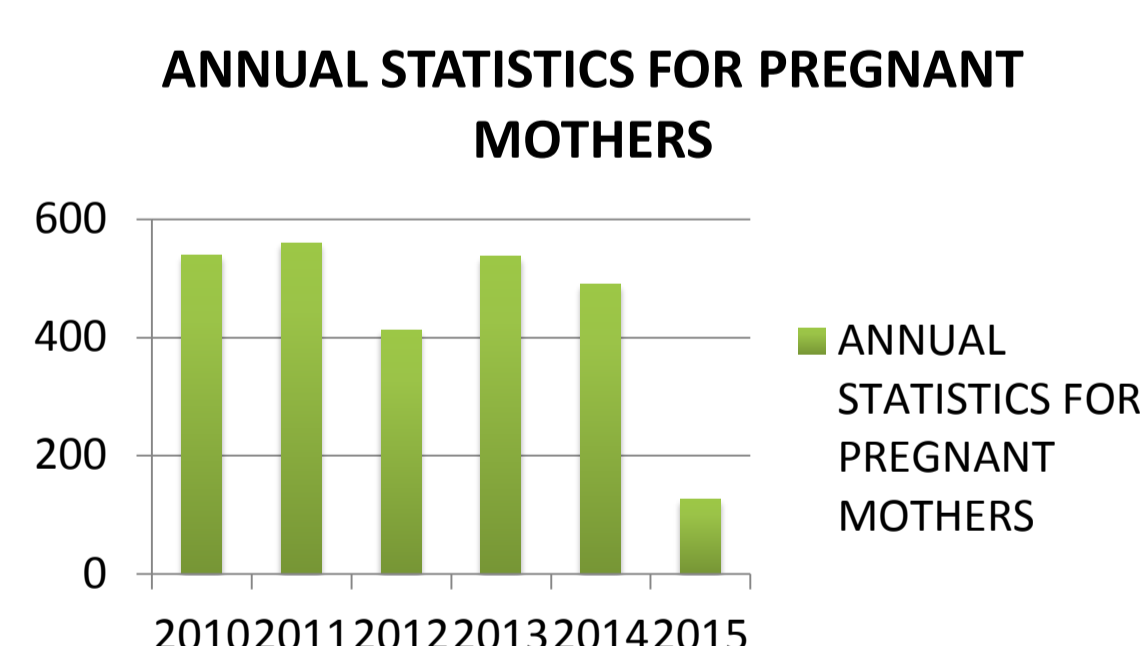
Fresh leaves of Lippia asperifolia (Mpambaake) were collected and sorted to eliminate any dead matters and other unwanted particles (foreign matters). The leaves were air-dried for 2 weeks and then ground into fine powder using an electric dry mill. A total of 5 kg of the ground powder was obtained from the dried leaves. Ground powder obtained was mixed with distilled water (MACERATION) and left for 24 hours.

The mixture was filtered to get pure liquid. Finally simple test was taken in the laboratory to identify plant materials, as shown in the table.

NO	TEST PERFORMED	RESULTS	METHOD USED
1	Appearance	Brown liquid	Physical Examination
2	Odour	Of herbal product	Physical Examination
3	Alkaloids	No toxic alkaloid	Wagner's reagent
4	Tennin	Absent (-)	Ferric chloride
5	Saponin	Absent	Sodium chloride
6	Vitamin c	Present (+)	Sodium hydroxide solution
7	Iron	Highly present(++)	HI 83099 COD Multiparameter Photometer
8	PH Test	PH 7	Universal PH meter
9	Manufacturing Date	--	Physical Examination
10	Expiring Date	--	Physical Examination

REMARKS: Based on the above results of analysis, the sample is safe for human consumption.

YEAR	ANAEMIA
2010	539
2011	560
2012	412
2013	537
2014	490
2015	126



Handling and treatment of Pregnant mothers at M/Mmoja Hospital



Conclusions

The result of this project showed that, lippia asperifolia leaves (mpambawake) have medicinal potentials to human. And this due to the analysis which have been done by two different laboratories that the sample

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