

# Activity of East African Medicinal Plants against *Helicobacter pylori*

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## Abstract

The activity of extracts from the East African medicinal plants *Entada abyssinica* (stem bark), *Terminalia spinosa* (young branches), *Harrisonia abyssinica* (roots), *Ximenia caffra* (roots), *Azadirachta indica* (leaves and stem bark) and *Spilanthes mauritiana* (roots and flowers) were evaluated against 12 strains of *Helicobacter pylori*. The most active extracts were those derived from *T. spinosa* with an MIC<sub>50</sub> of 125 µg/ml, an MIC<sub>90</sub> of 250 µg/ml and an MIC range of 62.5–500 µg/ml. An MIC<sub>50</sub> of 250 µg/ml and an MIC<sub>90</sub> of > 4,000 µg/ml was reached by *H. abyssinica* with a range of 125– > 4,000 µg/ml and by *X. caffra* with a range of 62.5– > 4,000 µg/ml, respectively. It is concluded that these plants contain compounds with antimicrobial activity against *H pylori*.

**Key Words** East African plants, Antibacterial activity, *Helicobacter pylori*