



ORIGINAL RESEARCH

Effect of the Aqueous Bark Extract of *Blighia Sapida* on Ovaries and Uteri of Female Rats

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ABSTRACT

Background: *Blighia sapida* has its origin in sub-Saharan Africa and has been reported to have folkloric use in the management of ailments like backache, constipation, gonorrhoea, dysentery, psychosis, hernia, stomach-ache, malaria, and typhoid.

Objective: The objective of this study was to determine the effect of *Blighia sapida* on the ovaries and uteri of female rats using the Sprague-Dawley rats as models.

Materials and Methods: A total of twenty adult female Sprague-Dawley rats weighing between 150g±20g (n=5, W-Z) were used. Group W served as Control and received 1 ml of distilled water, X-Z received 100, 200 and 400 mg/kg of *Blighia sapida* respectively for a period of 4 weeks. After this study, the rats were euthanized, and their ovaries and uteri were harvested for histology and oxidative stress markers and blood for hormonal functions.

Results: Micrographs of the ovaries showed degenerated theca cells within the cortex and ovarian stroma showed vascular congestion. Significant reductions in some female hormone (FSH, Estrogen and Progesterone) values were observed. There was also a significant increase in MDA and reduction in SOD and CAT uteri values were also noticed.

Conclusion: Study showed that *Blighia sapida* could affect the ovaries and reproductive hormone, hence moderation in consumption of this extract by females should be considered, as excess consumption could lead to infertility.

Keywords: *Blighia sapida*; Female rats; Hormonal milieu; Ovaries; Uteri