



UNIVERSITY OF PORT HARCOURT

Journal of **Malaria Research and Phytomedicine**

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JOURNAL OF MALARIA AND PHYTOMEDICINE
(The official Journal of the Centre for Malaria Research and Phytomedicine)

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Title: At the top left hand, the title page should start with the journal name (Journal of Malaria and Phytomedicine) followed by type of manuscript (Research, Review Article, Short Communication and Note, etc). This should be followed by the title, name(s) of the author(s) and affiliations and mailing address, an asterisk (*) should be added to the right of the corresponding author's name. When there are two or more authors and they belong to more than one affiliation, his or her affiliation should be indicated by superscripts 1, 2, 3 ... placed after each author's name and before each affiliation.

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Discussions and Conclusions: The discussion should interpret the results clearly and not repeat the results already stated. It should be concise in terms of biological mechanisms and significance and also should integrate the research findings with the body of previously published literature to provide the reader with a broad base on which to accept or reject the hypotheses tested. Extensive discussion of relevant literature is within bounds. Explain how the results relate to previous findings, either in support, contradiction, or simply as added data. Highlight the significant/unique findings of the research under conclusion, and give some Recommendations.

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Disclosure of conflict of interest

Authors should disclose all financial/relevant interest that may have influenced the study.

Acknowledgement: Acknowledgement section may be included if the author wants to acknowledge the funding agency or any other person (s) as deemed necessary.

In Summary: Research Papers and Short Notes should follow the structure of Abstract, Introduction, Methodology, Results and Discussion, Conclusion, Acknowledgements, Competing Interests, Authors' Contributions, Consent (where applicable), Ethical approval (where applicable), and References plus figures and/or tables).

Submission: Manuscripts should be submitted online as an email attachment to The Editor, Journal of Malaria and Phytomedicine (JMP) mail: jmpsubmitpaper@uniport.edu.ng or jmpsubmitpaper@gmail.com. Postal submission will only be accepted in electronic format. After submission, a manuscript number will be communicated to the corresponding author within one week. For submission related problems or all other correspondence, please contact the editorial office atjmpsubmitpaper@uniport.edu.ng or jmpsubmitpaper@gmail.com.

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Format of References List Journal Articles: Okoko II, Osinubi AA, Olabiyi OO, Kusemiju TO, Noronha CC and Okanlawon AO. Antiovolatory and antiimplantation potential of the methanolic extract of seeds of *Abrus precatorius* in the rat. *EndocrPract.* 2010; 16 (4):554-60.

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EDITORIAL

Safety of herbal medicines/remedies

In the Editorial of the last volume, we focused on Herbal medicines in the 21st century. The current write-up is on the safety of herbal remedies.

Herbal medicines have become very widespread and acceptable as alternative to regular medical practice globally and Nigeria is not exempted in this regard. In Germany, herbal medicinal products are first choice of treatment in about 70% of the population (Tuffs, 2002). The current global pandemic of Covid-19 has brought to light the tendency to deviate from orthodox medicine to herbal medicine as an alternative. There is a general presumption and belief that since herbal medicines are natural they are therefore considered safe. This is not scientifically correct because herbal medicines may have direct toxic effects.

In as much as the use of herbal medicine may be advocated in some situations, there is need for caution in its use especially where the active components are not known and there is no dosage standardization. Most herbal medicines on the shelves or in use in Nigeria have not been tested for a long term effect therefore the chronic effects on the body may not be known. Pharmacological toxicity testing usually starts with LD₅₀ which measures mainly acute toxicity tests. Post pharmacovigilance studies are needed for herbal medicines to ensure its safety and continuous use for combating diseases.

This fourth edition of JMP presents a study of the effects of Methanolic Leaves Extract of *Luffa cylindrica* (an antimalarial herb) on some tissues of Albino mice. **With the obtained results, one can see the need for caution in the use of herbal medicines especially where there is no dosage standardization and therefore makes imperative the monitoring of the use of these herbs.** 

Another article of herbal medicine in this edition is the anti-snake venom activity of many Nigerian plants. Antidotes for snake bites are not readily available to the country and even when available are very expensive. The article presents many local herbs that have potential anti-snake venom properties. This will serve as a guide for further studies as possible alternatives to known orthodox antidotes for snake bites. The scarcity and cost of anti-snake venoms makes imperative further research on the subjects as alternative antidote to snake bites for our communities.

Costus afer; a commonly used medicinal plant throughout tropical Africa in the treatment of many chronic diseases is also presented here as an agent with hypolipidemic activity that may be useful in reducing the risk of cardiovascular diseases.

As the interest and use of herbal medicine increases in our environment, here is a call for active pharmacovigilance to ensure safety of the use of these remedies.

The Editor

IfeyinwaChijioke-Nwauche. PhD

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Tuffs. A. Three out of four Germans have used complementary or natural remedies. British Medical Journal, 2002, 325:990.