

Phytochemical composition and potential antimicrobial activity of extracts of two neglected seeds (*Mangifera indica* L. and *Persea Americana* M.) in Benin

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Abstract:

Background: *Mangifera indica* L. and *Persea Americana* M. are two fruit trees very well-known and appreciated by the people of Benin for their fruits. The seeds from the fruits of these plants, despite their growing interest in pharmacology, are considered as environmental waste not yet recovered. This work aims to determine the phytochemical composition and the antimicrobial activity of the ethanolic extract of these two neglected seeds in Republic of Benin.

Materials and Methods: 50 g of powder of *P. Americana* and *M. indica* seeds were separately crushed and recovered in 500 ml of ethanol 96°C to obtain their extracts. The qualitative and quantitative phytochemical screening was performed to determine the different phytochemical groups. Antimicrobial activity was performed on eleven bacteria to determine their inhibitory diameter zone, the Minimum Inhibitory Concentrations and the minimum Bactericidal Concentration.

Results: Qualitative and quantitative phytochemical analysis of the ethanolic extract revealed that avocado seeds extract contained alkaloids: 2.14 ± 0.012 mg, flavonoids: 5.33 ± 0.064 mg, reducing compounds: 0.84 ± 0.027 mg and phenolic compounds 3.22 ± 0.035 mg. That of mango seeds also included alkaloids: 2.14 ± 0.012 mg of flavonoids, 5.33 ± 0.064 mg of reducing compounds 1.72 ± 0.019 mg and phenolic compounds (7.68 ± 0.027 mg). Antimicrobial tests indicated a larger inhibition diameter (25mm) and shown a lower minimum inhibitory concentration of (0.325 mg / ml) on certain bacteria with the two extracts. The mango extract had a bactericidal effect (1.25 mg / ml) on *Staphylococcus epidermidis* T22695.

Conclusion: The extracts of the two seeds, rich in chemical compounds and having interesting antimicrobial properties could constitute sources of active principles in the development of antimicrobial agents.

Key Word: *Mangifera indica*, *Persea Americana*, seeds, phytochemical composition, Antimicrobial tests.

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I. Introduction

Due to report of increasing developments of drug resistance in human pathogen as well as undesirable side effects of certain antimicrobial agents, it is necessary to search for new agents that are better, cheaper and without side effect for treating infectious diseases especially in developing countries¹. A wide variety of plant / natural products are used in the treatment of infections.

There have been several reports on the pharmacological effects and suitability of medicinal plants as phyto-therapies for diseases^{2,3,4,5}. Among these plants, there are *Mangifera indica* L. and *Persea Americana* M. which caught our attention. The numerous pharmacological properties of the leaves of these two plants are described in the literature^{6,7,8,9,10,11}. But in Republic of Benin, these plants are mainly known and appreciated by the population for their very appetizing and nourishing fruits. The fully ripened fruits are used for table purpose. Despite the fact that mango and avocado seeds contain Phyto-constituents, the seeds are considered to be a waste and pose a real environmental problem in the country. Generally, plant parts (seeds, leaves, bark, fruits and stems) also contain bioactive agents. As proof, seeds of mango have a broad range of medicinal properties, such as antimicrobial, antiviral, antifungal, anti-inflammatory, anti-diarrhoeal, antioxidant, as well as

immunomodulatory^{12,13,14,15,16,17}. The biological activities such as antioxidant, antihypertensive, fungicidal, larvicidal, hypolipidemic, amoebicidal and giardicidal activities of the seeds of avocado had also reported^{18,19,20,21,22,23,24}. No study on the two seeds in Benin has been undertaken with a view to their valorization. The objective of this work is to make a study of the phytochemical composition and the antimicrobial activity of the two seeds with a view to their valorization in the antimicrobial fight in Benin.

II. Material And Methods

Extract Preparation: Ethanol is a very little toxic solvent and according to some authors allows to extract the maximum of chemical compounds²⁵. That is what motivated us to take an interest in the ethanolic extract of the two organs.

Mango and avocado fruits were deseeded by removing the fleshy cover. The resultant seeds were eachwashed with clean tap water, crushed into smaller pieces with the help of manual grater. Thereafter, the seeds were air dried for 3 weeks under regular turning to enhance even drying. The dried leaves samples and seeds were separately grounded into fine powder using a mechanical grinder. The cold ethanol extraction was adopted for extraction.

50 g of powder of *P. Americana* and *M. indicaseeds* were separately crushed and recovered in 500 ml of ethanol 96°C. After agitation and homogenization, the mixture is filtered on Whatman paper and the filter is concentrated in a rotary evaporator at a temperature between 55°C and 60°C with help of vacuum pump to obtain the extract. The dry watery triturated extract obtained was stored in a refrigerator at 4°C.

Phytochemical Screening: The qualitative phytochemical screening was performed based on colouring or precipitation reactions. It is made directly on the ethanolic extract of *P. Americana* and *M. indicaseeds* according to Houghton, Raman method and Simo et al. methods^{26,27}. Quantitative phytochemical tests were carried out according to the method of Harbon and Umeaku et al.^{28,29}.

Antimicrobial activity assessment methods: Eleven references strains such as *Escherichia coli* ATCC 25922, *Staphylococcus aureus* ATCC 29213, *Staphylococcus epidermidis* T22695, *Pseudomonas aeruginosa* ATCC 27853, *Proteus mirabilis* A24974, *Micrococcus luteus* ATCC 10240, *Proteus vulgaris* A25015, *Streptococcus oralis*, *Enterococcus faecalis* ATCC 29212, *Salmonella typhi* R 30951401 and *Escherichia coli* O157 were used.

Sensitivity test: It was done according to the disc method inspired from the one described by Bauer et al., (1996). Briefly, 1 ml of pre-culture of 18-24 h (10^6 UFC/ml) enabled planting a box of Petri dishes containing agar Mueller Hinton by flood. After seeding, the sterile Whatman paper discs (5 mm de diameter) were deposited with sterile pince. These discs have been carefully impregnated with 30 µl of plant extract (20 mg/ml). The dishes were kept for 15-30 min at room temperature before incubation at 37°C. The inhibition zones diameters were measured after 24 to 48 hours using a ruler graduated³⁰. For each extract, the experiment was performed induplicate.

Determination of the Minimum Inhibitory Concentration (MIC): The MIC has been determined by macrodilution method with Visual assessment of the growth of microorganisms³¹. Briefly, nine concentrations (10 000, 5 000, 2 500, 1 250, 625, 312.5, 156.25, 78.12 and 39.06 µg/ml) was performed in screw tube. To 1 ml of the above concentrations was added 1 ml of the bacteria inoculum (10^6 UFC/ml). After 24 h of incubation turbidity tubes was examined relative to the control tube containing distilled water and the inoculum (10^6 UFC/ml).

Determination of the Minimum Bactericidal Concentration (MBC): The MBC was determined by solid medium culture of all of the tubes from the MIC to high concentrations. These dishes were incubated at 37 °C for 24 h. The highest dilution that yielded no bacterial growth on solid medium was taken as MBC³².

Data treatment and analysis: The spreadsheet Microsoft Excel version 2013 has been used for the capture and encoding the data. Minitab (version 17) software was used for the variance analysis (ANOVA). Finally a structuring of the medium was made which allowed us to compare and identify the excerpt (s) most active on the various parameters through Student Newman and Keuls (SNK) test on the threshold of 5% of significance.

III. Results

Performance extraction: For 50 g of avocado seeds powder, 5.56 g of ethanolic extract were obtained. This extract was therefore obtained with a yield of 11.12%. That of the mango seeds was obtained with a yield of 10.33%.

Qualitative and quantitative composition of extracts: The phytochemical screening of the extracts of mango and avocado seeds had qualitatively shown the presence of Reducing compound, Alkaloids, Flavonoids, phenolic compounds consisting of catechic and gallic tannins, Saponins and Terpenoids in the two extracts (table1). Free Anthracenics and Leuco-anthocyanins were present in the avocado seeds and absent in the mango seeds. Mucilages and O-heterosides are present in the extract of mango seeds and absent in the

extract of avocado seeds. Other compounds such as Anthocyanins, Quinonics compound, Cartenoids, are not present in the two extracts (table no 1).

The quantitative analysis of the two extracts shows that the mango nuts are richer in alkoids (9.66 ± 0.22 mg) and flavonoids (6.86 ± 0.20 mg) than avocado nuts (alkoids: 2.14 ± 0.012 mg and flavonoids: 5.33 ± 0.064 mg). Contrary to the first observation, avocado nuts are richer in reducing compounds (1.72 ± 0.019 mg) and phenolic compounds (7.68 ± 0.027 mg) (table no 1) than mango nuts (reducing compounds: 0.84 ± 0.027 mg ; phenolic compounds 3.22 ± 0.035 mg). These values can also depend on the type of extract produced.

Table no 1: Phytochemical constituents of *P. Americana* and *M. indicaseeds*(mg/100g)

Compounds	AS/QLA	AS/QNA	MS/QLA	MS/QNA
Reducing compound	+	1.72 ± 0.019	+	0.84 ± 0.027
Alkaloids	+	2.14 ± 0.012	+	9.66 ± 0.22
Flavonoids	+	5.33 ± 0.064	+	6.86 ± 0.20
Tanins catechic	+	7.68 ± 0.027	+	3.22 ± 0.035
Tanins gallic	+		+	
Anthocyanins	-		-	
Leuco-anthocyanins	+		-	
Quinonics compound	-		-	
Saponin	+		+	
Coumarin	-		-	
Terpenoids	+		+	
Mucilages	-		+	
Cartenoids	-		-	
Free Anthracenics	+		-	
O-heterosides	-		+	

(+) = Presence; (-) = Absence; **AS/QLA:** Avocado seeds /Qualitative analysis; **AS/QNA:** Avocado seeds/Quantitative analysis; **MS/QLA:** Mango seeds/Qualitative analysis; **MS/QNA:**Mango seeds/Quantitative analysis.

The extracts inhibitory diameter zone with the reference strains: Figure no1 shows the inhibitory activity of avocado and mango seeds extracts on the eleven bacteria tested. The sensitivity test performed with extracts on these bacteria varies from one strain to another depending on the type of extract. The observed variation is very significant ($p < 0.001$). The two extracts tested showed a pronounced antagonistic effect by inhibiting the growth of 90% of the pathogenic strains tested (Figure no 1). The largest inhibition diameters were obtained with the avocado seeds extract. The largest inhibition diameter (25 mm) was obtained against *P.vulgaris* strain and the following inhibition diameter (24 mm) against *Staphylococcus aureus* ATCC 29213 strain. The largest inhibition diameter obtained with mango seeds extract is (21 mm) against *Enterococcus faecalis* ATCC29212 strain. This extract is also active on *Proteus vulgaris* A25015 and *Staphylococcus epidermidis* T22695 (20 mm) and on *Staphylococcus aureus* ATCC 29213 (19.5 mm) (Figure no 1). The smallest inhibition diameter for the two extracts is (0 mm) against the same strain *Salmonella typhi* R.

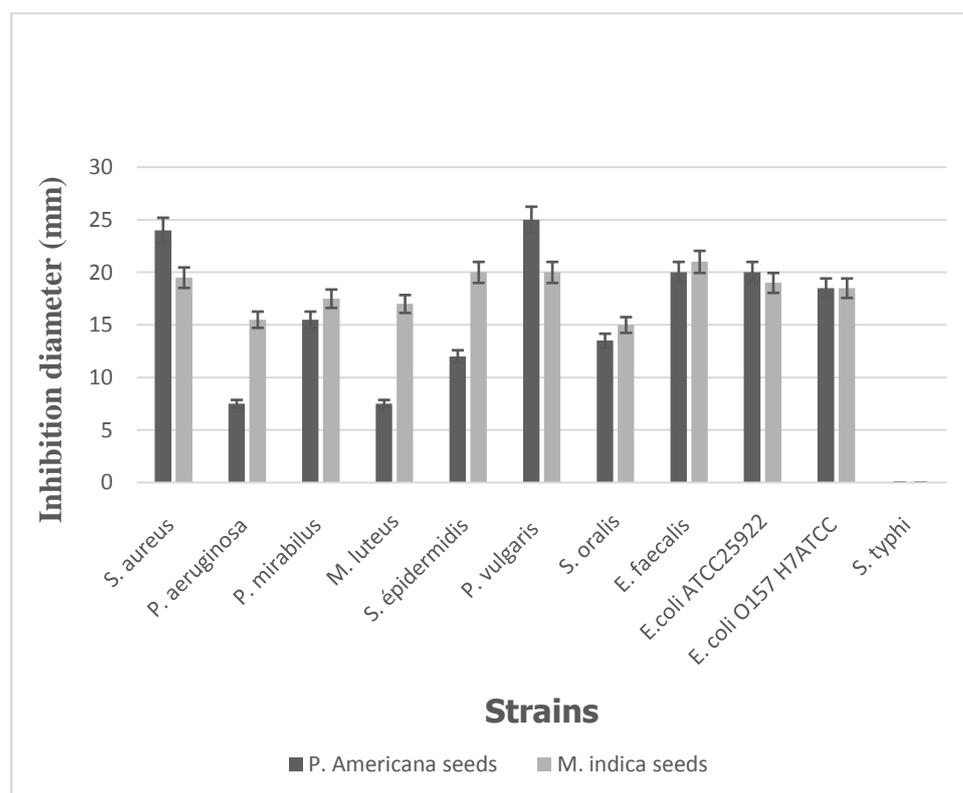


Figure no 1: Diameters of inhibition of *P. Americana* and *M. indica* seeds extracts

Minimum Inhibitory Concentrations (MIC) of *P. Americana* and *M. indica* seeds extracts: The two extracts inhibit the proliferation of most pathogenic bacteria with variable minimum inhibitory concentrations (MIC) ($p < 0.05$). According to our results, the smallest (0.3125 mg / ml) was obtained with the two extracts. It was obtained against *Staphylococcus epidermidis* T22695, and *Proteus vulgaris* A25015 with the extract of mango seeds and against *Streptococcus oralis*, *Escherichia coli* ATCC25922 and *Micrococcus luteus* with the extract of avocado seeds. Apart from the intermediate MIC of 0.625 mg / ml obtained against 6 bacteria with the two extracts, the largest MIC is 1.25 mg / ml obtained against 4 bacteria with the extract of mango seeds. The largest MIC obtained with avocado seeds is 2.5 mg / ml against *Staphylococcus epidermidis* T22695 strain.

Table no 2: Minimum inhibitory concentrations (mg/ml) of the extracts on the studied reference strains

STRAINS	<i>S. aureus</i> ATCC 29213	<i>P. aeruginosa</i> ATCC 27853	<i>P. mirabilis</i> A24974	<i>M. luteus</i>	<i>S. epidermidis</i> T22695	<i>P. vulgaris</i> A25015	<i>S. oralis</i>	<i>E. faecalis</i> ATCC29212	<i>E. coli</i> ATCC25922	<i>E. coli</i> O157 H7ATCC	<i>S. typhi</i> R 30951401
MS	1.25	1.25	1.25	0.625	0.3125	0.3125	1.25	0.625	0.625	0.625	0
AS	1.25	1.25	1.25	0.3125	2.5	0.625	0.3125	0.625	0.3125	1.25	0

MS: Mango seeds; AS: Avocado seeds.

Minimum Bactericidal Concentration (MBC) (mg / ml) of *P. Americana* and *M. indica* seeds: The two extracts tested have a weaker bactericidal effect against the bacteria used. The bactericidal effect was noted on two microorganisms (table no 3). The lowest minimum bactericidal concentration (1.25 mg / ml) was obtained with the mango seeds extract against two bacteria (*Staphylococcus epidermidis* T22695, *Enterococcus faecalis* ATCC29212). With the extract of avocado seeds, two values were noted, one of (1.25 mg / ml) obtained against *Enterococcus faecalis* ATCC29212 and the other of (10 mg / ml) was obtained against *Staphylococcus epidermidis* T22695 (table no 3).

Table no 3: Minimum Bactericidal Concentrations (mg/ml) of extracts with reference strains

STRAINS	<i>S. aureus</i> ATCC 29213	<i>P. aeruginosa</i> ATCC 27853	<i>P. mirabilis</i> A24974	<i>M. luteus</i>	<i>S. epidermidis</i> T22695	<i>P. vulgaris</i> A25015	<i>S. oralis</i>	<i>E. faecalis</i> ATCC29212	<i>E. coli</i> ATCC25922	<i>E. coli</i> O157 H7ATCC	<i>S. typhi</i> R 30951401
EL	0	0	0	0	1.25	0	0	1.25	0	0	0
ES	0	0	0	0	10	0	0	1.25	0	0	0

MS: Mango seeds; AS: Avocado seeds.

IV. Discussion

The extraction solvent being the same, it appears that the seeds avocado have a higher extraction yield than that of those of mango. The phytochemical composition may vary depending on other extraction solvents. It can also vary if it is made directly on the powder. The compounds responsible for the desired activity being those present in the extract, the screening was carried out on the latter instead of the powder. The phytochemical composition are slightly different from those observed in other work which had used other solvents during their work^{33,34,35}. This can also be explained by the fact that the extracts studied are different, or even by the difference in certain natural parameters such as the nature of the soil, the climate, the season etc.³⁶.

For the antimicrobial activity, the extract of avocado seeds remains more active than the extract of mango seeds on certain microbes. But the two activities are not significantly different. The inhibition diameters observed shown that the extracts are fairly active on most of the strains studied. These values compared to those of the literature are very interesting³⁷. This can be explained by the fact that the phytochemical composition of the two extracts is not very different from one extract to another. Avocado seeds are richer in alkaloids and flavonoids, while mango seeds are richer in phenolic and reducing compounds. The alkaloids and flavonoids would be responsible for the activity observed with the extract of avocado seeds, and the phenolic and reducing compounds for the activity observed with mango seeds. The antimicrobial activities of these various compounds present in the two extracts have been described in the literature^{16,38,39,40,41}. Alkaloids, flavonoids, phenolic and reducing compounds have been described as very good antimicrobial agents. But we can also consider a synergistic effect between the different compounds. In general compared to the literature, the observed MIC values indicate that the two seeds have good activities. The activities of the two seeds have also been described in the literature, but with other extracts obtained from other solvents¹⁶. The lower concentration being obtained with more germs in avocado seeds, we could also remember that the latter have a higher activity than that of mango seeds. Mango seeds have a more pronounced bactericidal effect on bacteria than avocado seeds. In addition, the two extracts have an effect on the same bacteria, except that the mango seeds have been shown to be more active on *Staphylococcus epidermidis*. These bacteria would be more sensitive to the compounds present in large quantities in mango seeds (phenolic and reducing compounds). These observations are in perfect correlation with those observed above. Both extracts inhibit *Enterococcus faecalis* ATCC29212 with the same value and the MIC of the mango seeds extract on *Staphylococcus epidermidis* T22695 is smaller than the MIC of the avocado seeds extract (Table no 2).

V. Conclusion

The phytochemical study carried out on *Mangifera indica* L. and *Persea Americana* M. seeds, shown the presence of large chemical groups in different proportions in the extracts. The antimicrobial study reveals that the extracts of the two seeds inhibited the 11 bacteria tested by more than 90%. These two extracts also had a bactericidal power on two micro-organisms: *Enterococcus faecalis* and *Staphylococcus epidermidis* T22695. In light of these results, mango and avocado seeds could change from their status as environmental pollutants to the status of sources of active ingredients that may be involved in antimicrobial control.

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