The Effect of Antifungal Plant Derivatives on the Growth of Candida albicans

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Both pau d’arco and horopito are known to be used in medicine as antifungal treatments. Thus, the antifungal qualities of these two plants were investigated on the candidiasis-causing fungus Candida albicans. This researcher’s hypothesis was that the horopito would reduce the growth of Candida albicans more than pau d’arco. The experiment was conducted by preparing 18 petri dishes with potato dextrose agar. The fungus Candida albicans was transferred to all 18 plates by agitating the fungus in distilled water and piping 1 mL into each plate. Discs treated with each extract were placed on the agar. Then the plates were incubated at 25° C for 3 days and the extent of fungal growth was calculated. The results of this experiment are the horopito group had an overall average zone of inhibition of 3.77 mm, the pau d’arco group had an average of 0.18 mm, and the control group had an average of 0 mm. The researcher's hypothesis was confirmed by the data since the horopito group had highest zone of inhibition. Horopito was more effective in the reduction of the growth of Candida albicans. Both the horopito and pau d'arco plates reduced fungal growth more significantly than the control group.

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