

ABACATEIRO

Scientific name: *Persea gratissima* Gaertn.

Family: Lauraceae^(1,3).

Popular names: Abacateiro⁽¹⁾

Used parts: Leaves^(1,2)

Habitat: Originary of Central America. It grows in Brazil, especially in north states.⁽¹⁾

Chemical composition: hydrocarbons, volatile acids, sterols, aminoacids, vitamins (A, B, D, E and G) and lecitin, K⁺, Ca²⁺, P and Fe, abacatin, flavonoids (quercetin, -sitosterol, perseitol) and essential oil.

Indications: *Persea gratissima* is balsamic, expectorant, diuretic and it is used also for liver, kidney diseases, diarrhea and dysentery, and to skin and hair dry⁽¹⁾. The aqueous extract of the leaves is said to have a fairly prolonged hypotensive action and the extracts of the dried peel and the seeds showed antibiotic activity⁽³⁾. The oil is anti-rachitic⁽¹⁾.

Dose:

Inside use:

- Infusion: 50 g of leaves/L water. To drink 1 cup 3 or 4 times at day.⁽¹⁾
- Fluid extract: 2 a 10 ml / day.⁽¹⁾
- Dry extract: 1 g / day.⁽¹⁾

Phytocosmetics:

- Oil: products for skin and hair treatment (oils, creams and lotions): 0,1 a 5 %.⁽¹⁾

Others informations:

- The decoction of *Persea gratissima* used by women to induce abortion in the Sangmelima

region, should not be administered to pregnant women⁽²⁾.

- The flowers of *Persea gratissima* constituents are flavonoids, 3-O-trans-p-Coumaroylkaempferol, quercetin 3-O-rhamnoside and isorhamnetin 3-O-glucoside⁽³⁾.

References:

1. TESKE, M.; TRENTINI, A. M. M. **Herbarium compêndio de fitoterapia**. 3. ed. Curitiba: Herbarium, 1997.
2. NOUMI, E.; HOUNGUE, F.; LONTSI, D. Traditional medicines in primary health care: plants used for the treatment of hypertension in Bafia, Cameroon. **Fitoterapia**, v. 70, p. 134-139, 1999.

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