

CAPIM LIMÃO

Scientific name: *Cymbopogon citratus* (DC.) Stapf.

Family: *Poaceae* ⁽¹⁾.

Popular names: capim limão, lemongrass ⁽¹⁾.

Used parts: Leaves

Botanical characteristics: *C. citratus* is a perennial plant with a smooth stalk up to 2 m. The leaf blade is linear, acuminate, up to 90 cm and 5 mm wide and smooth on both sides. The leaf sheaths are round, glabrous and smooth. The ligule is paper-like and less than 1 mm long ⁽²⁾.

Habitat: today it is cultivated in Central and South America and Queensland, Australia ⁽²⁾.

Chemical composition: volatile oil, citral, myrcene, geraniol, nerol, geranial, neral ^(1,2,3).

Indications: externally, lemongrass is used for lumbago, neuralgic and rheumatic, pain, sprains, and as mild astringent. Internally, the herb is used for gastrointestinal symptoms and mild states of agitation. Lemongrass is used for intestinal parasites, stomach complaints, flatulence, leprosy, bronchitis and fever ⁽²⁾.

Dosage:

- Internal use: infuse, 20g of leaves in 1 liter of water, 4-5 cups a day ⁽³⁾.

Others informations:

- The application of salves with the volatile oil upon the skin has led in rare cases to signs of allergy. A toxic alveolitis was observed in 2 cases following inhalation ⁽³⁾.

References:

1. LEWINSOHN, E. et al. Histochemical localization of citral Accumulation in Lemongrass leaves (*Cymbopogon citratus* (DC.) Stapf., Poaceae. *Annals of Botany*, 81: p. 35-39, 1998
2. MEDICAL ECONOMICS COMPANY. **PDR for herbal medicines**. 2. ed. Montvale: Copyright, 2000.
3. TESKE, M.; TRENTINI, A. M. M. **Herbarium compêndio de fitoterapia**. 3. ed. Curitiba: Herbarium, 1997.