

## CARQUEJA

**Scientific name:** *Baccharis trimera* (Less.) DC.

**Family:** Asteraceae <sup>(2,3)</sup>.

**Popular names:** carqueja <sup>(1)</sup>.

**Used parts:** specially air parts <sup>(1)</sup>.

**Habitat:** South America <sup>(1)</sup>.

**Chemical composition:** diterpenoids, flavonoids, resin, saponin, vitamins, triterpens, polyphenols, tanins, essential oil (carquejol, nopineno, and cardineno, calameno, eledol, eudesmol) <sup>(1)</sup>.

**Indications:** antiinflammatory, anti-hepatotoxic <sup>(4)</sup>, decrease gastric acid secretion and gastric lesions <sup>(2)</sup>,

**Dose:**

- Infusion to 2,5%: 50 to 200 ml daily <sup>(1)</sup>;
- Tincture: 5 to 25 ml daily <sup>(1)</sup>;
- Fluid extract: 10 to 5 ml daily <sup>(1)</sup>;
- Dose: 1 to 4 g/ daily <sup>(1)</sup>.

**References:**

1. TESKE, M.; TRENTINI, A. M. M. **Herbarium compêndio de fitoterapia**. 3. ed. Curitiba : Herbarium, 1997.
  2. TORRES, L. M. B. et al. Diterpene from *Baccharis trimera* with a relaxant effect on rat vascular smooth muscle. **Phytochemistry**, v. 55, p. 617-619, 2000.
  3. ABAD, M. J. et al. Antiviral activity of Bolivian plant extracts. **General pharmacology**, v. 32, p. 499-503, 1999.
- SUTTISRI, R. et al. Neo-clerodane diterpenoids and other constituents from *Baccharis genistelloides*. **Phytochemistry**, v. 35, n. 2, p. 443-446, 1994.