

ERVA- DE- BICHO

Scientific name: *Polygonum acre* Kunth⁽¹⁾

Family: *Polygonaceae*.⁽¹⁾

Popular names: erva-de bicho, persicária, pimenta d'água, pimenta do brejo.⁽¹⁾

Used parts: aerial parts.⁽¹⁾

Botanical characteristics: *P. acre* is a highly variable genus, which includes annual or perennial forbs and shrubs. Some species are viney. The leaves are usually simple and alternate. The pink, green, or white flowers have jointed stalks and stems have swollen nodes. Flowers can be either perfect or imperfect. The fruit is a three- or four-angled achene. Some species have rhizomes or taproots.⁽²⁾

Habitat: *P. acre* is a cosmopolitan genus found in Europe, Asia, Africa, and the Americas. In North America it is distributed from the Northwest Territories south through Mexico and from coast to coast. It is found in Alaska and all the contiguous United States; it is probably found in Hawaii also, although there is no specific reference to its occurrence there.⁽²⁾

Chemical composition: tannins, formic acid, acetic acid, valerianic acid, gallic acid, malic acid, fitosterin, sugars, flavonoids (quercetin, canferol, luteolin), free antraquinones, saponins, perlagonidin.⁽¹⁾

Indications: hemorrhage, urinary infection.⁽¹⁾

Dose:

Inside use:

- Infusion 10 g dry plant/l water, 1 to 2 cups daily.⁽¹⁾
- Fluid extract: 1 to 2 g daily.⁽¹⁾

Others informations:

- *P. acre* has emmenagogue and abortifacient effects.⁽¹⁾

References:

1. TESKE, M.; TRENTINI, A. M. M. **Herbarium compêndio de fitoterapia**. 3. ed. Curitiba: Herbarium, 1997.
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<http://svinet2.fs.fed.us/database/feis/plants/forb/polspp/al1.html>>.