

**PAU D'ARCO**

**Scientific name:** *Tabebuia avellanedae* Lor. ex Griseb

**Family:** Bignoniaceae

**Popular names:** Pau d'arco, ipê roxo, tahuari, taheebo, lapacho

**Used parts:** Bark.

**Botanical characteristics:** It's a wild tree with gray wood and opposite leaves. It has flowers of rosy, purple or lilac coloration. The fruit is lineal and cylindrical.

**Habitat:** It is common in many Brazilian area and northwest and northeast of Argentina.

**Chemical composition:** It contains iridoids, cyanidin, 3- rutinoside, anthocyanins, alkaloids, lapachol, anthraquinones, naphthoquinones, beta-sitosterol, chromium, chrysophanic, saponins, flavonoids, cumarines, quercetin, iridoids.

**Therapeutic indications:** immunostimulant, antimutagenic, antileukemic antitumoral, anticarcinogenic analgesic, antibacterial, antifungal, antiviral, antiparasitic, anti-inflammatory, antirheumatic, antiviral, laxative, antioxidant. It acts as antioxidant and in cases of prostate cancer.

**Dose:** Tea for decoction. Boil 50 g with one liter of water and drink several times a day, preferentially 6 to 8 daily glasses. Fluid extract 2 – 10 ml/day, Tincture 10 – 30 ml/ day

**Others informations:** According to accomplished researches, it was discovered a well-known substance named Lapachol that possesses pharmacological properties, among the ones the power to inhibit the growth of malign tumors, at the same time that reduces the pain. This substance avoids that the hormones related to cancer links to the normal cells.

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