

## FÁFIA

**Scientific name:** *Pfaffia glomerata* (Spreng) Pedersen

**Family:** Amaranthaceae

**Popular names:** brazilian ginseng<sup>(2,3,4)</sup>, fáfia<sup>(10)</sup>, suma, corango, para-tudo<sup>(4)</sup>

**Used parts:** Roots

**Botanical characteristics:** Suma is a perennial wild plant that grows in South America, a shrubby ground vine with an intricate, deep, and extensive root system.

**Habitat:** Brazil

**Chemical composition:** glomeric acid, pfameric acid, ecdysterone, oleanolic acid, rubrosterone, -glucopyranosyl, -ecdisonic and saponins.<sup>(1,4,9,2)</sup>

**Active compounds:** pfameric acid, ecdysterone

**Indications:** tonic<sup>(10)</sup>, antihyperglycemic<sup>(2)</sup>, stimulant, for stress<sup>(7,10)</sup> and analgesic-anti-inflammatory activity<sup>(11)</sup>.

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