

# UNCARIA

**INGREDIENTI E TENORE GIORNALIERO:** Uncaria (*Uncaria Tomentosa* Wild. ex Schult. DC). 100% corteccia 1920mg, origine: BRASILE. Composizione capsule gelatina qsp 100%.

**CONTENUTO:** in pilloliera PET, 100capsule (32g).

**MODALITÀ D'USO:** 2 capsule per 3 volte al giorno.

**EFFETTO FISIOLÓGICO:** funzionalità articolare, naturali difese dell'organismo.

## USO TRADIZIONALE

L'Uncaria tomentosa contenuta in queste capsule viene da raccolta selvaggia nella foresta pluviale **Amazzonica** peruana, dove questa pianta cresce sviluppando pienamente tutte le sue proprietà. Per nostra esperienza abbiamo notato che preparazioni di Uncaria proveniente da coltivazioni europee non hanno la stessa efficacia.

L'Uncaria t. ha una lunga tradizione d'uso e viene usata per scopi molto simili da tutte le popolazioni amazzoniche.

In Perù particolarmente viene impiegata **da almeno 2000 anni in caso di:** reumatismi, dolori ossei, artriti, infiammazione, asma, infezioni del tratto urinario, pulizia renale, ulcere gastriche, intestino irritato, cancro e diabete.

In generale l'Uncaria è ricordata da diversi "curandeiros" locali per fare una "pulizia interna" e "normalizzare il corpo".

Dal 1990 estratti di Uncaria vennero impiegati come trattamento coadiuvante durante cure per il cancro e per l'AIDS.

Il dottor Brent Davis, uno dei più grandi studiosi dell'Uncaria, ha scritto diversi articoli scientifici riferendosi a questa pianta come "**l'aprviva**" per la sua capacità di pulire l'intero tratto intestinale e la sua efficacia nel trattare disordini gastro intestinali.

## STUDI SCIENTIFICI E RICERCA CLINICA

Con così tanti usi tradizionali documentati non fa stupire che questa pianta della foresta pluviale sia arrivata all'attenzione di ricercatori e studiosi occidentali. Molte ricerche hanno trovato un'attività **immunostimolante** e proprietà anticancro in vitro. Alcuni studi riportano che l'Uncaria può aiutare nella **riparazione del DNA** cellulare e può prevenire la mutazione cellulare. Altre ricerche confermano che questa pianta può prevenire la perdita di globuli bianchi causata da alcuni chemioterapici.

Un'altra significativa area di studio riguarda l'indagine sulle proprietà **antinfiammatorie** di questa pianta. L'Uncaria t. ha diverse molecole antiossidanti, ma i costituenti con più documentazione riguardo l'infiammazione sono i glicosidi dell'acido quinovico. Gli studi dimostrano che questa pianta può inibire l'infiammazione dal 46% all' 89% in diversi test in vitro e in vivo. I risultati di questi studi validano una lunga tradizione d'uso indigena per **artriti e reumatismi** e infiammazioni gastro intestinali. È stata anche dimostrata da una ricerca clinica un'efficacia sulle ulcere gastriche.

Lo stesso gruppo di glicosidi anti-infiammatori dimostra anche proprietà antivirali in-vitro. Un altro componente particolare dell'Uncaria t. è la rincofillina che ha dimostrato effetti preventivi sui trombi, agisce come vasodilatatore periferico e contribuisce a diminuire i livelli di colesterolo; per questi motivi ha mostrato degli effetti sull'abbassamento della **pressione** sanguigna. Recenti ricerche attribuiscono a questa attività di vasodilatazione periferica della rincofillina anche un affetto benefico per i malati di **Alzheimer**. In particolare sull'Alzheimer alcune ricerche attribuiscono un effetto benefico anche agli antiossidanti presenti nella pianta.

Alcuni studi recenti attribuiscono alla pteropodina e all'isopteropodina, già studiate per le proprietà sul sistema immunitario, ha un effetto positivo sulla modulazione di un recettore di un neurotrasmettitore chiamato 5-HT(2). Questi siti recettoriali sono i target per i farmaci usati nel trattamento di **depressione**, ansia, disturbi alimentari, dolori cronici e obesità.



In sintesi le azioni documentate dalla ricerca scientifica per la corteccia dell'Uncaria tomentosa: antinfiammatorio, antiulcera, anticancro, antidepressivo, antileucemico, antimutagenico (protettore cellulare), antiossidante, antitumorale, antivirale, anticoncezionale, immunostimolante. In sintesi azioni documentate per uso tradizionale della pianta: analgesico (antidolorifico), anticoagulante (fluidificante del sangue), antidisintetico, pulitore del sangue, disintossicante, diuretico, gastrotonico (tonifica, equilibra, rafforza il sistema gastrico), ipocolesterolemizzante (abbassa il colesterolo), tonico (tonifica, equilibra, rafforza le funzioni corporee complessive), cicatrizzante delle ferite.

## SINERGIE

in caso di DOLORI: con BOSWELLIA IN OLIO o BOSWELLIA PERLE, DOL GEL

in caso di DIFESE IMMUNITARIE BASSE: con ASPIDOS o PHILLANTUS

*Non vengono utilizzati per la preparazione del prodotto: frumento, zucchero, sale, amido, soia, derivati del latte, conservanti, coloranti e aromi artificiali*

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Nota: le informazioni contenute in questa scheda non intendono né possono sostituire i consigli del medico, al quale spetta qualsiasi prescrizione ed indicazione terapeutica. Queste informazioni sono destinate esclusivamente alle persone qualificate nei settori della medicina, alimentazione e farmacia (art. 6 comma II del DL. 111 del 27/01/1992) e non devono essere assolutamente divulgate ai consumatori nel rispetto dei regolamenti CE/1924/2006 e CE/432/2012.