

CANA DO BREJO

Scientific name: *Costus spicatus* Swartz. ^(1,2)

Family: *Costaceae*. ^(1,2)

Popular names: cana do brejo. ^(1,2)

Used parts: rhizomes and leaves. ⁽¹⁾

Habitat: Brazil ^(1,2,3), southern Mexico, Yucatan and Costa Rica to northern Colombia and Brazil. ⁽³⁾

Chemical composition: steroidal saponins ⁽¹⁾, flavonol diglycosides ^(1,2), furostanol glycoside, diosgenin. ⁽³⁾

Indications: treatment of complaints of the bladder and urethra and to expel kidney stones. An infusion of the aerial parts is taken to treat colds, sore throats, dysentery and diarrhea. ^(1,2)

Dose:

Others informations:

- *C. spicatus* has polysaccharides inhibit capillary permeability and demonstrate phagocytosis stimulating properties (anti-inflammatory and immunomodulatory activities). ⁽¹⁾

References:

1. SILVA, B. P. da; PARENTE, J. P. Bioactive polysaccharides from *Costus spicatus*. **Carbohydrate polymers**, v. 51, p. 239-242, 2003.
 2. SILVA, B. P. da; BERNARDO, R. R.; PARENTE, J. P. Flavonol glycosides from *Costus spicatus*. **Phytochemistry**, v. 53, p. 87-92, 2000.
- SILVA, B. P. da; BERNARDO, R. R.; PARENTE, J. P. A furostanol glycosides from rhizomes of *Costus spicatus*. **Phytochemistry**, v. 51, p. 931-935, 1999.