

## Catuaba

**Scientific name:** *Trichilia catigua* A. Juss

**Family:** Meliaceae

**Popular names:** Tataúba, catuíba, pau de resposta, caramuru, piratancara, catiguá. <sup>(5)</sup>

**Used parts:** Bark

**Botanical characteristics:** which grows 6–10 m tall and has cream-colored flowers. <sup>(6)</sup>

**Habitat:** It grows in Brazil.

**Chemical composition:** It contains tannins, phytosterols, sesquiterpenes, flavonoids, steroids and flavalignans (cinchonans). <sup>(3,2)</sup>

**Therapeutic indications:** physical and mental tonic and especially as a sexual stimulant (aphrodisiac), digestive and purgative <sup>(7,1)</sup>, used for insomnia <sup>(6)</sup>, its analgesic effect, vasorelaxant and vasodilating action. <sup>(8)</sup>

**Dose:** It is usually consumed as a tea made from the bark, and the effective dose is 0,5 to 2,0 grams daily, shredded or powdered. <sup>(6)</sup>

## References:

1. REYES, JOE. **Aphrodisiac composition to boost libido.** U.S. Pat. Appl. Publ. A1 p. 7, 2002.
2. GARCEZ, W. S.; *et al.* **Sesquiterpenes from *Trichilia catigua*.** Fitoterapia. v. 68 (1), 87-88 p. 1997.
3. PIZZOLATTI, M. G.; VENSON, A. F.; *et al.* **Two epimeric flavalignans from *Trichilia catigua* (Meliaceae) with antimicrobial activity.** Zeitschrift fur Naturforschung. v 57, p 483 – 488, 2002.
4. VAZ, Z. R., *et al.* “**Analgesic effect of the herbal medicine Catuaba in thermal and chemical models of nociception in mice.**” Phytother. Res.; v 11(2), p 101–106, 1997.
5. **Catuaba.** [on line]. Available at: [http://www.biosapiens.com.br/index\\_0304.php](http://www.biosapiens.com.br/index_0304.php); 2003
6. **Catuaba – facts and medical research.** [on line]. Available at: <http://www.aphrodisiacs.net/facts-catuaba.html>; 1998.
7. MING, L. C.; CORREA JUNIOR, C. **Geographic distribution and associated environments characterization of *Trichilia catigua* A. Juss. – Meliaceae in Santa Catarina state – Brazil.** [on line]. Available at: [http://www.actahort.org/books/569/569\\_14.htm](http://www.actahort.org/books/569/569_14.htm); 2000.
8. Tropical plant database. **Catuaba** [on line]. Available at: <http://www.rain-tree.com/catuaba.htm>; 2003.