

GUACO

Scientific name: *Mikania glomerata* Spreng.

Family: *Compositae*

Popular names: guaco, erva das serpentes ⁽¹⁾, guaco liso, guaco de cheiro, guaco cheiroso, cipó caatinga, Huaco ⁽⁵⁾.

Used parts: Leaves ^(1,5).

Habitat: It grown in South America especially in Argentina, Paraguai, Uruguai and Brazil ⁽¹⁾.

Chemical composition: essential oil, tanins, saponins, resins, guacina, coumarins, guacosídeo ⁽¹⁾, cinnamoylgrandifloric acid, stigmasterol ⁽²⁾.

Indications: bronchitis, asthma ^(1, 3), cough, diuretic, roarsness, throatache, wounds, itches, eczema ⁽¹⁾, rheumatism, fever, and respiratory tract diseases ^(1,2).

Dose:

Inside use:

- Infusion / decoction: 2 %, 50 to 200 ml daily ⁽¹⁾.
- Liquid extract: 1 to 4 ml daily ⁽¹⁾.
- Tincture: 5 to 20 ml daily ⁽¹⁾.
- Syrup: 10 to 40 ml daily ⁽¹⁾.

Outside use:

- Infusion / decoction: 5 %, apply several times daily ⁽¹⁾.

Others informations:

- Use for hundred uninterrupted treatment days, because can occur hemorrhage (antagonism with K vitamin) ⁽¹⁾.
- Over doses can cause sick and diarrhea ⁽¹⁾.
- Anti-inflammatory activity has been observed in *in vitro* pharmacological tests and an inhibiting effect of the intestinal and uterine musculature *in vivo* ⁽⁴⁾.
- *Mikania glomerata* have also indicated bronchodilating activity, while coumarin was shown to be responsible for about 50 to 60% of this activity in relation to the total activity of the crude extract ⁽⁴⁾.
- The ethanolic extract prepared from the leaves of *Mikania glomerata* displays three main effects: its ability to inhibit granulocyte infiltration following antigen challenge; inhibition of antigen-induced mast cell degranulation and partial inhibition of PAF-induced granulocyte infiltration, which together lend support to the folk usage of “guaco” in allergic diseases ⁽⁴⁾.