

MALVA

Scientific name: *Malva sylvestris* Linné⁽¹⁾

Family: *Malvaceae*⁽¹⁾.

Popular names: malva selvagem, malva maior⁽¹⁾, malva rosa, rosa marinha⁽³⁾.

Used parts: leaves^(1,2), flowers and whole of the flowering fresh plant⁽²⁾.

Botanical characteristics: *Malva silvestris* is a biennial or perennial leafy herb 0.3 to 1,2 m high. The stems are branched, prostrate to curved, ascending, slightly woody and rougily pubescent. The leaves are alternate, long petioled, reniform-orbicular, 5-lobed and crenate-serrate. The bright purple flowers with long dark stripes are clustered in leaf axils. They have 3 epicalyx leaves, 5 sepals, 5 petals that are much longer than the calyx and have a deep margin. The numerous stamens are fused to a 10 to 12 mm column. The fruit stems are erect or slanted to one side. The ovaries are made up of a ring of 9 to 11 carpels. The fruit is a 7 to 9 mm wide and 2 mm thick disc, which breaks up into mericarps. These are glabrous or covered in a few scattered hairs, sharply angular and punctate⁽²⁾.

Habitat: The tree can be found in subtropical and temperate latitudes of both hemispheres⁽²⁾.

Chemical composition: flavonoids (hypoalaetin-3-glucoside, gossypetin-3-glucoside, flavonoid sulfates), mucilages (galacturonorhamane and arabinogalactans), polysaccharides, tannins⁽²⁾.

Indications: cough, bronchitis, inflammation of the mouth and pharynx⁽²⁾.

Dose:

Inside use:

- Infusion of flowers and leaf: the average dose is 5 gm of the drug, 2 to 3 times daily⁽²⁾.

References:

1. OLIVEIRA, F. de.; AKISUE, G.; AKISUE, M. K. **Farmacognosia**. São Paulo: Atheneu, 1991.
2. MEDICAL ECONOMICS COMPANY. **PDR for herbal medicines**. 2. ed. Montvale: Copyright, 2000.
3. LORENZI, H. MATOS, A. F. J. **Plantas medicinais no Brasil**. R. R. São Paulo : Donnelley América Latina, 2002.