

## QUEBRA-PEDRA

**Scientific name:** *Phyllanthus niruri* Linné.<sup>(1)</sup> / *Phyllanthus tenellus* Roxb.

**Family:** *Euphorbiaceae*.<sup>(1)</sup>

**Popular names:** quebra-pedra, erva-pombinha, arrebenta-pedra, quebra-pedra-branca, saxifraga.<sup>(1)</sup>

**Used parts:** aerial parts with flowers root and seed.<sup>(1)</sup>

**Habitat:** tropical and subtropical regions in Central and South American countries, and in India.<sup>(4)</sup>

**Chemical composition:** alkaloids, flavonoids, lignans, tannins<sup>(2,4)</sup>, phenols and terpenes<sup>(2)</sup>, phthalic acid.<sup>(4)</sup>

- Seeds: linoleic acid, linolenic acid, ricinoleic acid.<sup>(1)</sup>
- Leaves: phenolic compounds, vitamin C, lignins, triterpenoids.<sup>(1)</sup>
- Aerial parts: flavonoids, quercitrin, quercetin, rutin, astragalín, nirurin, fisetina-4-O-glicoside, triacontanal, triacontanol, hipofilantine.<sup>(1)</sup>
- Roots: flavonic derivates, triterpenoids, estradiol.<sup>(1)</sup>

**Indications:** kidney stones<sup>(2,4)</sup>, viral hepatitis<sup>(2,4)</sup>, jaundice, asthma<sup>(3,4)</sup>, bronchial infection, diseases due to liver damage<sup>(3)</sup>, antiviral<sup>(5)</sup>

### Dose:

Inside use:

- Infusion or decoction: 20 to 30 g/l water, 1 to 2 cups daily.<sup>(1)</sup>
- Fluid extract: 1 to 4 ml daily.<sup>(1)</sup>
- Tincture: 5 to 20 ml daily.<sup>(1)</sup>
- Powder: 0,5 to 2 g daily.<sup>(1)</sup>

### Others informations:

- *P. niruri* inhibiting the reverse transcriptase enzyme.<sup>(5)</sup>
- *P. niruri* inhibiting the hepatic cholesterol biosynthesis, increased faecal bile acids excretion and enhanced plasma lecithin: cholesterol acyltransferase activity.<sup>(5)</sup>

### References:

1. TESKE, M.; TRENTINI, A. M. M. **Herbarium compêndio de fitoterapia**. 3. ed. Curitiba: Herbarium, 1997.
2. SOUZA, T. P. de et al. Validation of a LC method for the analysis of phenolic compounds from aqueous extract of *Phyllanthus niruri* aerial parts. **Journal of pharmaceutical and biomedical analysis**, v. 30, p. 351-356, 2002.
3. SYAMANSUDAR, K. V. et al. Antihepatotoxic principles of *Phyllanthus niruri* herbs. **Journal of ethnopharmacology**, v. 14, p. 41-44, 1985.
4. ISHIMARU, K. et al. Phenolic constituents in tissue cultures of *Phyllanthus niruri*. **Phytochemistry**, v. 31, n. 6, p. 2015-2018, 1992.
5. KHANNA, A. K.; RIZVI, F.; CHANDER, R. Lipid lowering activity of *Phyllanthus niruri* in hiperlipemic rats. **Journal of ethnopharmacology**, v. 82, p. 19-22, 2002.