Paico Links :

<http://plants.usda.gov/core/profile?symbol=CHAM>

<http://sisbib.unmsm.edu.pe/BVRevistas/gastro/vol_16n3/medicina.htm>

>>>

>>>> MEDICINA TRADICIONAL EN EL TRATAMIENTO DE ENTEROPARASITOSIS

>>>> reports paico (Chenopodium ambrosioides) is

>>>> 100% effective against hookworms (unicarias) and

>>>> whipworms (trichuris) and

>>>> 50% effective against small intestinal roundworms (ascaris).

>>>>

>>>> <http://www.naturecures.co.uk/> reports paico (chenopodium

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>>>> is effective against:

>>>> roundworm (ascariasis lumbricoides)

>>>> tapeworm (hymenolepsis nana, vampirulesis nana, taenia solium)

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>>>> naturecures also states it is used as a conterceptive during

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>>> menstration

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>>>> NOTE: Should not be used while pregnant or nursing. Has

>>>>

>>> traditionally been

>>>

>>>> used to induce abortions. Do not take while trying to

>conceive

>>>>

>>>> Publ 923 by the iiap organization,

>>>> Plantas Medicinales de Uso Popular en La Amazonia Peruviana

>>>> recommends:

>>>> 20 grams of leaves and stems in a liter of water,

>>>> take a glass ( one cup?) three or four times a day. P, 142,

Hierba Buena :

<http://www.rain-tree.com/hortela.htm#.U9v90GMvlXE>

Marupa Links :

The recommended dosage for

marupa is 50 grams, boiled in a

liter of water, once a day for 10 days.

so the weight for one 10 day

treatment is 500 grams. That

seems a bit heavy. It is possible

to boil it down. That might reduce

the shipping weight but tastes bitter.

Boiled down, it may need alcohol as

a preservative.

rain-tree.com reports large doses

my cause nausea and vomiting,

so it seems safer than the others.

<http://www.rain-tree.com/simaruba.htm#.U6EHB_ldXik>

**Paico**

Recommendations: Vermifuge for hookworms, whipworms, small intestinal roundworms,

roundworms and tapeworms

20 grams in 1 liter of water as a tea,

taken one cup three times a day for three days.

Not recommended for anyone who is pregnant, trying to become pregnant,

lactating or for small children.

Toxicity reported in large doses.

<http://sisbib.unmsm.edu.pe/BVRevistas/gastro/vol_16n3/medicina.htm>

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Other uses & additional information:

paico (Cashua, Chenopoium ambrosioides L. Chenopodiaceae (Dicotiledónea))

PUBL 923:

*Tallos* **Cólicos:** infusión de las hojas y tallos tiernos; un vaso tres o cuatro

veces al día en el caso de adultos y tres o cuatro cucharadas, en el caso

de niños. Infecciones urinarias: beber una taza caliente del cocimiento

de «paico» con «pampa orégano» tres a cuatro veces cada día.

*Hojas* **Heridas:** con el cocimiento de las hojas se hacen lavados en la zona

afectada; las hojas machacadas se aplican como emplasto sobre ellas.

**Antidiarreico:** infusión de las hojas flores: 20 g en un litro de agua.

Tomar tres a cuatro tazas al día.

**Parasitosis intestinal:** infusión de las hojas y tallos tiernos. Tomar un

vaso tres a cuatro veces al día. Tener extrema precaución al preparar la

infusión: una infusión demasiado concentrada puede tener efectos

tóxicos.

**Digestivo:** tomar una taza de la infusión preparada (20 g de hojas en un

litro de agua) después de las comidas.

**Hemorroides:** en baños de asiento con la infusión de las hojas.

p. 279 pdf

Duke´s Handbook of Medicinal Plants of Latin America

EPAZOTE (Dysphania ambrosioides (L.) Mosyakin & Clemants) + CHENOPODIACEAE

Synonyms: Chenopodium ambrosioides

Duke reports that Physician Desk Reference reports deaths from overdose

but notes traditional whole herb use as a vermifuge is much safer than

synthetic or pure ascaridole.

**Activities:**

Abortifacient (f; CRC; PH2; WBB; ZUL); Acaricide (1; MD2; X15384350); Amebicide

(1; CRC; MPG); Analgesic (f1; CRC; TRA); Antemetic (f; EGG); Anthelmintic (f1; BOU;

PHR; PNC; TRA; 60P); Antiaflatoxigenic (1; X17174000); Antiasthmatic (f; PH2); Anticancer

(1; X16307762); Antifeedant (f; ZUL); Antiinflammatory (f; VOD); Antileishmanic (f1;

X16636536; X17254746; X8701041); Antimalarial (1; TRA); Antioxidant (1; X16307762;

X17174000); Antiseptic (f1; AHL; EGG; ZUL; 60P); Antispasmodic (f; BOU; CRC; DEP;

JTR; WBB; WO2; ZUL; 60P); Antitumor (1; X16307762); Antitussive (f; CRC; EGG); Antiulcer

(1; MPG; TRA; 60P); Apifuge (1; ZUL); Ascaricide (1; AAB; CRC); Bactericide (1;

TRA); Carcinogenic (1; AAB; TRA); Cardiodepressant (1; MPG; TRA); Cardiotonic (f;

ZUL); Carminative (f1; BOU; CRC; DAV; FAD); Contraceptive (f; DAV; EGG; SAR); Cytotoxic

(1; X16219440); Decongestant (f; DAV); Depurative (f; DAV); Diaphoretic (f; CRC;

WBB; ZUL); Digestive (f; BOU; VOD); Diuretic (f; CRC); Emmenagogue (f; BOU; CRC;

DEM; JFM); Febrifuge (f; BOU; DEM); Fungicide (f1; AAB; TRA; X17174000; 60P); Genotoxic

(1; X16219440); Hepatoprotective (f; EGG); Hypotensive (1; TRA; 60P); Insecticide

(1; CRC; TRA; X15384351); Lactagogue (f; BOU; CRC); Myorelaxant (1; MPG; TRA; 60P);

Narcotic (f; CRC); Nematocide (f1; GMJ; JE92:215; X17588325); Nervine (f; CRC); NO-genic

(1; X17156956); Panacea (f; DEM); Paralytic (1; PHR); Parasiticide (f; VOD); Pectoral (f;

WO2); Plasmodicide (1; WO3); Poison (1; CRC; JFM); Protisticide (1; TRA); Purgative (f;

DAV); Respirostimulant (1; MPG; TRA); Sedative (f; AAB); Snake Repellent (f; ZIM; ZUL);

Spasmogenic (1; PHR); Stimulant (f; BOU; CRC; PH2); Stomachic (f; BOU; CRC; HHB;

JFM; VOD; ZIM); Sudorific (f; CRC); Tonic (f; CRC; DEM; DEP; HHB); Tumorigenic (1;

X625070); Vermifuge (f12; FAD; PHR; VOD; ZUL).

**Dosages:**

FNFF = ! Though often listed as an edible potherb, as an anti-gas spice in soups and salsas,

or used in preparation of hot pepper sauces, etc., I’d use very sparingly! Topically applied in

hemorrhoids (SOU). 1 g (HHB); 2–4 ml liquid extract (PNC); 0.03–0.1 g fresh shoots/kg/day,

no more than 3 days; not more often than once every 6 months (TRA); 1–4 g powdered seed

(PNC); 4 tsp powdered seed at bedtime, for 4 days, as anthelmintic (NPM) (much too much

for safety (JAD)). Adult dosage: 20 drops in a.m. on empty stomach followed by purgative in

2 hr (PH2); pediatric dose: 1 drop for each year of age, repeat in 1 hr (PH2).

**Downsides:**

Not covered (AHP; KOM). Overdose can cause convulsions, dizziness, headache, vomiting,

even death (PNC). The herbal *Physicians Desk Reference* cites cases of death … following

intake of 10 mg of the oil (much less for children) (PHR). Even therapeutic dosages can cause

CNS disturbances (pachymeningitis haemorrhagica, signs of paralysis, spasms). Damaged

nervus cochlearis may lead to tinnitus and hearing impairment (lasting for years) (PHR).

Contact allergen (FAD). Foster suffered vertigo after harvest (FAD). Though alleged to prevent

gas, wormseed oil is said to be explosive (PHR). Reading the warnings tempted me to

score this XXX for safety, but I have used it many times as a precarminative in bean soup.

And it is suggested that traditional usage of

<http://www.naturecures.co.uk/herbcureslist.htm>

Paico Leaf (chenopodium ambrosoides)

The most common medicinal use of the leaf is antihelmintic (destructive to worms) and anti-parasitic. Paico leaf is also considered effective in treating skin and kidney diseases, stomach aches, haemorrhoids, high blood pressure, inflammations, and asthma and is proposed to help with intelligence. Recent studies show it to be effective against many different cancerous tumours. In homes, people hang branches in the house to repel insects and use the leaf to season soups.

Plant infusions are used for stomach ache, cholera and tumours and a maceration is applied topically for arthritis. Some use it as a vermifuge for children, for upset stomach, infant dermatitis, colds, fever, flu, laryngitis and internal haemorrhages caused by injury (falls).

Some Amazonian native woman take a root and leaf decoction each month during menstruation as a contraceptive. A capful of leaf decoction is taken to induce labour.

The leaf decoction is depurative, carminative, a decongestant, insecticide and vermifuge (expels worms). It effectively eradicates human parasitic round worms (ascariasis lumbricoides) and tape worms (hymenolepsis nana). It is also used for cramps, gout, haemorrhoids and is helpful in hysteria and panic attacks.

Beating the leaf juice with the yolk of an egg can heal the lungs in general and cures tuberculosis

NOTE: Should not be used while pregnant or nursing. Has traditionally been used to induce abortions. Do not take while trying to conceive

<http://www.ayahuascaassociation.org/paico-chenopodium-ambrosioides/>

Paico is an annual herb that grows to about 1 m in height. It has multi-branched, reddish stems covered with small, sharply toothed leaves. Also known as Epazote, it bears numerous small yellow flowers in clusters along its stems. Following the flowers, it produces thousands of tiny black seeds in small fruit clusters. The whole plant gives off a strong and distinctive odor.  
Indigenous people in the Amazon use it to expel intestinal worms and as a mild laxative. (usually by taking one cup of a leaf concoction each morning before eating for three consecutive days). The plant concoction is also used for stomach upsets and internal hemorrhages caused by falls, to expel intestinal gas, as an insecticide, and as a natural remedy for cramps, gout, hemorrhoids, and nervous disorders. Some indigenous tribes bathe in a concoction of Paico to treat childhood trauma or to reduce fever and will also throw a couple of freshly uprooted green plants onto their fires to drive mosquitoes and flies away.

<http://www.rain-tree.com/epazote.htm#.U3Du6mfQe00>

**BIOLOGICAL ACTIVITIES AND CLINICAL RESEARCH**

A decoction and infusion of the plant was analyzed in vitro to determine if they had toxic effects. At various concentrations the extracts caused cellular aberrations in the test tube, indicating possible toxic effects. However, in the 1970's the World Health Organization reported that a decoction of 20 g of leaves rapidly expelled parasites without any apparent side effects in humans. In 1996 extracts from the leaves of epazote were given to 72 children and adults with intestinal parasitic infections. A stool analysis was performed before and eight days after treatment. On average, an antiparasitic efficacy was seen in 56% of cases. With respect to the tested parasites, epazote leaf extract was 100% effective against the common intestinal parasites, *Ancilostoma* and *Trichuris*, and, 50% effective against *Ascaris*.

In a study in 2001, thirty children (ages 3-14 years) with intestinal roundworms were treated with epazote. Doses given were 1 ml of extract per kg of body weight for younger children (weighing less than 25 pounds), and 2 ml of extract per kg of body weight in older children. One dose was given daily on an empty stomach for three days. Stool examinations were conducted before and 15 days after treatment. Disappearance of the ascaris eggs occurred in 86.7%, while the parasitic burden decreased in 59.5%. In addition, this study also reported that epazote was 100% effective in eliminating the common human tapeworm (*Hymenolepsis nana*).

In other research epazote has been documented with toxic effects against snails. and was shown to have an *in vitro* toxic action against drug-resistant strains of *Mycobacterium tuberculosis*. In 2002, a U.S. patent was filed on a Chinese herbal combination containing epazote for the treatment of peptic ulcers. This combination (containing Chenopodium essential oil) was reported to inhibit stress-induced, as well as various chemical and bacteria-induced ulcer formation. The most recent research has documented the anticancerous and antitumorous properties of epazote. In one study an extract of the entire plant of epazote showed the ability to kill human liver cancer cells in the test tube. Another study reported that the essential oil of epazote (as well as its main chemical, ascaridole) showed strong antitumorous actions against numerous different cancerous tumor cells (including several multi-drug resistant tumor cell lines) in the test tube.

**CURRENT PRACTICAL USES**

Due to the toxicity of the essential oil (usually distilled from the seeds), the oil of this plant is no longer recommended for internal use. The leaves of the plant (containing smaller amounts of essential oil) is the preferred natural treatment for intestinal parasites in herbal medicine systems today throughout the world. It is best to find a source for only epazote leaves, as products sold as 'whole herb' can contain a significant amount of seeds (and resulting essential oil) depending on when it was harvested. For intestinal worms and parasites, most herbalists and practitioners recommend ½ cup of a standard leaf decoction taken in the morning on an empty stomach for three days in a row. On the fourth day, a mild laxative is given to evacuate the bowel (and the dead and dying parasites and worms). This is repeated two weeks later to address any worm eggs that may have survived and hatched.

|  |  |
| --- | --- |
| **EPAZOTE PLANT SUMMARY** |  |
| **Main Preparation Method:** infusion or capsules  **Main Actions (in order):**  antiparasitic, vermifuge (expels worms), insecticidal, digestive stimulant, hepatoprotective (liver protector)  **Main Uses:**  for intestinal worms and parasites  for skin parasites, lice, and ringworm  to tone, balance, and strengthen the liver (and for liver flukes and parasites)  to tone, balance, and strengthen the stomach and bowel ( and for acid reflux, intestinal gas, cramping, chronic constipation, hemorrhoids, etc)  for coughs, asthma, bronchitis, and other upper respiratory problems  **Properties/Actions Documented by Research:**  amebicide, antibacterial, anticancerous, antimalarial, antiparasitic, antitumorous, ascaricide (kills Ascaris parasitic worms), insecticidal, molluscicidal (kills snails), vermifuge (expels worms)  **Other Properties/Actions Documented by Traditional Use:** analgesic (pain-reliever), antacid, anti-inflammatory, antihepatotoxic (liver detoxifier), antimicrobial, antiseptic, antispasmodic, antiulcer, carminative, contraceptive, diaphoretic (promotes sweating), digestive stimulant, diuretic, gastrototonic (tones, balances, strengthens), hepatoprotective (liver protector), laxative, lactagogue (promotes milk flow), menstrual stimulant, nervine (balances/calms nerves), sedative, tonic (tones, balances, strengthens overall body functions), wound healer  **Cautions:** It should not be used during pregnancy or while breast-feeding. Don't use essential oil internally. |  |

**Traditional Preparation:**: For intestinal parasites: one-half cup of a leaf decoction once daily on an empty stomach for three days. A decoction of the leaves is employed (in ½ cup dosages) for menstrual, respiratory, and digestive problems on an as-needed basis.

**Contraindications:**

* The plant and essential oil should not be used during pregnancy and lactation. Not only does the plant have toxic activity, it has also been traditionally used to induce abortions.
* While epazote has been used by indigenous tribes as a contraceptive, this use is not verified by clinical research (nor should it be relied on for such). However, the use of the plant is probably contraindicated for couples trying to get pregnant.
* The oil of epazote is considered extremely toxic and should not be taken internally.

**Oje**

Recommendations: a tablespoon mixed with fresh squeezed orange juice of 2 or 3 oranges

once a day for three days.

Not recommended for children.

Toxicity reported in large doses.

Since 30 ml is within range of the listed toxic dose for someone who weighs 99 pounds,

it should be in a childproof caped bottle (1.5 cm3 / kg. -- Duke).

<http://www.naturecures.co.uk/> recommends one tablespoon in a liter of water, taking a glass a day every other day.

Traditional recommendations include diatary prohibitions ¨ must avoid greasy and salty foods for a week¨in addition to not receiving direct sunlight for a week and ¨avoid being seen by strangers to the family.¨ The reference is below:

<http://www.ars-grin.gov/duke/syllabus/module8.htm>

**Ficus insipida Willd.** var. **insipida Moraceae**. **"Ojé", "Doctor ojé".** Locals take latex as vermifuge, drinking one cup fresh mixed with orange juice, or with sugar cane juice. Those who take this purge must avoid greasy and salty foods for a week; they can not receive direct sun, and must avoid being seen by strangers to the family. Those not following this diet become "overo" (with white skin pigmentation) (RVM). Pucallpa residents rub the latex onto rheumatic inflammations (VDF). "Cuna" mix some latex with a liter of water, and drink some of this mixture every other day to get rid of intestinal parasites. In Piura, the leaf decoction is used for anemia and tertian fever. Contains phyllosanthine, beta-amyrin or lupeol; lavandulol, phyllanthol, and eloxanthine (AYA).

DOCTOR OJE (Ficus insipida Willd.) + MORACEAE

Duke´s Handbook of Medicinal Plants of Latin America, p 322 (pdf) reports toxic reactions including fatal reactions in doses exceeding 1.5 cm(3)/kg.

**Activities:**

Antiinflammatory (f; DAV); Antiseptic (f1; DLZ; 60P); Antitumor (f1; 60P); Aphrodisiac (f;

SAR); Artemicide (1; 60P); Caustic (f; RAR); Cicatrizant (f; DLZ); Laxative (f; 60P); Memorigenic

(f; RAR; SAR); Parasiticide (f1; 60P); Proteolytic (1; 60P); Purgative (f; RAR); Stimulant

(f; RAR); Tonic (f; MD2; RAR); Toxic (1; X10363841; X15814256); Vermifuge (f; MD2;

RAR).

**Downsides:**

Latex caustic to the eye; dry latex oculo- and dermo-irritant; 10–15% solution has killed

experimental cats, guinea pigs, and rats within 24 hr (JFM). Most of 39 reported toxic reactions

over a 12-year period near Pucallpa were probably due to overdose, defined as more than

1.5 cm(3)/kg, the recommended dose being 1 cm(3)/kg. In five cases toxic reactions occurred

at the lower doses but were viewed as idiosyncratic reactions, all were children, and in two

cases was severe reaction. Three fatal outcomes were observed in the 12-year period (estimated

mortality rate 0.01–0.015%). Severe cases experienced cerebral edema. Treatment was

osmotic diuresis with mannitol (started in 1996) (X15814256). Though traditionally used in

Central and South America as a vermifuge, its use is not recommended due to high acute toxicity

with hemorrhagic enteritis in addition to it being only slightly anthelmintic (X10363841).

As of July 2007, the FDA Poisonous Plant Database listed one title alluding to toxicity of this

species.

There is a reference for using it as a remedy for sterility in women:

<http://www.oas.org/dsd/publications/Unit/oea37e/ch10.htm>

***Ficus anthetmintica****,* known as hoje, **oje**, and huito, is a tree, the bark of which produces a milky resin that acts very effectively as a purgative and a **vermifuge** to kill intestinal worms. It is exported as a powder and can be administered in capsules. Another species, *Ficus cariica,* or higo, produces dry fruit, which, softened in water, is used to wash and rub out freckles. The latex of the green fruit is also used to cauterize callouses, while, heated, the dried fig is employed to treat inguinal adenitis, and the water in which dried figs have been steeped, with salt and vinegar added, is used to combat dandruff. *F. glabrata,* known as pitongo by the Machinguenga Indians, is used as a purgative by rubber workers. ***F. killipii,* called chimico negro or renaco Colorado, is used as a remedy for sterility in women**.