

FEMALE-Aid

CONDICIONES DE SALUD EN LAS QUE FEMALE-Aid ES UTIL

USOS TRADICIONALES E INVESTIGACION MODERNA
Síntomas de la menopausia
Desbalance hormonal
Desgano
Falta de energía
Mal Humor
Estrés
Disminución de la libido
Frigidez
Disminución de la memoria
Depresión
Ansiedad
Disminución de la lubricación vaginal
Osteopenia – Osteoporosis
Pérdida de turgencia – Flacidez
Piel, pelo y uñas marchitas



ESPECIES

- Maca *Lepidium peruvianum* Var. Roja
- Mashua *Tropaeolum tuberosum*
- Aguaje *Mauritia flexuosa*

UBICACIÓN Alta Sierra central del Perú y Selva del Perú respectivamente

DESCRIPCION

Lepidium peruvianum Var. Roja: Variedad rara de *Lepidium peruvianum*. Es una planta bianual, herbácea pequeña, crece pegada al suelo para protegerse de las inclemencias del tiempo en las alturas que habita. Tiene de 12 a 20 hojas radicales. Las flores son crucíferas, las semillas de hasta 2mms, son ovoides

Tropaeolum tuberosum: Herbácea semierecta, follaje compacto con hojas de 3 a 6 lóbulos, verde oscuras en el haz y más claro en el envés. Flores con 5 sépalos rojos y 5 pétalos amarillos. Tubérculos de 10 cm promedio de largo, 4 de diámetro mayor elipsoide, frecuentemente ramificadada, de colores desde amarillo claro hasta anaranjado

Mauritia flexuosa: Palmera polígama, dioica, con copa esferoide, de hasta 35 mt de altura, tallo cilíndrico, raíces primarias cortas, secundarias de hasta 40 mt en sentido horizontal. Hojas flabeladas, compuestas de hasta 6 mt de longitud, color verde intenso, agrupadas en racimo entre 10 y 20, inflorescencia masculina y femenina. Fruto globoso, de piel escamosa rojo a pardo oscura. Mesocarpo delgado de amarillo a anaranjado-rojizo, suave, una a dos semillas.

FUENTES

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Mauritia flexuosa:

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Diccionario Enciclopédico de Plantas Útiles del Perú, Antonio Brack Egg, PNUD, Centro de Estudios Regionales Andinos Bartolomé de las Casas

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