

# NutriHealers

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## MACA

**CONDICIONES DE SALUD** estrés, falta de energía, fatiga, fibromialgia, infertilidad, baja fertilidad, decaimiento, falta de deseo sexual, pérdida de memoria, menopausia, osteoporosis, andropausia, mal humor, depresión, cáncer, falta de vigor, decaimiento, falta de concentración, desconcentración.

**ESPECIE** *Lepidium peruvianum*

**UBICACIÓN** La Maca se encuentra en el Perú, ha sido sembrada sin éxito en otros Países. Su cultivo se realiza a más de 4,000 metros sobre el nivel del mar en tierras de Alta mineralización que descansan un mínimo de 7 años. En su cultivo no se utilizan Pesticidas ni fertilizantes químicos.



**DESCRIPCIÓN** Es una planta bianual, lo que quiere decir que produce semillas cada dos años. La parte utilizada es la raíz, que tiene forma y aspecto parecido al rabanito. Puede presentarse en 11 colores y combinaciones de colores. El más frecuente es el amarillo, seguido por el morado, negro, rojo, gris, blanco y combinaciones. Tiene hasta 8 cms de diámetro, es picante cuando está fresca, y ligeramente amarga cuando está seca.

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.

### USOS TRADICIONALES

Vigorizante sexual, para el aumento de la fertilidad tanto en hombres como en mujeres, para reducir el estrés, para aumentar la energía, para reducir el desgano, para mejorar el estado de ánimo, afrodisíaco, contra los síntomas de la menopausia y andropausia, aumenta el deseo sexual

### ESTUDIOS MODERNOS

Protege contra rayos UV, combate la osteoporosis, mejora la memoria y la capacidad de aprendizaje, anti depresiva, anti estrés, energética, mejora el rendimiento deportivo, inhibe la Acetilcolinesterasa, mejora la fertilidad, mejora la calidad de los espermatozoides, aumenta la cantidad de los espermatozoides, aumenta la fertilidad, disminuye los síntomas de la menopausia, antioxidante, protege contra el cáncer.

**EXPERIENCIAS TESTIMONIALES:** Son reportes voluntarios de personas que han manifestado que la Maca:

Elimina síntomas de alergias, reduce los dolores en fibromialgia, reduce los síntomas de pierna cansada, reduce dolores de espalda, elimina dolor del trigémino.

### FUENTES

**Title:** Subjective effects of *Lepidium meyenii* (Maca) extract on well-being and sexual performances in patients with mild erectile dysfunction: a randomised, double-blind clinical trial.

**Author:** Zenico,-T; Cicero,-A-F-G; Valmorri,-L; Mercuriali,-M; Bercovich,-E

**Title:** Beneficial effects of *Lepidium meyenii* (Maca) on psychological symptoms and measures of sexual dysfunction in postmenopausal women are not related to estrogen or androgen content.

**Author:** Brooks,-N-A; Wilcox,-G; Walker,-K-Z; Ashton,-J-F; Cox,-M-B; Stojanovska,-L

**Citation:** Menopause-. 2008; 15(6): 1157-1162

**Title:** The influence of maca (*Lepidium meyenii*) on antioxidant status, lipid and glucose metabolism in rat.

**Author:** Vecera,-R; Orolin,-J; Skottova,-N; Kazdova,-L; Oliyarnik,-O; Ulrichova,-J; Simanek,-V

**Citation:** Plant-Foods-Hum-Nutr. 2007 Jun; 62(2): 59-63

**Title:** Biological effects of *Lepidium meyenii*, maca, a plant from the highlands of Peru.

**Author:** Gonzales,-G-F

**Citation:** Natural-products-I. 2007; 209-234

**Title:** *Lepidium meyenii* (Maca) reversed the lead acetate induced -- damage on reproductive function in male rats.

**Author:** Rubio,-J; Riqueros,-M-I; Gasco,-M; Yucra,-S; Miranda,-S; Gonzales,-G-F

**Citation:** Food-Chem-Toxicol. 2006 Jul; 44(7): 1114-22

**Title:** Effect of ethanol extract of *Lepidium meyenii* Walp. on osteoporosis in ovariectomized rat.

**Author:** Zhang,-Y; Yu,-L; Ao,-M; Jin,-W

**Citation:** J-Ethnopharmacol. 2006 Apr 21; 105(1-2): 274-9

**Title:** Medicinal plants from Peru: a review of plants as potential agents against cancer.

**Author:** Gonzales,-G-F; Valerio,-L-G Jr

**Citation:** Anticancer-Agents-Med-Chem. 2006 Sep; 6(5): 429-44

**Title:** *Lepidium meyenii* (Maca) reduces spermatogenic damage induced by a single dose of malathion in mice.

**Author:** Bustos-Obregon,-E; Yucra,-S; Gonzales,-G-F

**Citation:** Asian-J-Androl. 2005 Mar; 7(1): 71-6

**Title:** *Lepidium meyenii* (Maca) increases litter size in normal adult female mice.

**Author:** Ruiz-Luna,-A-C; Salazar,-S; Aspajo,-N-J; Rubio,-J; Gasco,-M; Gonzales,-G-F

**Citation:** Reprod-Biol-Endocrinol. 2005; 3(1): 16

**Title:** Effect of *Lepidium meyenii* (Maca) on spermatogenesis in male rats acutely exposed to high altitude (4340 m).

**Author:** Gonzales,-G-F; Gasco,-M; Cordova,-A; Chung,-A; Rubio,-J; Villegas,-L

**Citation:** J-Endocrinol. 2004 Jan; 180(1): 87-95

**Title:** Hexanic Maca extract improves rat sexual performance more effectively than methanolic and chloroformic Maca extracts.

**Author:** Cicero, A F : Piacente, S : Plaza, A : Sala, E : Arletti, R : Pizza, C

**Citation:** Andrologia. 2002 Jun; 34(3): 177-9

**Title:** Effect of *Lepidium meyenii* (MACA) on sexual desire and its absent relationship with serum testosterone levels in adult healthy men.

**Author:** Gonzales,-G-F; Cordova,-A; Vega,-K; Chung,-A; Villena,-A; Gonez,-C; Castillo,-S

**Citation:** Andrologia. 2002 Dec; 34(6): 367-72

**Title:** *Lepidium meyenii* Walp. improves sexual behaviour in male rats independently from its action on spontaneous locomotor activity.

**Author:** Cicero, A F : Bandieri, E : Arletti, R

**Citation:** J-Ethnopharmacol. 2001 May; 75(2-3): 225-9

**Title:** Lepidium meyenii (Maca) improved semen parameters in adult men.  
**Author:** Gonzales, G F ; Cordova, A ; Gonzales, C ; Chung, A ; Vega, K ; Villena, A  
**Citation:** Asian-J-Androl. 2001 Dec; 3(4): 301-3

**Title:** Beneficial effects of Lepidium meyenii (Maca) on psychological symptoms and measures of sexual dysfunction in postmenopausal women are not related to estrogen or androgen content.  
**Author:** Brooks, Nicole A; Wilcox, Gisela; Walker, Karen Z; Ashton, John F; Cox, Marc B; Stojanovska, Lily  
**Citation:** Menopause. null null; 15(6): 1157-62

**Title:** Hypocotyls of Lepidium meyenii (maca), a plant of the Peruvian highlands, prevent ultraviolet A-, B-, and C-induced skin damage in rats.  
**Author:** Gonzales-Castañeda, Cynthia; Gonzales, Gustavo F  
**Citation:** Photodermatol Photoimmunol Photomed. 2008 Feb; 24(1): 24-31

**Title:** Lepidium peruvianum chacon restores homeostasis impaired by restraint stress.  
**Author:** Lopez-Fando,-A; Gomez-Serranillos,-M-P; Iglesias,-I; Lock,-O; Upamayta,-U-P; Carretero,-M-E  
**Citation:** Phytother-Res. 2004 Jun; 18(6): 471-4

**Title:** Aqueous and hydroalcoholic extracts of Black Maca (Lepidium meyenii) improve scopolamine-induced memory impairment in mice.  
**Author:** Rubio,-J; Dang,-H; Gong,-M; Liu,-X; Chen,-S-L; Gonzales,-G-F  
**Citation:** Food-Chem-Toxicol. 2007 Oct; 45(10): 1882-90

**Title:** The influence of maca (Lepidium meyenii) on antioxidant status, lipid and glucose metabolism in rat.  
**Author:** Vecera,-R; Orolin,-J; Skottova,-N; Kazdova,-L; Oliyarnik,-O; Ulrichova,-J; Simanek,-V  
**Citation:** Plant-Foods-Hum-Nutr. 2007 Jun; 62(2): 59-63

**Title:** Dose-response effect of Red Maca (Lepidium meyenii) on benign prostatic hyperplasia induced by testosterone enanthate.  
**Author:** Gasco,-M; Villegas,-L; Yucra,-S; Rubio,-J; Gonzales,-G-F  
**Citation:** Phytomedicine. 2007 Aug; 14(7-8): 460-4

**Title:** Effect of chronic treatment with three varieties of Lepidium meyenii (Maca) on reproductive parameters and DNA quantification in adult male rats.  
**Author:** Gasco,-M; Aguilar,-J; Gonzales,-G-F  
**Citation:** Andrologia. 2007 Aug; 39(4): 151-8

**Title:** Effect of Black maca (Lepidium meyenii) on one spermatogenic cycle in rats.  
**Author:** Gonzales,-G-F; Nieto,-J; Rubio,-J; Gasco,-M  
**Citation:** Andrologia. 2006 Oct; 38(5): 166-72

**Title:** Medicinal plants from Peru: a review of plants as potential agents against cancer.  
**Author:** Gonzales,-G-F; Valerio,-L-G Jr  
**Citation:** Anticancer-Agents-Med-Chem. 2006 Sep; 6(5): 429-44

**Title:** Effect of three different cultivars of Lepidium meyenii (Maca) on learning and depression in ovariectomized mice.  
**Author:** Rubio,-J; Caldas,-M; Davila,-S; Gasco,-M; Gonzales,-G-F  
**Citation:** BMC-Complement-Altern-Med. 2006; 6: 23

**Title:** Red maca (*Lepidium meyenii*) reduced prostate size in rats.

**Author:** Gonzales,-G-F; Miranda,-S; Nieto,-J; Fernandez,-G; Yucra,-S; Rubio,-J; Yi,-P; Gasco,-M

**Citation:** *Reprod-Biol-Endocrinol.* 2005; 3(1): 5

**Title:** Effects of *Lepidium meyenii* Walp and *Jatropha macrantha* on blood levels of estradiol-17 beta, progesterone, testosterone and the rate of embryo implantation in mice.

**Author:** Oshima,-M; Gu,-Y; Tsukada,-S

**Citation:** *J-Vet-Med-Sci.* 2003 Oct; 65(10): 1145-6

**Title:** The role of food supplements in the treatment of the infertile man.

**Author:** Comhaire,-F-H; Mahmoud,-A

**Citation:** *Reprod-Biomed-Online.* 2003 Oct-Nov; 7(4): 385-91

**Title:** *Lepidium meyenii* (Maca) improved semen parameters in adult men.

**Author:** Gonzales, G F : Cordova, A : Gonzales, C : Chung, A : Vega, K : Villena, A

**Citation:** *Asian-J-Androl.* 2001 Dec; 3(4): 301-3

**Title:** Antagonistic effect of *Lepidium meyenii* (red maca) on prostatic hyperplasia in adult mice.

**Author:** Gonzales, G F; Gasco, M; Malheiros-Pereira, A; Gonzales-Castañeda, C

**Citation:** *Andrologia.* 2008 Jun; 40(3): 179-85

Actividad antioxidante de la Maca

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