

PROSTALITE

CONDICIONES: Prostatitis – inflamación de la próstata, Hiperplasia benigna de próstata HPBP, cáncer de próstata

ESPECIES:

- Maca *Lepidium peruvianum* Var. Roja
- Uña de Gato *Uncaria tomentosa*
- Lucraco *Waltheria ovata*

UBICACIÓN: Alta Sierra central, Selva y Costa centrosur 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

Uncaria tomentosa Liana silvestre y cultivada. Tiene espinas poco curvadas, son tomentosas en las ramas jóvenes, y glabras en las viejas. Hojas con peciolo cortos, oval-aovadas, envés tomentoso. Flores con pedúnculos pubescentes, 3 a 5 ramas con numerosas cabezuelas, flores sésiles, corola de 4.5 a 6 mms. Cáliz de 2mm, estilo glabro de 6.5 a 9 mm, estigma capituliforme. Frutos en cápsula de 6 a 8 cms y semillas de 2 a 3 mm.

Waltheria ovata Arbusto, de tallo leñoso y hojas acorazonadas, simples, de posición alterna, de bordes dentados, de color verde claro, flores racimadas de color amarillo. Habita generalmente en terrenos eriazos, al borde de cultivos y caminos.

USOS TRADICIONALES DE LOS INGREDIENTES

Lepidium peruvianum Var. Roja:

- Vigorizante sexual
- Energizante
- Reconstituyente
- Reduce el estrés
- Mejora el estado de ánimo

Uncaria tomentosa:

- Desinflamante
- Refuerza el sistema inmunológico
- Contra el cáncer

Waltheria ovata:

- Desinflamante prostático



- Tos y bronquitis

ESTUDIOS MODERNOS DE LOS INGREDIENTES

Lepidium peruvianum Var. Roja:

- Reduce la inflamación de la próstata
- Combate y previene la osteoporosis
- Reduce la depresión
- Aumenta el vigor

Uncaria tomentosa

- Desinflamante
- Antioxidante
- Protector celular

Waltheria ovata

- Desinflamante prostático
- Anti hiperplasia benigna de próstata HPBP
- Cáncer de próstata

FUENTES

Lepidium peruvianum Var. Roja:

Andrologia. 2012 May;44 Suppl 1:362-9. doi: 10.1111/j.1439-0272.2011.01190.x. Epub 2011 Jul 18. Effect of red maca (*Lepidium meyenii*) on prostate zinc levels in rats with testosterone-induced prostatic hyperplasia.

Gonzales C, Leiva-Revilla J, Rubio J, Gasco M, Gonzales GF. Source

Department of Biological and Physiological Sciences, Faculty of Sciences and Philosophy and Instituto de Investigaciones de la Altura, Universidad Peruana Cayetano Heredia, Lima, Peru.

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

Gonzales GF, Gasco M, Malheiros-Pereira A, Gonzales-Castañeda C.

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PMID:18477205

Effect of two different extracts of red maca in male rats with testosterone-induced prostatic hyperplasia.

Gonzales GF, Vasquez V, Rodriguez D, Maldonado C, Mormontoy J, Portella J, Pajuelo M, Villegas L, Gasco M.

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Dose-response effect of Red Maca (*Lepidium meyenii*) on benign prostatic hyperplasia induced by testosterone enanthate.

Gasco M, Villegas L, Yucra S, Rubio J, Gonzales GF.

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PMID:17289361[PubMed - indexed for MEDLINE]

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

Gonzales GF, Miranda S, Nieto J, Fernández G, Yucra S, Rubio J, Yi P, Gasco M.

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BMC Complement Altern Med. 2006 Jun 23;6:23.
Effect of three different cultivars of *Lepidium meyenii* (Maca) on learning and depression in ovariectomized mice.

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Department of Biological and Physiological Sciences, Faculty of Sciences and Philosophy and Instituto de Investigaciones de la Altura, Universidad Peruana Cayetano Heredia, Lima, Peru.

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Lepidium peruvianum chacon restores homeostasis impaired by restraint stress.

López-Fando A, Gómez-Serranillos MP, Iglesias I, Lock O, Upamayta UP, Carretero ME.

Source

Dpto Farmacología, Facultad de Farmacia, Universidad Complutense, Madrid, Spain.

Wei Sheng Yan Jiu. 2009 Jul;38(4):420-2, 425.

[Influence of *Lepidium meyenii* walp on lipid and bone mass in ovariectomized rats].

Wang Z, Yang J, Wang G, Bian L.

Source

Institute for Nutrition and Food Safety, Chinese Center for Disease Control and Prevention, Beijing 100050, China.

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

Zhang Y, Yu L, Ao M, Jin W.

J Ethnopharmacol. 2006 Apr 21;105(1-2):274-9. Epub 2006 Feb 8.

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Division of Standard Research, Korea Institute of Oriental Medicine, Daejeon, South Korea

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Division of Clinical Medicine, School of Oriental Medicine, Pusan National University, Yangsan, South Korea.

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Dording CM, Fisher L, Papakostas G, Farabaugh A, Sonawalla S, Fava M, Mischoulon D.

Depression Clinical and Research Program, Department of Psychiatry, Massachusetts General Hospital, Boston, MA 02114, USA

School of Biomedical and Health Sciences, Victoria University, St. Albans, Victoria, Australia.

Department of Biological and Physiological Sciences, Faculty of Sciences and Philosophy, Universidad Peruana Cayetano Heredia, Lima,

Uncaria tomentosa

J Ethnopharmacol. 2012 Jul 27. pii: S0378-8741(12)00484-9. doi: 10.1016/j.jep.2012.07.015. [Epub ahead of print]

Anti-inflammatory activity of Mitraphylline isolated from *Uncaria tomentosa* bark.

Rojas-Duran R, González-Aspajo G, Ruiz-Martel C, Bourdy G, Doroteo-Ortega VH, Alban-Castillo J, Robert G, Auberger P, Deharo E.

Source

Unidad de Investigación en Productos Naturales, Laboratorios de Investigación y Desarrollo, Facultad de Ciencias y Filosofía, Universidad Peruana Cayetano Heredia, Av. Honorio Delgado 430, SMP, Lima, Peru.

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Source

Laurentian University, Biomolecular Science, Sudbury Regional Hospital, Sudbury, Ontario, Canada.

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Induction of apoptosis by *Uncaria tomentosa* through reactive oxygen species production, cytochrome c release, and caspases activation in human leukemia cells.

Cheng AC, Jian CB, Huang YT, Lai CS, Hsu PC, Pan MH.

Source

Department of Nutrition and Health Science, Toko University, Chia-Yi County 613, Taiwan.

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Cat's claw: an Amazonian vine decreases inflammation in osteoarthritis.

Hardin SR.

Source

University of North Carolina at Charlotte, School of Nursing, 9201 University Blvd, Charlotte, NC 28223, USA. srhardin@email.uncc.edu

J Ethnopharmacol. 2005 Jan 15;96(3):577-84. Epub 2004 Dec 8.

An active ingredient of Cat's Claw water extracts identification and efficacy of quinic acid.

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Section for Immunology, Department of Clinical Medicine (Neuroscience), Lund University, BMC I:13, SE-221 84 Lund, Sweden.

Aliment Pharmacol Ther. 1998 Dec;12(12):1279-89.

Antiinflammatory actions of cat's claw: the role of NF-kappaB.

Sandoval-Chacón M, Thompson JH, Zhang XJ, Liu X, Mannick EE, Sadowska-Krowicka H, Charbonnet RM, Clark DA, Miller MJ.

Source

LSU Medical Center, Department of Paediatrics and Stanley S. Scott Cancer Center, New Orleans, LA 70112, USA.

Waltheria ovata

<http://web.tiscalinnet.it/hdnatura/en/prod/waltheria.htm>

Diccionario Enciclopédico de Plantas Útiles del Perú

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