



PRODUCT SHEET

Chanca Piedra (*Phyllanthus niruri* L.)

Family : Euphorbiaceae (Euphorbs; Spurge Family)

COMMON NAMES: "stone breaker", "amarus". **Florida** and **English Caribbean** "gale of wind". **Spanish:** **Peru** "chanca piedra"; **Puerto Rico** "semilla en la hoja", "filante urinario", "pernilla del pasto"; **Colombia** "Viernes Santo"; **Philippines** "Santa María", "yerba San Pablo". **Portuguese:** **Brazil** "quebrapedra", "erva pombinha". **French:** **French Caribbean** "quinina criolla", "derriere dos". **Guaraní:** **Paraguay** "paraparaimi". **Hindi:** **India** niruri.

DESCRIPTION: Herbaceous, monoecious, annual, wild, generally growing in the shade, vivid, branching round-shaped; branches slender and symmetrical, appearing like a feathery leaf. Each small leaf of a branch bears a flower in the axil, and then the fruit. Stem erect, 30 to 60 cm tall. Leaves abundant, alternate, sessile (without petiole), oblong, entire, glabrous (hairless), pale on the lower surface, elliptic, 7 to 12 mm long, arranged alternately one over another, in two rows, one on each side of the stem. Flowers unisexual, greenish-whitish, pedicellate, axillary, small, and solitary. Fruit a capsule, flattened, very small, 2 to 3 mm in diameter, 3-carpelar, 3-locular. Roots long and with few branches.

ORIGIN AND DISTRIBUTION: Distributed throughout the tropical regions of the world. It grows wild and well in the shade and humid places.

USED PARTS: The whole plant.

PROPERTIES: asthma, acne, amenorrhea, pimples, biliousness, dermatosis, dysentery, diabetes, excoriations, dropsy, bleeding, jaundice, uterine colics, malaria, nephritis, pruritus, allergic rhinitis, salmonellosis,

scabies (itch), urethral infection, urogenital infection, mouth infection, throat infection, venereal diseases, paludal fevers (malarial fevers), gastrointestinal disorders, urinary tract calculi, gallstones, renal disorders, skin diseases; inflammatory disorders of the liver, gallbladder and kidneys; antibacterial, astringent, antihepatotoxic, antiseptic, antiviral, cytostatic, diuretic, stomachic, tonic, febrifuge, hypoglycemic, mild laxative, lithagogue, sedative.

PHYTOCHEMICALS: **Lignans:** phyllanthin, phyltetralin, phyltetrin, phylnirurin, hypophyllanthin, hydroxylignans, hydroxyniranthin, isolintetralin, kinokinina, niranthin, lintetralin, nirtetralin, nirurin, nirurinetin, nirphylin, isolariciresinoltrimethyl ether, seco-4-hydroxylintetralin.

Terpenes: cymeno, limonene. **Triterpenes:** lupeol acetate, lupeol. **Flavonoids:** astragalin, quercetin, quercitrin, isoquercitrin, nirurinetin, kaempferol-4-O- β -l-rhamnoside, eriodictyol-7-O- β -l-rhamnoside, physetinglucoside, isoquercitrin, rutin, physetin-4-O- β -d-glucoside. **Lípids:** ricinoleic acid, linoleic acid, dotriacontanoic acid, linolenic acid. **Benzenoids:** phyllester, methyl-salicylate, 4-methoxy-norsecurinine. **Steroids:** beta-sitosterol, estradiol 24-isopropil-cholesterol. **Alkanes:** triacontan-1-ol, triacontan-1-al. **Alkaloids:** phyllanthin, nirurin, nor-securinine, 4-methoxy-nor-securinina, nirurin, phyllanthion, phyllochrysin. **Others:** saponins, tannins, vitamin C.