

CHANCA PIEDRA



Chanca Piedra

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein

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Introduction

Chanca piedra is a small Amazon herb that grows between 30 and 40 cm in height. The plant's name means "*stone breaker*" in Spanish, and was so called for its effectiveness in eliminating gall and kidney stones.

Common Names

Chanca piedra is also known as: quebra pedra, stone-breaker, arranca-pedras, punarnava, amlí, bhonya, bhoomi amalaki, bhui-amla, bhui amla, bhuianvalah, bhuimy-amali, bhui-amla, bhumi-yamalaki, cane peas senna, carry-me-seed, creole senna, daun marisan, derriere-dos, deye do, erva-pombinha, elrageig, elrigeig, evatbimi, gale-wind grass, graine en bas fievre, hurricane weed, jar-amla, jar amla, kizha nelli, malva-pedra, mapatan, para-parai mi, paraparai mi, pei, phyllanto, pombinha, quinine weed, sacha foster, cane senna, creole senna, shka-nin-du, viernes santo, ya-tai-bai, yaa tai bai, yah-tai-bai, yerba de san pablo



Chanca piedra, Quebra Pedr, Phyllanthus niruri

Parts Used - arial parts.

Constituents - astragalín, quercetin, limonene, methyl-salicylate, rutin, and saponins.

Traditionally, Chanca piedra is also thought of as a health supplement that promotes the liver's normal function by aiding the detoxification efforts that purge harmful substances from the body.

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The anecdotal healing properties of Chanca piedra include:

Abdominal Tumours	Gonorrhoea
Abortive agent	Gout
Anaemia	Hypertension
Antibacterial	Influenza
Antibiotic	Insect Stings
Antispasmodic	Intestinal Infections
Antiviral	Itching
Asthma	Jaundice (Yellowing of the Skin)
Bronchitis	Kidney stones
Cellular Protective	Kills viruses
Clears obstructions	Liver cancer
Colds	Liver problems including Hepatitis B
Colic	Liver tonic
Constipation	Loss of appetite
Cough	Lowering of blood sugar
Cystitis	Lowers cholesterol
Detoxifies liver	Malaria
Diabetes	Mild laxative
Digestive stimulant	Miscarriage agent
Digestive tract disorders	Oedema (fluid retention)
Discharge from the urethra	Pain around the rectum
Discharge from the vagina	Pain-relieving
Diuretic	Prevents mutation
Dizziness	Prostatitis
Dysentery	Rectal itching
Dyspepsia	Spasms
Expel intestinal gas	STDs (sexually transmitted diseases) such as syphilis and gonorrhoea
Expel worms	Stomach-ache
Expels worms	Swine Flu
Fever	Syphilis
Gallstones	

Thirst
Tremors
Tuberculosis
Tumours
Typhoid
Urinary tract infections
Urinary tract inflammation

Urinary tract pain
Urinary tract swelling
Urine flow increase
Vaginitis
Vaginitis
Viral infections

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Preparation Methods

Chanca piedra is available in infusion, tincture, tablet, and capsule form.

Tablets are most often labelled by the ayurvedic name of the herb, phyllanthus, while tinctures are usually manufactured by companies who import the herb from South America and call it chanca piedra or quebra pedra.

The appropriate dose of Chanca piedra depends on several factors such as the individual's age, health, and several other conditions. Currently, there is not enough scientific information to determine an appropriate range of doses for Chanca piedra; consequently, consult your health practitioner before using.

It is important, if self-medicating, that you follow the relevant directions on product labels.

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Dosages and Applications of Chanca Piedra

Chanca piedra Tea (infusion): 1 cup 2-3 times daily for disease - One teaspoon of dried herb is steeped at least 15 minutes in boiling water. Infuse tea or tea bags as directed on the label

Take 1-3 x weekly for prevention.

Tea made from the plant Phyllanthus niruri has been used in Brazil for many years to treat urinary problems and kidney stones. Consult your health practitioner accordingly.

Tincture: 2-4 ml, 2-3 x daily - Dried herb is covered with 50% ethanol (i.e., Vodka) and shaken twice daily for 14 days, before straining herb. Store in dark bottles.

Alternately, a glycerite extract can be made by covering dry herb with distilled water, simmering on low heat about two hours, straining the herb, then reducing the volume over low heat to about 1/2, then adding vegetable glycerin (1/2 of the final extract volume) to give 33% glycerol. Store in dark bottles.

Tablets/Capsules: Take 2-3 grams, 2 x daily, or as prescribed by your health practitioner.

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Weight Thought

Typically 3-4 doses are necessary for the analgesic effect when there is pain. However, children and teenagers only required 1 dose for the same effect. Consequently, some authorities suggest that dosage should be weight-based instead of a standard dosage.

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A standard herb infusion or weak decoction is prepared as the traditional remedy.



Depending on what it's employed for, 1-3 cups are taken daily.

Prevention and health maintenance dosages for kidney stones are reported by practitioners to be 1-3 cups weekly while 3-4 cups daily are used to expel existing stones.

Some pharmacies in Brazil and South America sell concentrated fluid extracts or water/glycerine extracts.

Depending on the concentration of the extracts, 2-6 ml are taken 2-3 times daily.

Since most of the active chemicals are water soluble (and broken down during digestion) 2-3 g in tablets or capsules twice daily can be substituted if desired.

Alcohol tinctures have not been traditionally used with Chanca piedra (as the more fragile, water-soluble plant chemicals and sterols are thought to be damaged in alcohol).

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Kidney and Gallstones

Chanca piedra has been shown to dissolve kidney and gallstones made of calcium oxalate allowing them to pass naturally. Adverse reaction may occur in some instances please consult a medical practitioner prior to use. Follow dosage instructions carefully.

Dose: Begin slowly and increase capsules (400 mg) each day to a maximum of 6 capsules per day.

Discontinue use if pain increases.

- Day one - 1 capsule
- Day two - 2 capsules
- Day three - 4 capsules
- Day four - 6 capsules



Continue with 6 capsules per day until the course has been completed (typically 2 to 4 weeks - consult your health practitioner).

For best results, take the capsules on an empty stomach.

Are there safety concerns?

There has been no toxicity reported in any of the clinical studies, nor have there been any side effects indicated, except for an occasional case of cramps during the expulsion of stones. If cramping does occur, the dosage may be cut in half.

Although scientific studies have indicated Chanca piedra is safe for pregnant women, documented ethnic uses in Brazil indicate that it is used as an abortive agent by rural populace (this effect is seen at higher doses), presumably due to the smooth muscle relaxant properties. Consequently, if taken during pregnancy, it is recommended that doses of Chanca piedra be kept low, especially during the first trimester. As with any supplements used while pregnant or nursing, consult your health practitioner.

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Appendix

Worldwide Ethnomedical Uses of Chanca Piedra

Worldwide Ethnomedical Uses of Chanca Piedra	
Amazonia	for bowel inflammation, colic, constipation, diabetes, digestion stimulation, dysentery, dyspepsia, oedema, fever, flu, gallstones, gonorrhoea, intestinal gas, itch, jaundice, kidney ailments, kidney stones, malaria, pain, proctitis, stomach-aches, tumour, urinary insufficiency, urinary tract disorders, vaginitis, worms, and to stimulate menstruation
Bahamas/ Caribbean	for bacterial infections, colds, constipation, fever, flu, hypoglycaemic, laxative, liver detoxifier, liver tonic, liver protector, spasms, stomach-ache, typhoid, urinary insufficiency, viral infections, and as an appetite stimulant
Brazil	for abortions, aches (joint), albuminuria, arthritis, bacterial infections, bile stimulant, biliary conditions, bladder problems, bladder stones, blood cleanser, cancer, catarrh (liver and kidney), cystitis, diabetes, digestion stimulation, oedema, fever, gallbladder stimulation, gallstones, gastritis, gastrointestinal problems, gout, hepatitis, hypertension, hypoglycaemic, inflammation, jaundice, kidney colic, kidney pain, kidney stones, liver support, liver disorders, malaria, obesity, pain, prostatitis, renal colic, renal problems, spasms, tonic, uric acid excess, urinary insufficiency, urinary problems, uterine relaxant, viral infections, and as a muscle relaxant and to promote perspiration
Haiti	for bowel inflammation, colic, digestive problems, digestion stimulation, fever, flu, indigestion, intestinal gas, malaria, spasms, stomach-ache, urinary insufficiency
India	for anaemia, asthma, bronchitis, conjunctivitis, cough, diabetes, diarrhoea, digestion stimulation, dysentery, fevers, oedema, eye disorders, genitourinary disorders, gonorrhoea, hepatitis, jaundice, lack of milk production, menstrual disorders, ringworm, scabies, thirst, tuberculosis, tumour (abdomen), urinary insufficiency, urogenital tract infections, vaginal discharge, warts
Malaya	for caterpillar stings, constipation, dermatosis, diarrhoea, itch, menstruation promoter, miscarriage, renal disorders, syphilis, urinary insufficiency, vertigo
Peru	for gallstones, hepatitis, kidney pain, kidney problems, kidney stones, urinary infections, worms, and to stimulate menstruation
United States	for bile insufficiency, bronchitis, diabetes, fever, gallbladder problems, gallstones, gout, hepatitis, hypertension, kidney problems, kidney stones, liver disease, obstructions, pain, uric acid excess, urinary tract infections, viral infections
Elsewhere	for bile insufficiency, bruises, constipation, cough, cuts, diabetes, diarrhoea, dysentery, dyspepsia, oedema, eye diseases, fever, gallstones, gonorrhoea, itch, jaundice, kidney disease, kidney stones, malaria, menstrual problems, pain, rectitis, stomach-ache, tuberculosis, urinary insufficiency, urinary tract infections, vaginitis, venereal diseases

End

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