

META-GEN™



A WORLD OF HEALTH

Chá de bugre



Chá de bugre products are highly commercialized as a weight loss aid in Brazil where tea bags, fluid extracts and tinctures of chá de bugre are commonly seen in pharmacies, stores, and even in the beach-front eateries and refreshment stands along Rio de Janeiro's beaches (where bikinis rule!). It has long been a popular weight loss product which has been marketed as a diuretic, appetite suppressant, and believed to help prevent or reduce fatty deposits and cellulite. Several years ago an enterprising Brazilian company re-launched a chá de bugre weight loss product calling it by its Indian name, porangaba and market demand in Brazil has been fierce ever since. Dr. C. L. Cruz in his book, *Dictionary of the Plants Used in Brazil*, recommends chá de bugre as an excellent diuretic and weight loss aid as well as a good general heart tonic which can help stimulate circulation. It is also used in Brazil and Haiti as a tea to help relieve coughs, regulate renal function, reduce uric acid and externally to heal wounds.

Chá de bugre is a small tree growing 8-12 meters in height with a trunk 30-40 cm in diameter. It is indigenous to Brazil and can be found growing predominately in the Brazilian states of Minas Gerais, Bahia, Acre and Goiás. It is also found in tropical forest areas of Argentina and Paraguay. In Brazil, the tree is botanically classified as *Cordia salicifolia* and in Paraguay the same tree is classified as *Cordia ecalyculata*. In Brazil, it is commonly called café do mato (coffee of the woods) because it produces a red fruit resembling a coffee bean which is roasted and brewed into tea as a coffee substitute.

Main Actions

- decreases appetite
- reduces cellulite
- increases urination
- supports heart
- stimulates

Other Actions

- kills viruses
- reduces fever

Standard Dosage

Leaves

Infusion: 1 cup 1/2 to
1 hour before meals

Tincture: 2-3 ml 2-3 times daily

Capsules: 500 mg twice daily

BIOLOGICAL ACTIVITIES & CLINICAL RESEARCH

Since chá de bugre is a commonly sold and popular natural product already, very little clinical research or interest has been shown to study the plant in Brazil. A Japanese university however has discovered some new uses for chá de bugre. In 1990, they demonstrated that a leaf extract reduced herpes virus penetration by 99% when they pre-treated cells with the extract. In 1994, they demonstrated that the Herpes virus yield was reduced by 33% with as little as 0.25 mcg/ml and also discovered that it had toxic activity against cancer cells (demonstrating a 40% inhibition) utilizing an extract of the branches and leaves. Then in 1997, research with rabbits and guinea pigs validated the traditional use of the plant as a heart tonic when they reported cardiotonic and increased cardiovascular actions using a leaf extract.