Anamú

(Authentic *Mucura hembra*)

Stock #39-8 (100 capsules)

Anamú, as it is called by Spanish-speaking natives in Central and South America, is regarded as an important medicinal and ritual plant. It is particularly esteemed in the Santeria religion.[1,2]

Anamú gives off a distinctively strong odor, similar to garlic, due to the presence of a sulfur-containing compound.[1]

Anamú appears to provides analgesic (pain-relieving), antiseptic, antispasmodic, antirheumatic, cough-suppressant, diuretic and fever-reducing properties. It is also reported to calm the nerves, relieve diarrhea, reduce fever, promote menstruation, relax spasms, and stimulate the uterus. According to one source, preclinical tests indicate anamú acts as a central nervous system depressant and exhibits anticonvulsive effects.[1,3,4]

Traditional medicinal uses of anamú include the treatment of numerous respiratory illnesses, including asthma, bronchitis, hoarseness, pneumonia, and whooping cough. Anamú's analgesic properties have made it a popular folk remedy for relieving pain in the joints associated with osteoarthritis. In addition, anamú is reported to benefit childbirth, cystitis, fevers, headaches, hysteria, influenza, menstrual problems (such as dysmenorrhea), nervous spasms, paralysis, and venereal disease. Fresh anamú leaves are harvested and bound around the head to relieve headaches, while the fresh leaf juice is used as ear drops for soothing earaches. Furthermore, the use of anamú as an abortifacient has been confirmed in animal studies.[1-5]

To date, scientific research on this intriguing herb is quite limited. However, according to one study, anamú was found to reduce blood sugar levels in fasted mice by more than 60% within one hour after its administration. This apparent hypoglycemic activity indicates the possible benefits of using anamú in the treatment of diabetes.[6]

Anamú leaves have been found to contain several active constituents, namely tannins, senfols, polyphenols, and an antibiotic compound called benzyl-2-hydroxyethyl-trisulfide. This latter substance may be responsible for the majority of anamú's immune-enhancing properties. Furthermore, German researchers have isolated an antimicrobial substance in anamú.[7,8]

Due to its stimulant effect on the uterus, anamú should not be used during pregnancy.[2-4,7]

Each capsule of Anamú provides 400mg of anamú leaf powder. NSP's anamú is derived from the highest quality sources in Peru, and has been certified as authentic *Mucura hembra* anamú.[9]

References:

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