

ABUTA POWDER



1 pound (16 oz)

Retail price: \$24.00

Description: Raintree's abuta vine powder has been sustainably wild harvested in the Brazilian Amazon. For more complete information on this unique rainforest plant, please see the Raintree Nutrition internet website and the online [Tropical Plant Database](#).

Traditional Uses:* for menstrual problems (pain, cramps, excessive bleeding, fibroids, endometriosis); as a female tonic (hormonal balancing, menopausal libido loss, hormonal acne, premenstrual syndrome, childbirth); for heart problems (irregular heart beat, high blood pressure, heart tonic); as a general antispasmodic and muscle-relaxer (asthma, stomach cramps, muscle pain/strains, irritable bowel syndrome, diverticulitis); for kidney support (kidney stones, kidney/urinary infections and pain)

Ingredients: 100% pure abuta vine (*Cissampelos pareira*). No binders, fillers or additives are used. This product is non-irradiated and non-fumigated. It is a wild harvested product—grown naturally in the Brazilian Amazon without any pesticides or fertilizers.

Suggested Use: This plant is best prepared as a decoction. Use one teaspoon of abuta powder for each cup of water. Bring to a boil and gently boil in a covered pot for 20 minutes. Allow to cool and settle for 10 minutes and strain warm liquid into a cup (leaving the settled powder in the bottom of the pan). It is traditionally taken in 1 cup dosages, 2-3 times daily.

Contraindications:

- Abuta has been documented to lower blood pressure in two animal studies; therefore, abuta is probably contraindicated for people with low blood pressure. An alkaloid in abuta, tetrandrine, has been documented to have various actions on heart function in animals and humans. Those with a heart condition or taking heart medications should consult with their doctor before using this plant.
- Abuta has demonstrated to be a uterine relaxant and traditionally employed as a childbirth aid. A pregnant woman should use it only under the supervision of a qualified healthcare practitioner.

Drug Interactions: Based on animal studies, abuta may potentiate heart medications.

Clinical Documentation and Research:* This Raintree product has not been the subject of any clinical research. Available third-party documentation and clinical research on abuta be found at the Raintree website and at [PubMed/Medline](#). A partial listing of the research on abuta is shown below:

Uterine Actions:

Bullough, C., et al. "Herbal medicines used by traditional birth attendants in Malawi." *Trop. Geograph. Med.* 1982; 34: 81-85.

Tiwari, K. C., et al. "Folklore information from Assam for family planning and birth control." *Int. J. Crude Drug Res.* 1982 Nov; 20(3):133-7.

Feng, P. C., et al. "Pharmacological screening of some West Indian medicinal plants." *J. Pharm. Pharmacol.* 1962; 14: 556-61.

Moreno, M. S. F., et al. "Action of several popular medicaments on the isolated uterus." *C. R. Seances Soc. Biol. Ses. Fil.* 1922; 87:563-564.

Antispasmodic, Anti-inflammatory & Muscle-Relaxant Actions:

Wu, S. J., "Tetrandrine inhibits proinflammatory cytokines, iNOS and COX-2 expression in human monocytic cells." *Biol. Pharm. Bull.* 2007 Jan; 30(1): 59-62.

Amresh, G., et al. "Evaluation of anti-inflammatory activity of *Cissampelos pareira* root in rats." *J. Ethnopharmacol.* 2006 Oct 19;

Hsu, Y. C., et al. "Antifibrotic effects of tetrandrine on hepatic stellate cells and rats with liver fibrosis." *J. Gastroenterol. Hepatol.* 2007 Jan; 22(1): 99-111.

Choi, B. H., et al. "Berberine reduces the expression of adipogenic enzymes and inflammatory molecules

of 3T3-L1 adipocyte." *Exp. Mol. Med.* 2006 Dec; 38(6): 599-605.

Adesina, S. K. "Studies on some plants used as anticonvulsants in Amerindian and African traditional medicine." *Fitoterapia*. 1982; 53: 147-62.

Mokkhasmit, M., et al. "Pharmacological evaluation of Thai medicinal plants continued." *J. Med. Assoc. Thailand* 1971; 54(7): 490-504.

Feng, P. C., et al. "Pharmacological screening of some West Indian medicinal plants." *J. Pharm. Pharmacol.* 1962; 14: 556-61.

Roy, P. K., et al. "A preliminary note on the pharmacological action of the total alkaloids isolated from *Cissampelos pareira* (false pareira brava)." *Indian J. Med. Res.* 1952; 40:95.

Diuretic & Anti-Diarrhea Actions:

Amresh, A., et al. "Ethnomedical value of *Cissampelos pareira* extract in experimentally induced diarrhoea." *Acta Pharm.* 2004 Mar; 54(1): 27-35.

Caceres, A., et al. "Diuretic activity of plants used for the treatment of urinary ailments in Guatemala." *J. Ethnopharmacol.* 1987; 19(3): 233-45.

Kupchan, S. M., et al. "Menispermaceae alkaloids. I. The alkaloids of *Cissampelos pareira* and the origin of *Radix Pareirae Bravae*." *J. Amer. Pharm. Ass.* 1960; 49: 727.

Cardiotonic & Hypotensive Actions:

Yao, W. X., et al. "Effects of tetrandrine on cardiovascular electrophysiologic properties." *Act. Pharmacol. Sin.* 2002; 23(12): 1069-74.

Mokkhasmit, M., et al. "Study on toxicity of Thai medicinal plants." *Dept. Med. Sci.* 1971; 12 2/4: 36-65.

Feng, P. C., et al. "Pharmacological screening of some West Indian medicinal plants." *J. Pharm. Pharmacol.* 1962; 14: 556-61.

Mokkhasmit, M., et al. "Pharmacological evaluation of Thai medicinal plants continued." *J. Med. Ass. Thailand* 1971; 54(7): 490-504.

Floriani, J. "Pharmacology of *Cissampelos pareira* var *Gardneri*." *Rev. Farm.* 1936; 78: 49.

Cytotoxic & Anticancerous Actions:

Issat, T., et al. "Berberine, a natural cholesterol reducing product, exerts antitumor cytostatic/cytotoxic effects independently from the mevalonate pathway." *Oncol. Rep.* 2006 Dec; 16(6): 1273-6.

Jantova, S., et al. "Berberine induces apoptosis through a mitochondrial/caspase pathway in human promonocytic U937 cells." *Toxicol. In Vitro.* 2007 Feb; 21(1): 25-31.

Bork, P. M., et al. "Sesquiterpene lactone containing Mexican Indian medicinal plants and pure sesquiterpene lactones as potent inhibitors of transcription factor NF-KB." *Febs. Lett.* 1997; 402(1): 85-90.

Gessler, M. C., et al. "Tanzanian medicinal plants used traditionally for the treatment of malaria: in vivo antimalarial and in vitro cytotoxic activities." *Phytother. Res.* 1995; 9(7): 504-8.

Morita, H., et al. "A novel antileukemic tropoloisoquinoline alkaloid, pareirubrine, from *Cissampelos pareira*." *Chem. Lett.* 1993; 2: 339-342.

Morita, H., et al. "Conformation of tropolone ring in antileukemic tropoloisoquinoline alkaloids." *Pharm. Bull.* 1993; 41(8): 1478-80.

Chapuis, J. C., et al. "Screening for cytotoxic activity of plants used in traditional medicine." *Ethnopharmacol.* 1988; 23(2/3): 273-284.

Antimicrobial, Antiparasitic, & Antimalarial Actions:

Ramirez, I, et al. "Cissampeloflavone, a chalcone-flavone dimer from *Cissampelos pareira*." *Phytochemistry.* 2003 Sep; 64(2): 645-7.

Sanchez Medina, A., et al. "Evaluation of biological activity of crude extracts from plants used in Yucatecan traditional medicine part I. Antioxidant, antimicrobial and beta-glucosidase inhibition activities." *Phytomedicine* 2001; 8(2):144-51

Gessler, M. C., et al. "Screening of Tanzanian medicinal plants for antimalarial activity." *Acta. Tropica.* 1994; 56(1): 65-77.

Anwer, F., et al. "Studies in medicinal plants 3. Protoberberine alkaloids from the roots of *Cissampelos pareira* Linn." *Experientia.* 1968; 15.

Bhatnagar, A. K., et al. "Chemical examination of the roots of *Cissampelos pareira* Linn. V. Structure and

stereochemistry of hayatidin." *Experientia*. 1967; 15.

George, M. and K. M. Pandalai. "Investigations on plant antibiotics. Part IV. Further search for antibiotic substances in Indian medicinal plants." *Indian J. Med. Res.* 1949; 37: 169–81.

Neuroprotective Actions:

Asai, M., "Berberine alters the processing of Alzheimer's amyloid precursor protein to decrease Abeta secretion." *Biochem. Biophys. Res. Commun.* 2007 Jan; 352(2): 498-502.

Zhu, F., et al. "Berberine chloride can ameliorate the spatial memory impairment and increase the expression of interleukin-1beta and inducible nitric oxide synthase in the rat model of Alzheimer's disease." *BMC Neurosci.* 2006 Dec 1; 7:78.

This product is sold through [Raintree Nutrition](#) and in retail stores. Please contact a health professional concerning other observations and/or effects of this product and/or if you have any disease, condition, or illness for which you are seeking treatment or products for.

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*The statements contained herein have not been evaluated by the Food and Drug Administration.
This product is not intended to treat, cure, or prevent any disease.