

## Ethnomedical Information on Yerba maté (*Ilex paraguariensis*)

Part / Location	Documented Ethnomedical Use	Type Extract / Route	Used For	Ref #
Leaf Argentina	Used for scurvy, as an energizer and tonic.	Infusion Oral	Human Adult	ZZ1061
Leaf Bolivia	Used as an emmenagogue.	Hot H2O Ext Oral	Human Female	T15375
Leaf Brazil	Used as an antirheumatic.	Infusion Oral	Human Adult	H15715
Leaf Brazil	Used as a diuretic.	Infusion Oral	Human Adult	H15715
Leaf Brazil	Used as a stimulant.	Infusion Oral	Human Adult	H15715
Leaf Brazil	Used as a beverage.	Hot H2O Ext Oral	Human Adult	M22370
Leaf Brazil	Used as a nervous system stimulant.	Hot H2O Ext Oral	Human Adult	M22370
Leaf Brazil	Used as a diuretic.	Hot H2O Ext Oral	Human Adult	M22370
Leaf Brazil	Used as a antirheumatic.	Hot H2O Ext Oral	Human Adult	M22370
Leaf Brazil	Used as a tonic, stimulant and diuretic to reduce fatigue, improve appetite and aid gastric function.	Hot H2O Ext Oral	Human Adult	ZZ1080
Leaf Brazil	Used to stimulate the central nervous system, stomach, the digestive system and muscles. Said to be a diuretic.	Infusion Oral	Human Adult	ZZ1088
Leaf Brazil	Used as a stimulant, diuretic and digestive for stimulating the nervous and muscular systems, digestive problems, renal colic, neurasthenia, depression of the nervous system, tiredness and to excite and facilitate intellectual work.	Infusion Oral	Human Adult	ZZ1007
Leaf Brazil	May cause stomach irritation. Used to excite the nervous system, for energy and to reduce arterial tension.	Infusion Oral	Human Adult	ZZ1079
Leaf Brazil	Used for weak people, for urinary affections, for heart disorders, tiredness and obesity.	Infusion Oral	Human Adult	ZZ1013
Leaf Brazil	Used as a stimulating beverage and slimming remedy. Used for anthrax and ulcers.	Hot H2O Ext Oral Poultice External	Human Adult Human Adult	ZZ1000
Leaf Europe	Used for weight loss, physical and mental fatigue, nervous depression, rheumatic pains, psychogenic and fatigue related headaches.	Hot H2O Ext Oral	Human Adult	AB1054

Part / Location	Documented Ethnomedical Use	Type Extract / Route	Used For	Ref #
Leaf France	Used to treat functional asthenia, for weight loss programs and to enhance the renal excretion of water.	Not Stated Oral	Human Adult	ZZ1048
Leaf Germany	Approved herbal drug for mental and physical fatigue and described as having "analeptic, diuretic, positively inotropic, positively chronotropic, glycogenolytic and lipolytic effects.	Hot H2O Ext Oral	Human Adult	AB1055
Leaf Peru	Used as a stimulant for the stomach and nervous system, for tiredness. Considered cicatrizant; used on wounds.	Infusion Oral Not stated External	Human Adult	ZZ1093
Leaf Peru	Used as a tonic.	ETOH Ext Oral	Human Adult	ZZ1093
Leaf South America	Used as a stimulant. Affects the muscles, reducing fatigue. Substitutes for alcoholic drinks and is used for those suffering from debility and neurasthenia. Said to dispel hunger and invigorate the body.	Hot H2O Ext Oral	Human Adult	ZZ1049
Leaf South America	Said to be aperient, astringent, diuretic, poison, purgative, stimulant and sudorific. Used for rheumatism, scurvy, heart, nerve, stomach ailments and diabetes.	Hot H2O Ext Oral	Human Adult	ZZ1049
Leaf South America	Used to stimulate the brain and nervous system, as an antirheumatic, diuretic, general tonic and antispasmodic. Used for gout, to eliminate uric acid, rheumatism, nervous headache and physical exhaustion from stress.	Infusion Oral	Human Adult	ZZ1011
Leaf South America	Used for mental and physical fatigue. Considered to be analeptic, positively inotropic, positively chronotropic, glycogenolytic and lipolytic.	Infusion Oral	Human Adult	AB1001
Leaf South America	Used as a nerve and muscle tonic, considered refreshing and a diuretic. Said to never cause insomnia despite its caffeine content.	Infusion Oral	Human Adult	ZZ1066
Leaf South America	Used to facilitate weight loss and still hunger and thirst.	Infusion Oral	Human Adult	AB1001
Leaf South America	Used as a tonic, diuretic, diaphoretic and stimulant. May causes purging and vomiting in large doses.	Infusion Oral	Human Adult	ZZ1052
Leaf South America	Used as a depurative, stimulant and diuretic. Often replaces coffee and tea as a common beverage.	Infusion Oral	Human Adult	AB1002
Leaf South America	Used as a depurative to promote cleansing and excretion of waste; as a stimulant and diuretic.	Infusion Oral	Human Adult	AB1003

Part / Location	Documented Ethnomedical Use	Type Extract / Route	Used For	Ref #
Leaf Uruguay	Used as a stimulant.	Not Stated Oral	Human Adult	K18125
Leaf Uruguay	Used as a diuretic.	Not Stated Oral	Human Adult	K18125
Leaf Uruguay	Used to treat wounds.	Not Stated External	Human Adult	K18125
Leaf Uruguay	Used as a stimulant tea.	Hot H2O Ext Oral	Human Adult	M14337
Leaf USA	Used for arthritis, headache, hemorrhoids, fluid retention, obesity, fatigue, stress, constipation, allergies and hayfever. Said to cleanse the blood, tone the nervous system, retard aging, stimulate the mind and control appetite.	Hot H2O Ext Oral	Human Adult	ZZ1046
Leaf USA	Used as a tonic, mental stimulant and diuretic, to increase stamina and endurance. Said to be an invigorating tonic to the body and mind.	ETOH Ext Oral	Human Adult	ZZ1016
Leaf Not Stated	Used as a central nervous system stimulant	Hot H2O Ext Oral	Human Adult	L00715
Seed Not Stated	Used as a stimulant	Hot H2O Ext Oral	Human Adult	K04641

## Return to the [Yerba Mate Plant Database File](#)

© Copyrighted 2004 Raintree Nutrition, Inc. Carson City, Nevada 89701. All rights reserved.  
Please read the [Conditions of Use](#) and [Copyright Statement](#) for this web page and website.