

Cat's Claw

Botanical name: *Uncaria tomentosa*

Energetics/Actions: Pungent, bitter, cool, anti-inflammatory, antiviral, antimutagenic

Description

Native to the Amazon rainforest, Cat's Claw or Uña de Gato is a vine that grows in tropical areas of Central and South America. It is named after its claw shaped thorns. The bark and roots have been used in South America for centuries as a treatment for many different conditions, including infection and cancer. In Peru it is traditionally taken as a tea but it is bitter tasting. Mixing it with rooibos, honey and lemon improves the taste.



Uses

Immune system: Improves immune response and calms overactive immune systems. Increases production of white blood cells.

Anti inflammatory: Used to reduce symptoms of pain and swelling for osteoarthritis and rheumatoid arthritis. More studies are needed.

Dose

Capsule: 350 mg 3 times a day.

Tincture: 1-4 ml up to 5 times a day.

Decoction: 20-30 gm in 1 liter, boil for 30-60 minutes.

Tea: 1 tablespoon in a cup of hot water, steep for 10 minutes.

Safety Information

Talk to your health care provider if you are taking medications or have an autoimmune disorder.

Not for use in pregnancy.