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| http://thehorticult.com/wp-content/uploads/2015/03/Better-Homes-and-Gardens-Blogger-Awards-Editors-Pick-ryanbenoitphoto-thehorticult-RMB_9625.jpg |

Sandi Coyne

Pau d’arco

**Monograph**

Name: Pau d’arco

Botanical Name: Tabebuia impetiginosa

Other Name: Ipe roxo, Lapacho, Taheebo, Tabebuia….

Family: Bignoniaceae

From/Form: Native to South America (Brazil & Argentina); Canopy flowering tree, grows up to 125 feet high.

Flowers: Vary depending on species; vary from blue, yellow to magenta and purple.

Parts Used**:** Inner Bark (Phloem)

Typical Medicinal Preparations: Decoction, tea, tincture, salve, ointments, powder, or encapsulation.

Medicinal Uses: Autoimmune diseases; Chronic Fatigue, Lupus….; Infectious diseases;

Wounds; Backache; Toothache; Sexually Transmitted Diseases

(gonorrhea, syphilis); Prostate infections; Aphrodisiac; Osteomyelitis; Ringworm; Staph infection; Bronchitis; Digestive tract disorders, Gastritis; Colitis, Diarrhea…; Cystitis; Hodgkin’s disease; Infections of various nature; Yeast infection; Pain Management; Leukemia; Skin diseases; Eczema; Psoriasis; H. Pylori; Fevers; Colds; Flu; H1N1; Bronchitis; Asthma; Joint Pain; Anemia…..

Pau d’arco

Other Uses: Tribes used it to make bows with it. Also used in a mineral sitz bath

Actions: Alterative herb; Anti-fungal; Anti-cancer; Anti-abscess; Anti-bacterial; Anti-microbial; Anti-parasitic; Antischistosomal; Astringent; Anti-carcinomic, Anti-inflammatory; Anti-septic; Anti-tumor; Anti-viral; Anti-malarial; Anti-coagulant; Analgesic; Diuretic; Fungicide; Immunostimulant; Pesticide; Respira depressant; Termiticide; Anti-diabetic; Blood cleanser; Cytotoxic in large doses, Immune Tonic;

Constituents Chemical/

Mineral/Vitamin

Quinone compounds (naphthaquinones) are not water soluble.

(anti-tumor) Lapachol, Beta-lapachone and Isolapachone, Tannins, (anti-candidas) Xylidione, Benzenoids, Flavanoids, Phenolic acids;

Tea: It’s noted that “like cat’s claw, pau d’arco tincture should be taken in water with a little lemon juice so the tannins can be absorbed through the colon (Mountain Rose Herbs, 2016).” 1 tsp to a cup of water, just off boil, steep for 5-10 minutes.

Pau d’arco

Tincture: Alcohol is the best solvent for naphthaquinones, much better than water.

Compress: Soak a cloth in the tea and place on the infection. 1 to 2x daily.

Harvest: The bark is taken from the thin layer between the outer bark and inner heartwood. It is usually harvested by removing the outer layer but leaving the tree intact similar to the cork harvesting method. Many say the tree should be harvested at the 40 year mark, because this is when active constituents are at their strongest. .

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Taste: Bitter

Combines: Mint, lemon for tea..cats claw and other cleansing herbs

Caution: High doses of lapachol can cause uncontrolled bleeding, nausea, or vomiting (suppresses immunity). Blood cleanser, go slowly when taking so excessive amounts of toxins are not released in the blood, thus causing overload to your other organ functions. Do not take during pregnancy, due to toxic quinines with Abortifacient activities.

Mountain Rose Herbs, Pau d’Arco Bark. 2016 [www.mountainroseherbs.com/products/pau-d-arco-bark/profile](http://www.mountainroseherbs.com/products/pau-d-arco-bark/profile).