

## Cat's Claw

Latin name: *Uncaria tomentosa*, *U. guianensis*

Family: Rubiaceae

### **Miscellaneous:**

- a.k.a. Una De Gato.
- South American plant.

### **Uses:**

Suggested use as an immunostimulant, anti-inflammatory, contraceptive, and adjunctive cancer treatment. Lack of sufficient studies concerning efficacy and toxicology of this herb are grounds for non-recommendation.

### **Mechanism:**

Cat's Claw's pentacyclic oxindole alkaloids lend the herb immunostimulant capabilities, while its anti-inflammatory recognition is due to quinovic acid glycosides.<sup>1,2</sup> Two differing chemical types of the herb, however, are found in nature: one contains the specified alkaloids, while the other contains CNS-acting tetracyclic oxindoles. This second type exerts antagonistic effects on the immunostimulant chemotype, proving contradictory to ingest both.<sup>1</sup>

### **Contraindications/Side effects:**

Pregnancy/breastfeeding, HA, dizziness, emesis.

### **Citation References:**

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 257.
2. Duke, J.: *The Green Pharmacy*: 1997, pp. 508.

### **General References:**

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 257.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 43-44.
3. Duke, J.: *Dr. Duke's Essential Herbs*: 1999, pp. 76.
4. Duke, J.: *The Green Pharmacy*: 1997, pp. 508.