

Farmácia Verde

Activity Report 2008

Natural medicine to improve indigenous communities' health

The use of medicines, herbal medicine is very useful as a form of alternative therapy for its effectiveness combined with the cultural compatibility of the population served. The adoption of this resource is especially useful in serving the communities where the medical and pharmaceutical care has been difficult and in which government programs are proving to scarcity of resources for health care.

The Green Pharmacy was established in 1996 to meet the indigenous communities of Altamira to the use of medicinal plants and then found the need for basic products officinal for dressings and antiseptics. To meet the different users of drugs of Green Pharmacy developed a manual, where we try to gather as much information type: composition, indication, method of use and any restrictions.

This project aims to offer non-profit phytotherapeutic medicine for communities where there is a lack of primary health attention. The plants used are local or regional and their therapeutic benefits are scientifically proven. For this we have sought support for research in medicinal plants, particularly at the Federal University of Ceará with Dr. F. J. Abreu Matos.

This project is the first step of something that may well be broader, and we strive to continuously improve our products and develop new ones, in order to meet the needs of the population served.

Statistics on distribution of medicine

In the year 2008, 5'780 units of natural medicines were sent to the indigenous villages of Altamira. Such drugs are required by the health officer of the village through radio. Below are details concerning the quantites of products distributed as well as the number of people and communities that benefited from Farmacia Verde medicine.

Beneficiary communities of Altamira:

Apyterewa (Parakanã): 219 persons
Arara (Laranjal): 223 persons
Bakajá (Kayapó Xicrin): 257 persons
Curuá (Kuruaya): 150 persons
Ipixuna (Araweté): 323 persons
Iriiri (Arara Cach.Seca): 79 persons
Kararaô (Kayapó): 40 persons
Koatinemo (Assurini): 134 persons
Mrotidjã (Kayapó Xicrin): 214 persons
Pakanã (Araweté): 36 persons
Pakisamba (Juruna): 71 persons
Patkrô (Kayapó Xicrin): 102 persons
Pykayaká (Tucum): 63 persons
Terrawãngã (Maia): 86 persons
Tukamã (Xipaya): 73 persons
Xingu (Parakanã): 175 persons

Total number of Altamira beneficiaries: 2'245 individuals.

Type and quantity of medicine produced (in Portuguese)

Medicamentos produzidos pela Farmacia Verde	Total de unidades maiores enviadas às aldeias menores doadas na cidade
Analgésico Natural 100ml	336 vidros
Anti-Anêmico xarope 250ml	603 vidros
Anti-anêmico xarope 100 ml (doado na cidade)	122 vidros
Anti-Disentérico Marupá 250ml	291 vidros
Anti-Disentérico Marupá 100ml (doado na cidade)	110 vidros
Calmante Cidreira 100ml	655 vidros
Creme de Confrei 500g	108 potes
Creme de Confrei 30g (doado na cidade)	205 potes
Creme Vaginal de Ipê Roxo 60g	380 tubos
Diurética 100ml	360 vidros
Elixir Antiespasmódico 100ml	632 vidros
Gargarejo de Andiroba 250ml	848 vidros
Gargarejo de Andiroba 100ml (doado na cidade)	250 vidros
Gotas para Sinusite 30ml	605 un.
HepatoBoldo 250ml	960 vidros
HepatoBoldo 100ml (doado na cidade)	340 vidros
Ipê Roxo 250ml	900 vidros
Ipê Roxo 100ml (doado na cidade)	220 vidros
Óleo para massagem 100ml	600 frascos
Óvolos de Copaíba 10 un	276 pacotes
Pastilhas de Gengibre 30g	130 pacotes
Pomada Escabiose 500g	145 potes
Pomada Escabiose 30g (doado na cidade)	402 potes
Pomada de Copaíba 500g	120 potes
Pomada de Copaíba 30g (doado na cidade)	350 potes
Pomada para Contusão 60g	660 potes
Shampoo para piolhos 200ml	305 frascos
Talco Antisséptico 100g	402 tubos
Talco de Calêndula 100g	380 tubos
Xarope de Cumarú 500ml	1020 vidros
Xarope de Cumarú 100ml (doado na cidade)	960 vidros
Total de unidades	13.675 unidades
Produtos para curativo:	
Água Boricada 1.000ml	144 frascos
Água Boricada 100ml (doado na cidade)	75 frascos
Água Oxigenada 1.000ml	96 frascos
Água Oxigenada 100ml (doado na cidade)	56 frascos
Álcool Iodado 1.000ml	132 frascos
Álcool Iodado 30ml (doado na cidade)	95 frascos

Anti- Micótica 1.000 ml	160 frascos
Anti- Micótica 100 ml (doado na cidade)	97 frascos
Thiomersal 1.000ml	145 frascos
Thiomersal 30ml (doado na cidade)	102 frascos
Violeta Genciana 1.000ml	134 frascos
Violeta Genciana 30ml (doado na cidade)	146 frascos
Total de unidades	1.382 unidades

Examples of natural medicine produced

Natural analgesic

Composition: Tincture of Seven Sorrows (*Satureja hortensis*)

Indication: General pain reliever for headache, pain in muscles, back pain, etc.

Antidysenteric of Marupa

Composition: Aqueous extract-Marupá Rhubarb (*Rheum palmatum*)

Indication: Action has astringent and antiseptic in simple or bloody diarrhea. Very useful in the treatment of Giardiasis, Amoebiasis and threadworm.

Anti-inflammatory of Ipê Roxo

Composition: Hydro-alcohol extract of Ipê Roxo (*Tabebuia avellanedae*)

Indication: The lapachol is the active substance of Ipê endowed with strong anti-inflammatory activity. It is also astringent, anti-allergic, antibacterial and healing.

It is also indicated for gastritis, ulcers, tendonitis and bursitis. More particularly is indicated for inflammations of genital problems in women and prostate. Auxiliary treatment in some forms of cancer.

Cream of Confraria

Composition: Confraria Extract (*Symphytum officinale*); fresh extract of aloe (*Aloe vera*), water soluble cream base

Indication: Great healing for local treatment of wounds, decubitus ulcers (bedridden people), varicose ulcers and burns from fire or the sun. It is anti-inflammatory, used for acne, insect bites and irritation of the skin in general.

Diuretic

Composition: *Assambrium* sp.

Indication: Analgesic action and muscle relaxation that seems to be specific to the urethras. It is slightly diuretic and increases the elimination of uric acid in urine. It is used to remove small kidney stones without pain due to relaxation of urethras. It is indicated for problems in the urinary tract in general.

Ointment of Copaiba

Composition: Copaiba (*Copaifera reticulata*); Andiroba (*Carapa guianensis*)

Indication: the Copaiba and Andiroba are anti-inflammatory, antimicrobial and tissue regenerating, thus its indication for injuries - do dressings. It is indicated for rheumatic pain and sprains - to massage.

Shampoo for lice

Composition: tincture of rosemary-pepper (*Lippia sidoides*); shampoo base of coconut fatty acids.

Indication: indicated to get rid of lice – wash hair with shampoo.

Syrup Cumaru

Composition: chamba (*Justicia pectoralis*); mint (*Mentha Avensis*); pennyroyal (*Mentha pullegium*).

Indication: Bronchodilators and anti-inflammatory. Useful in the treatment of attacks of asthma, cough, bronchitis and expectorant.