

# *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)**

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

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

## 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 antiinflammatory, 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.