CHANCA PIEDRA POWDER

Description: Chanca piedra means "stone breaker" throughout South America and the Amazon.* Raintree's chanca piedra has been sustainably wild-harvested in the Amazon Rainforest (without any pesticides or fertilizers). For more complete information on this unique rainforest plant, please see the Raintree Nutrition internet website and the online Tropical Plant Database.

Traditional Uses:* for kidney stones and gallstones (active stones and as a preventative); to tone, balance, strengthen, detoxify and protect the kidneys and to reduce uric acid and increase urination; to tone, balance, strengthen, detoxify, and protect the liver (and to balance liver enzymes); for hypertension and high cholesterol levels

Ingredients: 100% pure chanca piedra whole herb (Phyllanthus niruri). No binders, fillers or additives are used.

This plant is non-irradiated and non-fumigated and has grown naturally in the Amazon without any pesticides or fertilizers.

Suggested Use: This plant is best prepared as an infusion (tea): Use one teaspoon of powder for each cup of water. Pour boiling water over herb in cup and allow to steep 10 minutes. Strain tea (or allow settled powder to remain in the bottom of cup) and drink warm. It is traditionally taken in 1 cup dosages, 2-3 times daily.

Contraindications: Not to be used during pregnancy or while breast-feeding.

Drug Interactions: None reported; however based on animals studies, it might potentiate antihypertensive, diabetic drugs.

Other Observations:

- Chanca piedra has been documented to reduce blood pressure in animal studies. Individuals with low blood pressure should be monitored for this possible effect.
- Chanca piedra has been documented with female antifertility effects in one mouse study. Although not proven in humans, the use of the plant is probably contraindicated in women seeking pregnancy.
- This plant has demonstrated hypoglycemic activity. Individuals with hypoglycemia should be monitored more closely for this possible effect.

Clinical Documentation and Research:* Available third-party documentation and clinical research on chanca piedra can be found at the Raintree website or on Medline/PubMed. A partial listing of the published research on chanca piedra is shown below:

Actions on Kidney Stones & Uric Acid:

Murugaiyah, V., et al. "Mechanisms of antihyperuricemic effect of Phyllanthus niruri and its lignan constituents." J. Ethnopharmacol. 2009 Jul; 124(2): 233-9.

Schuler, T., et al. "Medical expulsive therapy as an adjunct to improve shockwave lithotripsy outcomes: a systematic review and meta-analysis." J. Endourol. 2009; 23(3): 387-93.

Kieley, S., et al. "Ayurvedic medicine and renal calculi." J. Endourol. 2008; 22(8): 1613-6.

Wright, C., et al. "Herbal medicines as diuretics: a review of the scientific evidence." J. Ethnopharmacol. 2007 Oct;
114(1) :1-31.
Murugaiyah V, et al. “Antihyperuricemic lignans from the leaves of Phyllanthus niruri.” Planta Med. 2006 Nov;
72(14): 1262-7.
Micali, S., et al. “Can Phyllanthus niruri affect the efficacy of extracorporeal shock wave lithotripsy for renal stones?
A randomized, prospective, long-term study.” J. Urol. 2006 Sep; 176(3): 1020-2.
Barros, M. E., et al. “Effect of extract of Phyllanthus niruri on crystal deposition in experimental urolithiasis.” Urol.
Res. 2006 Dec; 34(6): 351-7.
Nishiura, J. L., et al. “Phyllanthus niruri normalizes elevated urinary calcium levels in calcium stone forming (CSF)
patients.” Urol. Res. 2004 Oct; 32(5): 362-6.
Barros, M. E., et al. “Effects of an aqueous extract from Phyllanthus niruri on calcium oxalate crystallization in
vitro.” Urol. Res. 2003; 30(6): 374-9.
Freitas, A. M., et al. “The effect of Phyllanthus niruri on urinary inhibitors of calcium oxalate crystallization and
other factors associated with renal stone formation.” B. J. U. Int. 2002; 89(9): 829–34.
Campos, A. H., et al. “Phyllanthus niruri inhibits calcium oxalate endocytosis by renal tubular cells: its role in
urolithiasis.” Nephron. 1999; 81(4): 393–97.
Antispasmodic, Pain-Relieving, & Anti-inflammatory Actions:
Lai, C., et al. "Inhibition of Helicobacter pylori-induced inflammation in human gastric epithelial AGS cells by
Phyllanthus urinaria extracts." J. Ethnopharmacol. 2008 Aug; 118(3): 522-6.
Dirjomuljono, M., et al. "Symptomatic treatment of acute tonsillo-pharyngitis patients with a combination of Nigella
sativa and Phyllanthus niruri extract." Int. J. Clin. Pharmacol. Ther. 2008; 46(6): 295-306.
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Kassuya, C. A., et al. “Antiinflammatory and antiallodynic actions of the lignan niranthin isolated from Phyllanthus
amarus. Evidence for interaction with platelet activating factor receptor.” Eur. J. Pharmacol. 2006 Sep; 546(1-3):
182-8.
Iizuka, T., et al. “Vasorelaxant effects of methyl brevifolincarboxylate from the leaves of Phyllanthus niruri.” Biol.
Pharm. Bull. 2006; 29(1): 177-9.
Kassuya, C. A., et al. “Anti-inflammatory properties of extracts, fractions and lignans isolated from Phyllanthus
amarus.” Planta Med. 2005; 71(8): 721-6.
Kiemer, A. K., et al. “Phyllanthus amarus has anti-inflammatory potential by inhibition of iNOS, COX-2, and
cytokines via the NF-kappaB pathway.” J. Hepatol. 2003; 38(3): 289-97.
Santos, A. R., et al. “Antinociceptive properties of extracts of new species of plants of the genus Phyllanthus
(Euphorbiaceae).” J. Ethnopharmacol. 2000; 72(1/2): 229–38.
Miguel, O. G., et al. “Chemical and preliminary analgesic evaluation of geraniin and furosin

isolated from
Phyllanthus sellowianus.” Planta Med. 1996; 62(2): 146–49.
Paulino, N., et al. “The relaxant effect of extract of Phyllanthus urinaria in the guinea-pig isolated trachea. Evidence
for involvement of ATP-sensitive potassium channels.” J. Pharm. Pharmacol. 1996; 48(11): 1158-63.
Santos, A. R., et al. “Analysis of the mechanisms underlying the antinociceptive effect of the extracts of plants from
the genus Phyllanthus.” Gen. Pharmacol. 1995; 26(7): 1499–1506.
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genus Phyllanthus.” J. Pharm. Pharmacol. 1995; 47(1): 66–71.
Santos, A. R., et al. “Analgesic effects of callus culture extracts from selected species of Phyllanthus in mice.” J.
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Calixto, J. B., et al. “Antispasmodic effects of an alkaloid extracted from Phyllanthus sellowianus: a comparative
study with papaverine.” Braz. J. Med. Biol. Res. 1984; 17(3-4): 313-21
Antiviral Actions:
Cheng, H., et al. "Excoecarianin, isolated from Phyllanthus urinaria Linnea, inhibits Herpes simplex virus type 2
infection through inactivation of viral particles." Evid. Based Complement. Alternat. Med. 2009 Oct 6.
Dirjomuljono, M., et al. "Symptomatic treatment of acute tonsillo-pharyngitis patients with a combination of Nigella
sativa and Phyllanthus niruri extract." Int. J. Clin. Pharmacol. Ther. 2008; 46(6): 295-306.
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Phyllanthus urinaria against Herpes simplex virus type 1 and type 2 infection." J. Ethnopharmacol. 2007 Apr;
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chronic viral Hepatitis B.” Southeast Asian J. Trop. Med. Public Health 2001; 32(1): 140–42.
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preparations from different geographic sites.” J. Lab. Clin. Med. 1995; 126(4): 350–52.
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