GRANDMA'S REMEDIES

Suma Root (Brazilian Ginseng): Anti-Cancerous & Anti-Inflammatory Agent

By bestfolkmedicine · 20/04/2022 · 2 min read



Suma or Brazilian ginseng is a plant from the Amaranthaceae family.

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Its root is a popular natural remedy and suma has long been used in the Amazon region by indigenous tribes as a tonic for energy boosts, better sexuality, and treatment of ulcers and anxiety.

In areas like Equador, suma is still used by tribal folk medicine for relieving numerous health issues. This rambling ground vine has a complex root system and it originates from Venezuela, Peru, Ecuador, and Brazil.

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You can also find it under several other names, including ginseng brasilero and Pfaffia. Though it's known as Brazilian ginseng, this plant is in a different family than that of ginseng which is Araliaceae.

What Are the Different Uses of Suma in Folk Medicine?

Suma is known as an adaptogen. According to alternative medicine, adaptogens aid the body in managing stress by healing the imbalances in the body.

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But, the studies aren't exactly clear on whether these so-called adaptogens actually work in this way and most physicians don't recognize such a concept.

According to alternative medicine, adaptogens can be of aid for the body to fight off aging issues like inflammation, high levels of cortisol, poor cognitive function, etc. What's more, adaptogens are also claimed to strengthen the immune system and maintain healthy brain aging.

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The Most Popular Uses of Suma

- ***Stronger memory***
- ***Appetite increase***
- ***Balanced blood sugar***
- ***Stronger immunity***
- ***Better blood flow***
- ***Increasing hormonal levels***

Suma is also believed to help with some of the following health problems:

- ***Anemia***
- ***Digestive issues***
- ***Tiredness***
- ***Bronchitis***
- ***Diabetes***
- ***Arteriosclerosis***
- ***Rheumatism***
- ***Cancer***

How Does Suma Work?

Despite the limited research available on its effects, plenty of scientists agree that suma root has chemicals able to reduce inflammation, lower pain, and avert some types of cancer.

The phytochemicals in suma that are believed to possess healing characteristics are beta-ecdysterone, saponins, and glycosides.

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When it's taken orally for short periods of time, suma is generally safe for most individuals; however, there's a lack of data for its topical application.

Moreover, pregnant and breastfeeding women as well as people with kidney or liver illnesses should avoid it due to the lack of clinical research in terms of safety.

The recommended dosage of suma, according to some experts, is a cup of suma tea, twice per day or 500 mg of powder capsules twice per day. When taking suma, first check the instructions on the label and consult your physician about the right dosage for you.

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