CRYPTOLEPIS

Cryptolepis sanguinolenta

Areas of application

- Antiviral, antibacterial, antiparasitic
- Blood pressure-lowering
- Anti-inflammatory
- Bacterial infections
- Wound healing
- Malaria and fever
- Lyme disease
- Urinary tract infections

Family
Apocynaceae

Based in
Cryptolepis is native to West Africa.

Plant parts used
Root

Ingredients
Cryptolepin (considered its most potent constituent), neocryptolepin and its derivatives, isocryptolepin, cryptohepin, hydroxycryptolepin, chindolin and cryptolepin hydrochloride. A number of alkaloids, flavonoids and saponins were also identified.

Usage/Indications
Cryptolepis has powerful antimicrobial and antiparasitic properties. It is also used to treat bacterial infections – even those caused by stubborn or persistent pathogens – as well as inflammatory conditions and febrile illnesses. Cryptolepis has proven particularly effective in treating Lyme disease due to its pronounced antibacterial and cell-penetrating effects. It is also used in cases of long-term infection syndromes with a chronic infectious background. In urinary tract infections, Cryptolepis has a strong antibacterial and anti-inflammatory effect, even in recurrent or treatment-resistant cases. Cryptolepis has a mild blood pressure-lowering effect, presumably via vasodilatory and smooth muscle-relaxing effects. A traditional and well-documented focus of the plant is its use in the treatment of malaria, where Cryptolepis is regarded as one of the most important antimalarial agents in West African ethnomedicine.

Good to know

Cryptolepis has an exceptionally deep-acting effect: its main active ingredient can block the reproduction of germs directly within the cell nucleus. This is why the plant is able to target even hidden and stubborn pathogens that many other medicinal plants are unable to combat.

Side effects/Contraindications
Side effects are very rare. Stomach upset, dizziness or diarrhoea may occur – particularly at higher doses. Potential interactions with other medicines (e.g. blood pressure-lowering drugs, antibiotics) should also be taken into account.

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