CAT'S CLAW

Uncaria tomentosa

Areas of application

- Chronic fatigue
- Rheumatism
- Ulcerative colitis
- Herpes
- Asthma, allergies
- Autoimmune diseases
- Atopic dermatitis
- Viral diseases

Family

Rubiaceae family

Based in

In the tropical rainforests of Central and Eastern Ecuador, Central and Eastern Peru, Ecuador, Colombia, Guatemala, Costa Rica and Panama

Plant parts used

root bark

Ingredients

POA (pentacyclic oxindole alkaloids), TOA (tetracyclic oxindole alkaloids), triterpenoid glycosides, sterols, flavonoids, tannins.

Good to know

Cat's claw alters its active compounds depending on its location! Depending on stress levels, pests or soil conditions, it produces different oxindole alkaloids – like a tiny plant laboratory that tailors its own 'chemistry'. Its origin and chemotype therefore directly determine its effects.

Usage/Indications

Cat's claw is regarded as an important plant for supporting the immune system and reducing inflammation in South American herbal medicine. The oxindole alkaloids, polyphenols and triterpenes it contains exhibit immunomodulatory, anti-inflammatory and antioxidant properties.
Cat's claw is primarily used to treat chronic inflammatory conditions, rheumatic complaints and gastrointestinal inflammation of the immune system. In traditional use, it is also employed to address susceptibility to infection and to aid convalescence. In addition to its anti-inflammatory effect, Cat's claw exhibits a dual immunomodulatory action: it can dampen excessive immune responses whilst simultaneously stimulating an inadequate immune response.
It is traditionally used as a supportive treatment for viral diseases, including herpes simplex and zoster.
Overall, Cat's claw is a regulatory herb with a focus on chronic inflammatory and immune-related conditions.

Side effects/Contraindications

As Cat's claw affects the immune system, it should under no circumstances be used following organ transplants. It is also contraindicated during pregnancy and while breastfeeding. In rare cases, it can lead to an increase in uric acid levels.
The plant is strictly off-limits for children under the age of three.

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