Medicinal plants use for treatment of gastric and urinary problems among users of BHU in the city of Ijui / RS

C. F. COLET¹, G.T. D. MOLIN¹, A. W. CAVINATTO¹, C.S. BAIOTTO¹, K.R. OLIVEIRA¹

¹ UNIJUÍ – Universidade Regional do Noroeste do Estado do Rio Grande do Sul

Key words: Medicinal plants, Public Heath, Gastric Problems, Urinary problems

Introduction; The search for alternative or additional treatment instead of medicines has grown considerably, and the use of herbal teas has become more frequent (SILVA, RBFHSS, v.2, p.36-40, 2011). The objective of this study is to know the medicinal plants used for treatment of gastritis and urinary system. Experimental part; This is a cross-sectional study conducted from February to April 2012, in the Central Basic Health Unit (BHU) in the city of Ijui/RS, through interviews with users over 18 years old, attended on this place. The project was approved by the Ethics Committee of UNIJUI/RS. Results/ Discussion; It was interviewed 111 users, with a mean age of 45 (± 14.37) years old, 86% women. Among the users’ professions, 31% were housewives, 19% retired/pensioners and 9% maids. The most frequently mentioned medicinal plant to treat stomach problems was Achyrocline satureioides with 62%, which is a medicinal plant with antidispeptcs, antidiarrheal and hepatoprotective effect (BRAZIL, Formulário de Fitoterápicos, 2011). In a study carried out in Passo Fundo/RS, this plant was also cited by most of respondents (SILVA, RBFHSS, v.2, p.36-40, 2011). The second species mentioned, with 26%, was the Peumus boldus Molina. To treat the urinary system was quoted at 6%, Phyllanthus niruri L. (L.). Similar data were found in a study conducted at city of Ipe/RS was Phyllanthus niruri L for kidney treatment and bladder problems (RITTER, Rev.Bras.Farmacogn, v.12, p.51-62, 2002) kidney stones, kidney pain, bladder and diuretic action. Conclusion: It is verified the use of plant-based on popular medicine even among users who look for health care in the public network, and the most prevalent species cited in this study are recommended by the National Policy on Herbal and Medicinal Plant.