


# Camote de lipana

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Compilation by Armando Gonzalez Stewart, PhD. *Kostus Mexicanus* Botanical Family: Costaceae (ingiberaceae) Other common names: Fire Extinguisher, Lipana Sweet Potato, Ipana Sweet Potato, Cane of Christ, Sour Cane, Wild Boar Cane, Tiger Cane, Kanyela Deer Kane, Chula Laga, Wild Boar Grass, Tirabuzon, Huilamole, Pahardsb, E Totzi (Quattrocchi, 2000; 2012; Adame and Adame, 2000; Mendoza-Castellon and Lugo-Perez, 2011; White, 2002; Sanchez-Monge, 2001; Martinez, 1994). Common names in English: Spiral Ginger, Insulin Plant, Insulin Flower, Painted Spiral Ginger, Sour Ginger, Spiral Flag, Spotted Spiral Ginger, Steladder, Stepladder Plant (Kvattrokki, 2000; 2012; Earhardt et al, 2002; White, 2002; Sanchez-Monge, 2001). This rhizomatous herb is found in the Mexican tropics, Central America, South America (Colombia, Ecuador and Peru), as well as in the Caribbean. It is also grown in India (Quattrocki, 2000, 2012; Mabberley, 2008; Johnson, 1999; Morton, 1981; Liozhie, 1990; Nunez-Melendez, 1981). Part (s) of the plant used: leaves, Flowers, rhizomes (underground stems) and tubers (Mendoza-Castellon and Lugo-Perez, 2011; Byrdons, 2009; Mabberley, 2008; Sanchez-Monge, 2001; Adame and Adame, 2000; Martinez, 1989; Morton, 1981; Liozhier, 1974). How is it used? Leaves, roots, rhizomes and flowers are boiled in water and taken as tea. Tubers are sold in whole in some markets of Mexico. What is it used for? The main applications of this plant in traditional Mexican medicine are: for the treatment of diabetes, urinary problems, sexually transmitted diseases (gonorrhoea), both diuretic and against kidney cancer (Adame and Adame, 2000; Johnson, 1999; Martinez, 1989; Morton, 1981). Delicate stems are edible (Berdonces, 2009). Several species belonging to the *Costus* genus are used as food, paper or medicine in several tropical regions of America, Asia and Africa (Berdonces, 2009; Sanchez-Monge, 2001; Morton, 1981; Burkill, 1966). The *C. spicatus* species grows in the American tropics and is commonly known as the cane of Christ, a sour cane, a boar cane, a pig cane, a cane macaque, canna to brejo and an Arab value. Their common English names include spiked mountaineering, spiked spiral flag, Indian ginger heads and sour cane (Viresma and Leon, 2013; White, 2002; Sanchez-Monge, 2001; Schoenhals, 1988). In Puerto Rico and the Caribbean leaves are boiled in water to make tea that is taken against flatulence and rheumatism. Tea, made with rhizomes and roots, is taken to treat urinary problems, kidney stones, jade (inflammation of the kidneys), inflammation of the urethra, like diaphoretics (to promote sweating), diuretic and emenagogue (to promote menstruation). Sour juice of young rhizomes is taken against diabetes, bronchitis, headaches, colds and fever. The roots are boiled in water to make tea, which is taken against gastritis, bites of the liver and snakes. Flower juice is taken against intestinal parasites and for the treatment of vaginal infections (Berdonces, 2009; Liozhie, 1990, 1974; Morton, 1981; Nunez-Melendez, 1981). Safety / Precautions Avoid the use of this plant during pregnancy and lactation. If you are currently taking diabetes medications, first consult your doctor before taking this plant to avoid possible interaction between plant and medicine. Before you decide to take any medicinal plants or herbal supplements, be sure to consult with your health care provider first. Avoid self-diagnosis and self-medication: be careful! Choose a category... I want to know if it's good Tamar tail tea with elot hair and lipane sweet potatoes make tea and take it for 3 ... Hello, everyone has a great day ... I am urgently looking for the benefits of LIPANA CAMOTE; Some people ... Lipana sweet potatoes. Bot. The Foltz. Sweet potatoes or root are highly valued for their diuretic properties and against uric acid. Notes: no ... Choose a category... I want to know if it's good Tamar tail tea with elot hair and lipane sweet potatoes make tea and take it for 3 ... Open and serve by thanking the elementals of the Sun, who are the ones who make up every healthy lifestyle in this plant. And... I like the experience recommend magnesium chloride, it is very good and you can buy it in herbalists, I hope it serves as ... Hello, explore the tail and find to serve also to fight cysts and myomas to me diss this ... Transvaginal Echo: It is easy and serves to see malformations or anatomical anomalies. ... Lipane root (1) - line (1) - Relaxation (1) - answers to infertility (1) ... Transvaginal Echo: It is easy and serves to see malformations or anatomical anomalies. ... So many pills, so many injections, so many remedies have not helped much, there is no point crying, dreaming, having the illusion ... Lipane root (1) - line (1) - Relaxation (1) - answers to infertility (1) ... So many pills, so many injections, so many remedies have not helped much, it makes no sense to cry, dream, have the illusion..... uterus if there is any abnormality, and also serves to know if the tubes are covered. The doctor explained to me that he was studying ... Lipane root (1) - line (1) - Relaxation (1) - answers to infertility (1) ... uterus if there is any abnormality, and also serves to know if the tubes are covered. The doctor explained to me that he was studying ... .. camote de lipana sus propiedades. beneficios del camote de lipana. te de camote de lipana

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