



Therapeutic Potential of Sucupira (*Pterodon emarginatus*) as a Natural Expectorant

Gilmara R. Oliveira

Fábio dos Santos P. Filho

Francielma Mesquita Magalhães

Gabrielle de Nazaré F. Silva

Josilene Miranda Marques

Jones Souza Moraes

Elias Mauricio da S. Rodrigues

Euzebio de Oliveira

Iracely Rodrigues da Silva

ABSTRACT

The therapeutic use of plants can be considered as one of the oldest ways to combat and prevent diseases (ROCHA et al., 2021). In the Amazon, there are communities that use medicinal plants as a primary basis for the prevention and cure of many diseases, whether through teas, bottles, syrups, among other forms of use, especially respiratory diseases (colds, bronchitis, sore throats, etc.).

Keywords: Therapy, Amazonia, Respiratory diseases.

1 INTRODUCTION

The therapeutic use of plants can be considered as one of the oldest ways to combat and prevent diseases (ROCHA et al., 2021). In the Amazon, there are communities that use medicinal plants as a primary basis for the prevention and cure of many diseases, whether through teas, bottles, syrups, among other forms of use, especially respiratory diseases (colds, bronchitis, sore throats, etc.).

However, the popular use of plants was not enough to give them treatment or healing powers, and, over the years, they became the object of intense study by researchers who validated or not their therapeutic properties, their chemical and biological potentials, and the risks of toxicity (IGNOTO, 2012). Based on these evaluations, the rational use of compounds that have medicinal plants as their primary basis was recommended, from the dosage, the composition of the product and the indication.

Among the most commercialized and used medicinal plants in the Amazon of Braga, *Pterodon emarginatus* stands out, known in the vernacular vocabulary as 'sucupira', 'sucupira branca' or 'faveiro'. Native to the Brazilian territory, *Pterodon emarginatus* has its geographic distribution in the north, northeast



and midwest regions, adapting to the Amazon and Cerrado biomes, being found in the states of Tocantins, Mato Grosso, Goiás, Minas Gerais, Pará, among others (MARTINS, et al. 2015); being sold in street markets or manipulated in herbal medicines in therapeutic centers.

2 OBJECTIVE

To investigate, through the scientific literature, the possible potential of *Pterodon emarginatus* in the Polyvalent Expectorant syrup, produced at the Pastoral da Saúde de Bragança, in the Amazon region of Pará.

3 METHODOLOGY

The research was carried out through a descriptive qualitative methodological approach and through a field research. An individual interview was used as a data collection technique, with a semi-structured script, applied with the expectorant syrup handlers and with the users to verify the use. It relied on a scientific survey in the *Scielo* databases, Capes Journals, among others, on the active principles of the species, its geographical distribution, its possible therapeutic actions and possible toxicological factors.

4 DEVELOPMENT

Linked to the Diocese of Bragança-PA, the Health Pastoral works in the municipality with the rescue of popular knowledge and the appreciation of life through low-cost healthy alternatives. It works with the manipulation of herbal medicines, from bottles, teas, shampoos and tinctures. Among the production handled by Pastoral, the Polyvalent Expectorant Syrup stands out, which has *Pterodon emarginatus* in its composition. The compound is an alternative to respiratory problems, such as: tonsillitis, fever, sore throat, cough and hoarseness, and is indicated for adults and children, these from 2 years old.

The species studied, the white sucupira, has been highlighted in the scientific literature for its anti-inflammatory, antioxidant and antimicrobial action (FERREIRA, et. al. 2014). Its seeds contain the oil, which, after pharmacological tests, has been shown to be effective against *Mycobacterium tuberculosis* (NASCIMENTO, et. al. 2018). It was found that syrups, teas or capsules can be manipulated from the seeds of the sucupira. Regarding toxicological factors, no records of accidents or contamination were found in human tissues or animals, and no mutagenic or toxic effects were found on them (SILVA et. al. 2005). Although no evidence of toxicity caused by *Pterodon emarginatus* has been found in the specialized literature, it is recommended, as with any other component, that sucupira be administered with caution, following the guidelines for use and quantity.



5 FINAL THOUGHTS

Pharmacological research on *Pterodon emarginatus* has confirmed the therapeutic actions of the plant, highlighting its anti-inflammatory potential, which plays an important role in the fight against respiratory diseases. Other beneficial biological effects indicate that sucupira may perform analgesic and anti-infective actions in the treatment of tonsillitis and bronchitis (SANTANA et. al. 2012). Such characteristics were tested in the composition of the Polyvalent Bronchodilator Syrup of the Health Pastoral, verified from the clinical trials already published on the therapeutic actions of the sucupira seed, and from the field research carried out. In addition, because the seed is found in street markets or supermarkets, it is less cost-effective, even if manipulated in herbal medicines, such as the product in question.



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