



The therapeutic properties of *Pterodon emarginatus* "Sucupira" as a natural expectant in the bragantina region

As propriedades terapêuticas de *Pterodon emarginatus* "Sucupira" como expectorante natural na região bragantina

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1 INTRODUCTION

Medicinal plants are fundamental in traditional Amazonian medicine as a primary basis for the prevention and cure of many diseases (SILVA et al, 2020; SANTOS et al, 2020), with emphasis on respiratory diseases (flu, colds, sore throats, etc.) However, the popular use of plants is not enough to give them treatment and healing properties, because, over time, studies on their potentialities and forms of use have been verified in the light of science as a way of validating the safety of use of their phytotherapeutic properties by researchers who have focused on the chemical potentials responsible for their actions (IGNOTO, 2012). On the other hand, toxicological factors were also raised, which implied the recommendation of the rational use of compounds based on medicinal plants, from their posology, composition and indication.

Among the most popular and most commercialized medicinal plants, *Pterodon emarginatus* stands out, in the vernacular vocabulary it is known by the names 'sucupira', 'white sucupira' or 'faveiro'. It is native to the Brazilian territory that has adapted well to the sandy and dry soil of the cerrado, being found in the states of Tocantins, Mato Grosso, Goiás, Minas Gerais, Pará, among others (MARTINS, et. al. 2015), which extract their



properties generally through infusion and seeds that can be used in teas or in the composition of syrups and lickers.

2 OBJECTIVE

To investigate, through the scientific literature, the possible therapeutic potentialities of sucupira (*P. emarginatus*) in an Expectorant Syrup consumed by the Bragantina population in the Amazon region of Pará.

3 METHODOLOGY

The research was carried out through a descriptive qualitative methodological approach, through field research, using as a data collection technique the individual interview with semi-structured script applied to the producers of the expectorant syrup and users to verify the use, in addition to the scientific survey on the active principles of the species, its possible therapeutic actions and its toxicity in the databases: Scielo, Periódicos Capes among others.

4 DEVELOPMENT

The Pastoral of Health, linked to the Diocese of Bragança-PA, acts in the rescue and valorization of popular knowledge through medicinal plants accessible to the population of Bragantina. It works with the manipulation of herbal medicines, and among them, the compound Bronchodilator and Expectorant Polyvalent stands out, which has in its composition the *Pterodon emarginatus*, being used in the alternative treatment of tonsillitis, fever, sore throat, cough, hoarseness in the Bragantina region. The species in question (white sucupira) has been highlighted in the scientific literature for its anti-inflammatory, antioxidant and antimicrobial power, having in its seeds the oil, which, after pharmacological tests, proved to be effective on *Mycobacterium tuberculosis* (NASCIMENTO, et. al. 2018). It was found that the therapeutic actions of sucupira seed can be extracted in syrups, teas, drops or capsules. As for the toxicity factor, studies attest that the essential oil does not present molecules that cause high toxicity, either in human body tissues or in other animals, on which no mutagenic or toxic effects were found (SILVA et al., 2005). Although no precise records have been found on intoxications caused by *Pterodon emarginatus*, it is known that any component, however natural, should be administered with caution in any treatment, following the guidelines for use and quantity.



5 FINAL CONSIDERATIONS

Studies on *Pterodon emarginatus* have emphasized the pharmacological actions of the plant, which mostly include anti-inflammatory action, which is of great interest for respiratory tract diseases. Some of the beneficial biological effects show that this plant can play an important role as an anti-inflammatory, analgesic, anti-infectious and in the treatment of sore throats and bronchitis (SANT'ANA et. al., 2012), characteristics that indicate its therapeutic action in the composition of the Pastoral Health Expectorant Bronchodilator Polyvalent Syrup. In addition, because the white sucupira seed is an effective and less cost-effective alternative, it can be easily found in free fairs, pharmacies and supermarkets, or in the composition of herbal medicines produced in therapeutic centers.



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