

Ethnomedical Information on Guaraná (*Paullinia cupana*)

Part / Location	Documented Ethnomedical Uses	Type Extract / Route	Used For	Ref #
Not Stated Amazonia	Used for headaches, fevers and cramps.	Not Stated	Human Adult	BK1003
Not Stated Amazonia	Used during periods of fast to better tolerate dietary restrictions. Believed to be an aphrodisiac and to protect from malaria and dysentery.	Not Stated	Human Adult	BK1008
Seed Brazil	Used to cure fevers.	Roasted Oral	Human Adult	K15254
Seed Brazil	Used for alleviation of heart problems.	Roasted Oral	Human Adult	K15254
Seed Brazil	Used for treatment of diarrhea.	Roasted Oral	Human Adult	K15254
Seed Brazil	Used for treatment of headache.	Roasted Oral	Human Adult	K15254
Seed Brazil	Used for reduction of heat stress.	Roasted Oral	Human Adult	K15254
Seed Brazil	Used as a stimulant.	Roasted Oral	Human Adult	K15254
Seed Brazil	Used as a stimulant.	Hot H2O Ext Oral	Human Adult	M08151
Seed Brazil	Used as a tonic.	Hot H2O Ext Oral	Human Adult	M08151
Seed Brazil	Used for neuralgia.	Hot H2O Ext Oral	Human Adult	M08151
Seed Brazil	Used for diarrhea.	Hot H2O Ext Oral	Human Adult	M08151
Seed Brazil	Used as a supplemental food in seasons of starvation.	Fruit Oral	Human Adult	M08151
Seed Brazil	Used as a CNS-stimulant.	H2O Ext Oral	Human Adult	K20643
Seed Brazil	Used for chronic diarrhea and dysentery. Used in the morning as a stimulant.	H2O Ext Oral	Human Adult	ZZ1081
Seed Brazil	Used for migraines and headaches, particularly headaches affecting one side of the head.	Decoction Oral	Human Adult	ZZ1081
Seed Brazil	Used for oily skin.	Paste External	Human Adult	ZZ1081

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Seed Brazil	Used as a tonic, stomachic and stimulant. Used for general weakness, exhaustion, nervous asthenia, depression, regeneration of the organism, prevention and curing of perturbations, gastrointestinal disorders, dyspepsia, flatulence, fermentation abnormalities, diarrhea, gas, constipation, to enhance the defense of the organism and to act against the elements that cause physiological disturbances.	Hot H2O Ext Oral	Human Adult	ZZ1007
Seed Brazil	Used to stimulate cerebral function, enhance intellectual activity and productivity. Used for migraines and to balance heart rhythm. While it is used as a stimulant it does not cause insomnia or nervous agitation.	Hot H2O Ext Oral	Human Adult	ZZ1007
Seed Brazil	Used as a stimulant, tonic, diuretic, aphrodisiac, cardioactive, intestinal antiseptic and excitant; used for neuralgia, migraine, fever and nervousness. Helps to suppress the sensation of hunger.	H2O Ext Oral	Human Adult	ZZ1099
Seed Brazil	Used as a stimulant to increase mental alertness and fight fatigue.	Not Stated	Human Adult	ZZ1061
Seed Brazil	Used as a stimulant and astringent for chronic diarrhea. Used for fevers, heart problems, headaches (associated with menstrual or rheumatic conditions), rheumatism, lumbago, migraine and reduction of heat stress; used as a diuretic.	Paste Oral H2O Ext Oral	Human Adult	BK1002
Seed Brazil	Used as a stimulant, astringent, nervine tonic and diuretic. Used for cardiac derangements, headaches (caused by menstrual or rheumatic derangements), intestinal disorders, migraine, neuralgia, rheumatic complaints, lumbago, fatigue and to curtail hunger.	H2O Ext Oral	Human Adult	ZZ1049
Seed Brazil	Used as a tonic, nutrient, nerve relaxant, anti-stress agent, astringent, adaptogen, diuretic, aphrodisiac, antidepressant, revitalizer and as a general stimulant for the adrenals. Sustains the immune system, increases stamina, used for recovery after long illness, hang-over symptoms, for diarrhea, nervous depression and jet-lag, to adapt circadian rhythm after long-distance travel, for stress-related headaches and to sustain the brain after prolonged mental effort.	H2O Ext Oral	Human Adult	ZZ1011
Seed Brazil	Used as an aphrodisiac, diuretic and energy booster, for headaches, fevers, cramps and diarrhea.	Not Stated	Human Adult	BK1004

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Seed Brazil	Produces a slightly euphoric effect. Used for restlessness, to quicken perception, for depression, wakefulness, slow pulse, impaired appetite, migraine, menstrual problems, diarrhea, convalescence and as a general tonic.	H2O Ext Oral	Human Adult	BK1006
Seed Brazil	Used as a stimulant and digestive tonic. Used to give relief from the heat. Acts as an aphrodisiac and used to prevent malaria and amoebic dysentery.	Not Stated	Human Adult	BK1010
Seed Canada	Used as a nervine, tonic, narcotic, stimulant, aphrodisiac and febrifuge.	ETOH Ext Oral	Human Adult	BK1006
Seed Europe	Used for leucorrhoea, diarrhea, headache of rheumatic nature, mental depression or irritation, fatigue or exhaustion from hot weather, nervous headaches, menstrual headaches and to promote dysuria.	H2O Ext Oral	Human Adult	ZZ1052
Seed Germany	Used as a stimulant and tonic. Used for headaches.	Not Stated Homeopathic Tincture Oral	Human Adult	BK1009
Seed Latin America	Used as a stimulant and to treat chronic diarrhea, hangovers and menstrual headaches.	Not Stated	Human Adult	ZZ1049
Seed Peru	Used as a tonic, stimulant and astringent. Used for neuralgia, to regulate the nervous system and to help in some forms of paralysis. As an astringent it helps in diarrhea and dysentery. Also it is used against obesity, cellulite and fatigue, as well as assisting in convalescence. Not recommended for those with digestive problems and may cause insomnia.	Not Stated	Human Adult	ZZ1093
Seed Peru	Used as an aphrodisiac. Used to prevent cardiac problems, to treat chronic diarrhea, fevers, hypertension and migraine.	Decoction Oral	Human Adult	L04137
Seed Peru	Used for rheumatism and diarrhea. Used as a stimulant without having a depressing effect, nor an effect on the liver.	Not Stated	Human Adult	ZZ1084
Seed Peru	Used as an astringent, bitter and nervine tonic.	Decoction Oral	Human Adult	ZZ1027
Seed Peru	Used as an aphrodisiac, astringent, febrifuge, intoxicant, piscicide, stimulant and tonic for diarrhea, dysentery, hypertension, migraine and neuralgia.	Not Stated	Human Adult	ZZ1050 ZZ1041
Seed South America	Considered a preventive for arteriosclerosis and an effective cardiovascular drug as well as an analgesic; used to treat chronic diarrhea.	Not Stated	Human Adult	BK1001

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Seed South America	Used as a nervine, tonic, narcotic, stimulant, aphrodisiac and febrifuge. Used for bowel complaints but is not indicated for constipation.	H2O Ext Oral	Human Adult	ZZ1052
Seed South America	Used as a stimulant and antipyretic agent.	H2O Ext Oral	Human Adult	BK1005
Seed USA	Used as a stimulant, diuretic, nervine tonic, antifatigue, aphrodisiac and antidiarrheic to reduce hunger, relieve headaches and migraines and to alleviate PMS symptoms.	ETOH Ext Oral	Human Adult	ZZ1051
Seed USA	Used for leucorrhea, diarrhea, headache of rheumatic nature, mental depression or irritation, fatigue or exhaustion from hot weather, nervous headaches, menstrual headaches and to promote dysuria.	H2O Ext Oral	Human Adult	ZZ1052
Seed USA	Used by athletes to enhance determination and focus concentration. Assists in increasing stamina and endurance.	H2O Ext Oral	Human Adult	ZZ1053
Not Stated USA	Used as a weight loss aid and as an appetite suppressant.	Not Stated	Human Adult	BK1008
Seed Not Stated	Used for headaches, rheumatic complaints and lumbago, as a diuretic and tonic, for when nerve action is impaired, for convalescence and debility; as an analgesic. Said to affect the sensory and motor nerves. Used as an astringent for diarrhea and dysentery; for chlorosis and as an aphrodisiac.	H2O Ext Oral	Human Adult	BK1005
Not Stated	Used as an astringent, stimulant, intoxicant, nervine and tonic for diarrhea, migraine and neuralgia.	Not Stated	Human Adult	ZZ1095

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