

# Cat's Claw

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Cat's Claw is a tropical vine from South America and Asia, which grows in rain forest and jungle areas. It has been called the "Sacred Herb of the Rain Forest." The vine has small thorns at the base of its leaves, which enable its attachment to trees. Cat's Claw has been considered a valuable medicinal resource, because it contains alkaloids, tannins, and other phytochemicals. Cat's Claw is believed to be particularly useful for immune and digestive disorders. Studies have shown Cat's Claw to have positive effects on the immune system, comparable to Echinacea and Goldenseal. It also has anti-inflammatory, antioxidant and anti-cancer properties. Various treatments have combined Cat's Claw with other plants for better absorption. Parts Used: Its inner bark and root are used in capsules, tea, and extract.

Other Names: Uña de Gato

{mospagebreak title=Potential Uses}

Potential Uses:

- A highly effective immune system stimulant
- To fight viral and respiratory infections, due to its antiviral properties
- To treat arthritis and rheumatism, as an anti-inflammatory
- To treat lupus and cancer due to its antimutagenic ability
- Used against HIV in Europe

{mospagebreak title=Presumed Mechanism}

Presumed Mechanisms:

- It may have anti-hypertensive effects, which may reduce the risk of stroke and heart attack by lowering blood pressure, increasing circulation, reducing heart rate and controlling cholesterol.

{mospagebreak title=Precautions}

Precautions:

- Cat's Claw should not be confused with *Uncaria guianensis*, which is often substituted for *Uncaria Tomentosa* as it is easier to find, but also less effective.

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