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Uncaria tomentosa

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Abstract

Uncaria tomentosa (*U. tomentosa*) or uña de gato, a species of vine of Rubiaceae family, was used from centuries in various medical conditions. Although there are no randomized controlled trials or published human outcome studies, some conditions reportedly improved by *U. tomentosa* include osteoarthritis, rheumatoid arthritis, prostatitis, viral illnesses and cancer (acting as a non-specific immunomodulantign agent) and it may also have potential as an immunomodulating adaptogen in cellular aging. The understanding of some specific mechanisms of molecular action leads to the demonstration of various anti-inflammatory, immunostimulating and protective effects. These results bring the strong hypothesis that *U. tomentosa* could be effective in the topical treatment of dermatological manifestation, namely rosacea.

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