

Uses

ID	1,044
Crop ID	Erva-mate
Part	Leaf
Use Category	Medicinal
Notes	The mineral rich leaves contain xanthine derivatives, including about 1.5% caffeine plus theobromine and theophylline, and up to 16% tannins.They are stimulant, diuretic, antirheumatic.They are said to have the power to increase intellectual lucidity and vigour. The leaves are used internally in the treatment of headaches, migraine, neuralgic and rheumatic pain, fatigue and mild depression.They have also been used in the treatment of diabetes.The leaves are harvested when the berries are ripe, they are heated over a wood fire, ground into a powder then stored in sacks for 12 months before being used.
Metadata ID	2,374