**Costus spicatus** Roscoe (ZINGIBERACEAE)
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Vernacular Name:
Canarana

DESCRIPTION:
Herbaceous erect, 1 to 3 m high, with alternate hairy leaves

PARTS USED:
Leaves

PROPERTIES AND INDICATIONS:
Diuretic. Anti-inflammatory and for treatment of tumours

PREPARATION AND ADMINISTRATION:
Infusions made from leaves for regular ingestion and plasters.
Phyto-therapeutic Prescription: 1) Add one canarana leaf to a handful of avocado tree leaves (Persea americana), plus another leaf from the Phyllantus orbiculatus in a litre of water in order to treat urinary infections. 2) Add fresh canarana leaves to andiroba (Carapa guianensis) oil and heat it. The plaster should be applied to area around the kidneys and the bladder in case of tumours

GEOGRAPHICAL DISTRIBUTION:
Lower Amazon River

ADDITIONAL INFORMATION:
Canarana ranks as the sixth most farmed home garden species, having been found in 55 in front gardens and in the backyards (10%)

Collector: Isabel Madaleno
Ver-o-Peso central market in Belém do Pará. Local stall showing andiroba and copalba oils, extracted from these endemic Amazonian species. (2005)