Chanca Piedra

Supports kidney, liver and gall bladder health

- Helps eliminate gallstones and kidney stones
- Protects the liver from toxins
- Helps with urogenital conditions and is anti-viral

Gluten Free  Vegan  Non-GMO  Detoxification  Kidney Health

AOR Code  Variant
AOR04326  90 VEGI-CAPS

Details
Chanca Piedra is the Spanish name given to the herb Phyllanthus niruri that is native to the Amazonian region of South America. The term “Chanca Piedra” literally means “to break stone” which reflects its traditional use in treating kidney stones and gallstones.

Modern clinical trials have suggested that it deals with these painful conditions extremely effectively by reducing calcium levels in the urine, promoting the flow of bile through the gallbladder, inhibiting the formation of calcium oxalate crystals that make up kidney stones and allowing them to pass more easily when they do occur. It has also been studied in clinical trials for supporting liver health and combating certain viruses that affect the liver.

AOR’s Chanca Piedra provides a clinically tested formula and dose to optimize the health of the liver, kidneys and gall bladder and is a natural alternative for those who suffer from chronic kidney or gallstones.

Label Info

Discussion
Chanca Piedra contains Phyllanthus niruri which is traditionally used in Ayurveda as a diuretic (Mutrala) to help relieve mild urinary tract infections.

Product Variation
Product Code  Size
Supplements Facts

Serving Size: 1 Capsule

Amount
Phyllanthus niruri extract (10:1) 500 mg

Note: Product appearance, odour and taste may vary from lot to lot due to the use of natural ingredients.

Non-medical ingredients:
microcrystalline cellulose, sodium stearyl fumarate. Capsule: hypromellose.

Guarantees

AOR™ guarantees that all ingredients have been declared on the label. Contains no wheat, gluten, corn, nuts, peanuts, sesame seeds, sulphites, mustard, soy, dairy, eggs, fish, shellfish or any animal byproduct.

Adult Dosage

Take 1 capsule daily with/without food, or as directed by a qualified health care practitioner.

Cautions

Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you have diabetes, or if symptoms persist or worsen.

Source

Natural botanical extract

Main Application

Anti-viral
Liver protective
Gall stones and kidney stones

Disclaimer

The information and product descriptions appearing on this website are for information purposes only, and are not intended to provide or replace medical advice to individuals from a qualified health care professional. Consult with your physician if you have any health concerns, and before initiating any new diet, exercise, supplement, or other lifestyle changes.

Research
Background

Phyllanthus niruri (PN)

Chanca Piedra is the Spanish common name for the herb Phyllanthus niruri/amarus. PN is a perennial herb common in hot central and southern areas of the Indian Subcontinent. It also grows in China, and numerous tropical locations including the Phillipines, Cuba, and the Amazon rainforest. This plant has been used for over 2000 years to treat a wide variety of conditions including influenza, blood sugar problems, jaundice, gallstones, kidney stones and upset stomachs. More recently, PN has become well known for its effectiveness in supporting liver toxicity, viral infection, and possibly even blood pressure regulation.

The extract of the leaves of PN contains various biologically active chemicals that have been associated with a wide variety of effects. Many different classes of organic compounds of medicinal interest have been reported, including alkaloids, flavonoids, lactones, steroids, terpenoids, lignans, tannins, with lignans, triterpenes, alkaloids, and tannins generally being the most abundant. Although this sounds very complicated, it is this diverse mix of chemicals that gives PN the ability to treat a wide range of problems.

Research

Kidney Stones and Gallstones

Another well documented application of PN extract is for the treatment of kidney and gall stones. Kidney stones are one of the most painful and common urinary tract problems, and it is reported that over 600, 000 patients are treated for gallstones in the U.S. alone each year. In South America, PN is commonly known as “Chanca Piedre” which in the local dialect of Spanish means, “to break stone”. The ability of PN extract to inhibit the growth of kidney stones has been clearly demonstrated in both animals and humans. PN has been used to treat gall bladder infections in South America, and is often taken in the form of tea. PN has also been used in Germany and France to treat gall bladder and kidney stones with over a 95% success rate within 1-2 weeks of treatment. A study examining calcium excretion in 69 individuals with past incidences of kidney stones has shown that PN extract significantly decreases calcium levels in the urine. Furthermore, PN has been demonstrated to effectively inhibit the internalization of calcium oxalate crystals, which are the building blocks of kidney stones. Yet another study found that treatment with PN following shock wave therapy for kidney stones improved the outcome of the treatment. A greater proportion of patients taking PN were found to be stone-free following treatment, and were less likely to require additional shock wave therapy.

In addition to its ability to inhibit crystal internalization, PN’s ability to treat kidney stones may be further enhanced by the powerful spasmolytic, or muscle relaxant, activity of one of the constituents of PN, phyllanthin. Relaxation of the smooth muscle of the kidney tubules and ureter may help to expel stones.

Liver Protection
PN has been documented to protect the liver from damage by a variety of chemical liver toxins as well as viral infection. Furthermore, a protein component of PN has been shown to protect liver tissues from oxidative stress in mice.

**Malaria**

Although it has yet to be tested in humans, in vitro and in vivo studies with mice have indicated that PN shows potential as an anti-malaria agent. In vitro studies have shown that PN extracts are capable of inhibiting growth of the parasite causing malaria by 50-100%. Furthermore, when mice were given doses of 500mg/kg of PN extracts over the course of 4 days, the incidence of parasitic infection was suppressed by up to 73%.

**Market Trends**

Gallstones and kidney stones are a common problem, especially in areas with hard water or among those consuming diets rich in fats and proteins. Unfortunately, many people resort to surgery to get rid of this problem. However, nature offers an effective solution.

**AOR Advantage**

Chanca Piedra reduces the risk of painful kidney or gall stones and promotes liver health, kidney health and urogenital health.

**References**


Naik AD, Juvekar AR. Effects of alkaloidal extract of Phyllanthus niruri on HIV replication.” Indian Journal of Medical Science; 57(9): 387-93


Abstract

Protein isolate from the herb, Phyllanthus niruri L. (Euphorbiaceae), plays hepatoprotective role against carbon tetrachloride induced liver damage via its antioxidant properties.


Bhattacharjee R, Sil PC.

Phyllanthus niruri L. (Euphorbiaceae) (P. niruri) is a well-known hepatoprotective herbal plant. In the present study, hepatoprotective potential of the protein isolate of P. niruri was investigated against carbon tetrachloride (CCl(4)) induced liver damage in vivo. Protein isolate of P. niruri was intraperitoneally injected in mice either prior to (preventive) or after the induction of toxicity (curative). Levels of different liver marker enzymes in serum and different anti-oxidant enzymes, as well as lipid peroxidation products and glutathione (GSH) in liver homogenates were measured in normal, control (toxicity induced) and protein isolate treated mice. Administration of CCl(4) increased the serum glutamate pyruvate transaminase (GPT) and alkaline phosphatase (ALP) levels of mice sera along with increased lipid peroxidation and reduced levels of antioxidant enzymes superoxide dismutase (SOD) and catalase (CAT) in the liver. Treatment with the protein isolate of P. niruri significantly altered these changes to almost normal. The protein isolate also showed protective properties as was evidenced in histopathological studies. Results suggest that the protein isolate of P. niruri protects liver tissues against oxidative damage and somehow helps stimulating repair mechanism present in liver. It could be used as an effective hepatoprotector against CCl(4) induced liver damage.

Hepatoprotection of Phyllanthus maderaspatensis against experimentally induced liver injury in rats.


Asha VV, Sheeba MS, Suresh V, Wills PJ.

The hexane extract of Phyllanthus maderaspatensis (200 and 100 mg/kg) showed significant
hepatoprotection on carbon tetrachloride and thioacetamide induced liver damage in rats. The protective effect was evident from serum biochemical parameters and histopathological analysis. Rats treated with P. maderaspatensis remarkably prevented the elevation of serum AST, ALT and LDH and liver lipid peroxides in CCl(4) and thioacetamide treated rats. Hepatic glutathione levels significantly increased by the treatment with the extracts. Histopathological changes induced by CCl(4) and thioacetamide were also significantly reduced by the extract treatment. The activity of hexane extracts of P. maderaspatensis was comparable to that of silymarin, the reference hepatoprotective drug.

The effect of Phyllanthus niruri on urinary inhibitors of calcium oxalate crystallization and other factors associated with renal stone formation.

BJU Int 2002 Jun; 89(9): 829-34.

Freitas AM, Schor N, Boim MA.

Objective: To evaluate the effect of an aqueous extract of Phyllanthus niruri (Pn), a plant used in folk medicine to treat lithiasis, on the urinary excretion of endogenous inhibitors of lithogenesis, citrate, magnesium and glycosaminoglycans (GAGs).

Materials and methods: The effect of chronic (42 days) administration of Pn (1.25 mg/mL/day, orally) was evaluated in a rat model of urolithiasis induced by the introduction of a calcium oxalate (CaOx) seed into the bladder of adult male Wistar rats. The animals were divided into four groups: a sham control (16 rats); a control Pn (six); CaOx water instead of Pn (14); and CaOx Pn (22). Plasma and urine were collected after 42 days of treatment for biochemical analysis and the determination of urinary excretion of citrate, magnesium and GAGs. The animals were then killed and the calculi analysed.

Results: The creatinine clearance or urinary and plasma concentrations of Na, K, Ca2, oxalate, phosphate and uric acid were unaffected by Pn or the induction of lithiasis. Treatment with Pn strongly inhibited the growth of the matrix calculus and reduced the number of stone satellites compared with the group receiving water. The calculi were eliminated or dissolved in some treated animals (three of 22). The urinary excretion of citrate and magnesium was unaffected by Pn treatment. However, the mean (sd) urinary concentration of GAGs was significantly lower in rats treated with CaOx Pn, at 5.64 (0.86) mg/g creatinine, than when treated with CaOx water, at 11.78 (2.21) mg/g creatinine. In contrast, the content of GAGs in the calculi was higher in the CaOx Pn rats, at 48.0 (10.4) g/g calculus, than in the CaOx water group, at 16.6 (9.6) g/g calculus.

Conclusion: These results show that Pn has an inhibitory effect on crystal growth, which is independent of changes in the urinary excretion of citrate and Mg, but might be related to the higher incorporation of GAGs into the calculi.
Phyllanthus niruri inhibits calcium oxalate endocytosis by renal tubular cells: its role in urolithiasis.


Campos AH, Schor N.

We investigated the in vitro effect of an aqueous extract of Phyllanthus niruri L. on a model of CaOx crystal endocytosis by Madin-Darby canine kidney cells. The extract exhibited a potent and effective non-concentration-dependent inhibitory effect on the CaOx crystal internalization. This response was present even at very high (pathologic) CaOx concentrations and no P. niruri L.-induced toxic effect could be detected. Biochemical analysis of culture media containing P. niruri L. did not provide any clues for the elucidation of the cellular pathways affected by this natural product. Although further studies are necessary for a better understanding of the role of P. niruri L. in urolithiasis, our findings show that this natural product could be an attractive alternative for the treatment of urinary stones.

Antihepatotoxic principles of Phyllanthus niruri herbs.


Syamasundar KV, Singh B, Thakur RS, Husain A, Kiso Y, Hikino H.

Among phyllanthin, hypophyllanthin, triacontanal and tricontanol isolated from a hexane extract of Phyllanthus niruri, phyllanthin and hypophyllanthin protected against carbon tetrachloride- and galactosamine-induced cytotoxicity in primary cultured rat hepatocytes, while triacontanal was protective only against galactosamine-induced toxicity.