

## QUICK REFERENCE SHEET

# CAT'S CLAW

*Uncaria tomentosa*



Part Utilized:  
Bark



### PROPERTIES:

Alterative, Vermifuge, Antiviral

### SYSTEMS AFFECTED:

Skeletal, Muscular, Digestive (intestinal),  
Nervous, Immune

### GENERAL INFORMATION:

Cat's Claw is most commonly used in the treatment of osteoarthritis and rheumatoid arthritis. It is also used for digestive system disorders such as the inflammation and pain of diverticula in the large intestine, inflammation of the lower bowel (colitis), gastritis, stomach ulcers, hemorrhoids, and leaky bowel.

Cat's Claw is considered to be useful for viral infections including cold sores and shingles. Cat's Claw is also used for chronic fatigue syndrome, wound healing, cleansing the kidneys, and ridding the body of parasites.

WebMD even goes so far as to say that Cat's Claw contains chemicals that might stimulate the immune system, kill cancer cells, and fight viruses, and the University of Maryland lists it as a herbal treatment for Crohn's disease.