

Introduction

While this review of research is by no means comprehensive I believe it provides a good cross section of current research on Chanca Piedra (*Phyllanthus Niruri*). I apologize if this list is disorganized or in any way difficult to navigate. I am unfortunately not familiar with presenting research for scrutiny outside of a commercial setting. Each of the research summaries has a fairly extensive bibliography/sources cited at the bottom, which may be useful for further research. Also a search of *Phyllanthus Niruri* on Pubmed.com should net you further results.

I thank you both for your time and attention. I am happy for the opportunity to provide greater supporting evidence for this wonderful plant. I am also hopeful that this research, should the conclusions be what I think they will be, benefit you both.

Anthro-botanical/Anthropologic Summary:

For centuries native Peruvians have relieved their gallbladder pain and expelled their gallstones by drinking Chanca Piedra (*Break-Stone*) tea. This herb (*botanical name Phyllanthus niruri*) grows in the Amazon rainforest. Related species with the same properties also grow in India and in China.

Traditional Uses:

Chanca Piedra is believed to break up and expel both kidney stones, and gall stones, to help stimulate the production of bile and to promote healthy liver and gall bladder function. It is also traditionally used to clear obstructions throughout the various internal organs of the body by promoting the elimination of mucous, phlegm and stones. In France, Chanca Piedra has been used for some time to treat gallstones and kidney stones. It is part of a pharmaceutical product called *Pilosuryl*, which is sold as a diuretic.

Traditional Preparation and Usage:

The whole plant, including leaves, stems and root are shredded and simmered for 10 – 15 minutes (*about one gram or one tsp. per cup of tea*). For gall stones, it is taken in small amounts 3 or 4 times daily if there is an immediate and urgent need. Otherwise a cup of tea is taken once or twice a day or several times a week as a maintenance dose. Lemon juice can be added as a tonic for the liver. Research from the Federal University of Santa Catarina (Brazil) in 1984 on Chanca Piedra revealed an alkaloid (*phyllanthoside*) in the leaves and stem with strong antispasmodic activity. It served as a relaxing agent for smooth muscles and they concluded that its spasmolytic action probably accounted for the efficacy of Chanca Piedra in expelling stones. The alkaloid extract demonstrated smooth muscle relaxation specific to the urinary and biliary tract, which the researchers surmised, facilitates the expulsion of kidney or bladder calculi.

Research Summaries:

Phyllanthus niruri is a promising alternative treatment for **nephrolithiasis**. Includes mechanism of action, review of some (*but not all*) in vitro, animal and clinical trials as well as a lengthy bibliography plus links at the bottom of the page. **Note:** editorial comment at the bottom: [View Study](#)

The first notable area of study has validated Chanca Piedra's longstanding traditional use for kidney stones. In 1990, the Paulista School of Medicine in São Paulo, Brazil, conducted studies with humans and rats with kidney stones. They were given a simple tea of Chanca Piedra for 1–3 months and it was reported that the tea promoted the elimination of stones. The following excerpt was taken from [here](#).

1. They also reported a significant increase in diuresis and sodium and creatine excretion. Subsequently the medical school educated new doctors about the ability to treat kidney stones with this natural remedy and now it is found in many pharmacies throughout Brazil. In a 1999 in vitro clinical study, a Chanca Piedra extract exhibited a potent and

effective inhibitory effect on the formation of calcium oxalate crystals (*the building blocks of most kidney stones*).

2. In a 2002 in vivo study, researchers seeded the bladders of rats with calcium oxalate crystals and treated them for 42 days with a water extract of Chanca Piedra. Their results indicated that Chanca Piedra “strongly inhibited the growth of the matrix calculus and reduced the number of stone satellites compared with the group receiving water.”

3. Several of the animals even passed the stones, which did form. Previously (*in the mid-1980s*) the antispasmodic activity of Chanca Piedra was reported. This led researchers to surmise “smooth muscle relaxation within the urinary or biliary tract probably facilitates the expulsion of kidney or bladder calculi.”

4. Researchers had already reported Chanca Piedra’s antispasmodic properties

5. and smooth muscle relaxant properties (including a uterine relaxant effect) in earlier studies.

6. In 1990, Nicole Maxwell reported that Dr. Wolfram Wiemann (*of Nuremburg, Germany*) treated over 100 kidney stone patients with Chanca Piedra obtained in Peru and found it to be 94% successful in eliminating stones within a week or two.

References:

Phyllanthus Niruri: A magic Herb Paithankar V. V., Raut K. S., Charde R. M., Vyas J. V. : [View Study](#)

Phyllanthus niruri: A Review on its Ethno Botanical, Phytochemical and Pharmacological Profile: [View Study](#)

Study on in Vitro Anti-Lithiatic Activity of Phyllanthus Niruri Linn. Leaves by Homogenous Precipitation and Turbiditory Method: [View Study](#)

Individual Studies:

Phyllanthus niruri inhibits calcium oxalate endocytosis by renal tubular cells: its role in urolithiasis: [View Study](#)

Antispasmodic effects of an alkaloid extracted from Phyllanthus sellowianus: a comparative study with papaverie: [View Study](#)

Can Phyllanthus niruri affect the efficacy of extracorporeal shock wave lithotripsy for renal stones? A randomized, prospective, long-term study: [View Study](#)

Helped kidney stone patients remain stone free after Shockwave Litropsy: [View Study](#)

Phyllanthus niruri as a promising alternative treatment for nephrolithiasis: [View Study](#)