

Costus spiralis



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Scientific classification

Kingdom: Plantae

Clade: Tracheophytes

Clade: Angiosperms

Clade: Monocots

Clade: Commelinids

Order: Zingiberales

Family: Costaceae

Genus: Costus (L.)

Species: C. Spiralis

Binomial Name

Costus spiralis

(Jacq.) Roscoe 1807)

Costus spiralis is a species of perennial herb in the family Costaceae. They have a self-supporting growth form. They are native to Amapá, Amazônia, Pernambuco, Alagoas, Espírito Santo, Rondônia, Rio Grande Do Sul, Mata Atlântica, Tocantins, Distrito Federal, Pantanal, Pará, Ceará, Mato Grosso Do Sul, Caatinga, Paraná, Minas Gerais, Bahia, Rio Grande Do Norte, Goiás, Maranhão, Santa Catarina, Sergipe, Mato Grosso, Rio De Janeiro, Cerrado, São Paulo, Roraima, and Piauí.³¹

Pharmaceutical uses

Aqueous extract of *C. spiralis* reduces formation of stones in rats induced by either calcium oxalate crystal or zinc disc implants in the urinary bladder. The extract was effective in both male and female rats, and at a dose that reduced growth of urinary stones, it did not produce signs of toxicity or change in the spontaneous motor activity up to 4 weeks administration.³²

The ethanolic extracts from leaves of *Costus spiralis* must contain active principles showing antimicrobial activity against pathogenic strains of *Vibrio cholerae*. *Costus spiralis* may be considered as an alternative way to antibiotic therapy for cholera, mostly in those cases where the malady becomes epidemic and sanitary conditions are not promptly available.³³