



**PARALLEL BETWEEN POPULAR AND SCIENTIFIC KNOWLEDGE OF
MEDICINAL PLANTS USED IN MAFRA, SC, BRAZIL.**

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INTRODUCTION

The use of medicinal plants has several advantages for prophylactic and palliative purposes, such as low cost and easy access. However, popular knowledge, when not proven by scientific studies, can lead to improper use of plants and harm the health of users. Thus, the present study aims to present the most used species in the city of Mafra, Santa Catarina, aiming to rescue the regional popular knowledge about medicinal plants and compare the popular indication with the scientific literature about the mentioned species.

MATERIALS AND METHODS

The ethnobotanical survey took place between May and June 2019, through semi-structured interviews with the population of the city of Mafra (SC). In the set of questions applied, the survey of the species used, indication of use, plant parts used and form of preparation was performed. After data collection, literature searches were performed on the species mentioned by the interviewees. Efficiency and safety were verified for further orientation to the community. As well as the identification of some species through exsiccates. The research was conducted under the number of opinion 3.304.931 of the Research Ethics Committee (REC) of the University of Contestado.

RESULTS

Among the 22 respondents, 86.36% were female, with the predominant age and education over 60 years (36.36%) and incomplete elementary school (22.72%). The main source of popular knowledge about plant use was hereditary, coming from family and friends (68.18%). Some informants (18.18%) reported the appearance of adverse effects with the use of some species. Eighty-six plants distributed in 48 families and 86 genres were mentioned, the dominant ones being Asteraceae (11.62%), Lamiaceae (9.3%), and Myrtaceae (5.81%). The most cited plants were aloe vera (*Aloe* sp.), Chamomile (*Chamomilla* sp.), Lemon grass (*Cymbopogon* sp.), Gervão (*Stachytarpheta* sp.), Mint (*Mentha* sp.) And penicillin (*Alternanthera* sp.). Regarding the popular indication, 78.4% were scientifically proven with in vitro, in vivo and clinical studies.

CONCLUSIONS

With these results it was possible to conclude that most species of popular use have their indication proven by the scientific literature. However, dose-related studies and evidence of the effects of species not found in the literature are required.

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