



Mashua

Scientific Name: (*Tropaeolum tuberosum*)

Family: Tropeoláceas

Origin

It is a plant of the central Andes, probably in the same areas where potatoes originated. In Peru it has been cultivated since pre-Inca times and have many cultures represented in their pottery.

Close to 3,000 m are wild Mashua that could be the ancestors of the varieties known today.



Benefits

Thanks to recent studies is appreciated and consumed for its beneficial properties for human health due to the exceptional levels of antioxidants and glucosinolates, much higher than other foods, high antioxidant capacity reduces the effects of free radicals that cause diseases associated problems heart disease, cancer, arthritis and respiratory disease. The natural content of glucosinolates in the black mashua, are precursors of medicinal substances that have properties of preventing stomach cancer, colon, skin and prostate.

Uses

Mashua acts against kidney stones. It is an antibiotic effective against bacteria such as *Escherichia coli* and *Staphylococcus*, and fungi such as *Candida albicans*. It is used to combat genito urinary ailments, and against anemia.

Reduces sexual desire to decrease the amount of testosterone and dihydrotestosterone in the blood. It is said that the Inca troops mashua consumed as part of their diet, to appease the sexual instinct.

