

SUSTAINABLE AND EDIBLE VERMIFUGO: PHYTOTHERAPY CAPSULES WITH SÃO CAETANO MELON SEED AND ITS NATURAL EFFECTIVENESS AGAINST VERMINOSES

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ABSTRACT:

Develop actions aimed at improving sustainable thinking in a healthy society that decides, modifies and executes for the future. From this context, the present project seeks to show ways in which society should act in order to achieve a sustainable and healthy life. It shows the production of natural capsules that fight worms made from the caetano melon plant. Popular knowledge from the leaves of the plant led to its expansion with the seeds of the fruit.

Keywords: health - sustainability - environment

VERMIFUGO SUSTENTÁVEL E COMESTIVEL: CAPSULAS FITOTERÁPICAS COM A SEMENTE DO MELÃO DE SÃO CAETANO E SUA EFICÁCIA NATURAL CONTRA VERMINOSES

RESUMO:

Desenvolver ações voltadas para melhoria do pensando sustentável numa sociedade saudável que decide, modifica e executa em prol do futuro. Partindo deste contexto, o projeto que hora se apresenta busca mostrar meios de como a sociedade deve agir de forma a conquistar uma vida sustentável e com saúde. Ele mostra a produção de capsulas naturais que combatem verminoses feitas a partir da planta melão de caetano. Um conhecimento popular a partir das folhas da planta levou a sua ampliação com as sementes do fruto.

Palavras-chave: saúde – sustentabilidade - meio ambiente

INTRODUCTION

Sustainability in health is reflected in the indicators of the three pillars of sustainable development: social, environmental and economic. It is cultural in the sense of seeking changes in health promotion practices. Develop actions aimed at improving sustainable thinking in a healthy society that decides, modifies and executes in favor of the future. This is the idea that we must plant, because it is in nature that man finds and removes the resources necessary for his survival and through technology he only modifies the raw materials obtained, transforming them into products for use/consumption. Based on this context, the project that presents itself seeks to show ways of how society should act in order to achieve a sustainable and healthy life.

MAIN GOAL

Show the community that through simple and sustainable actions, it is possible to use natural resources in an intelligent way, creating ecologically correct products that promote the common good of society with benefits that improve the quality of life of present and future generations, promoting the socio-environmental sustainability.

Specific Objectives

- Conduct bibliographic and field research in the local nature;
- Collect material for study/research;
- Conduct Interview;
- Carry out test-experiments;
- Create product;
- Present the finished product.

METHODOLOGY

Sustainability in the health area requires thinking and acting for the transformation of our reality, with the aim of impacting the future in a positive and lasting way. Soon a set of integrated actions began in order to obtain a sustainable and ecologically correct final product. Our first step was to do a bibliographic research on the plant in question, *Momordica Charantia* or popularly called São Caetano melon, since it is our object of research. Then the field collection followed by practical tests. Briefly, we use the following materials and procedures:

MATERIALS: • São Caetano melon seeds; • macerator;

PROCEDURES: The first step was to dehydrate the seeds in the sun; Soon after, the maceration was made until it turned into a powder. Then, encapsulate this powder.

PROJECT/RESEARCH IMPACT

The main impact was to produce a herbal product using materials from the local flora. And as was the production of a sustainable product, we were satisfied with the production of this product without using conventional laboratory materials, for example, which are

villains of human health. In this sense, there is no way to separate sustainable development from investment in health. Therefore, without relevant advances in the health area, there will be no sustainability!

SEARCH RESULTS

The Interdisciplinary project exposed here is still in progress and is being a success. First, because its primary objective was effectively achieved: confirmation of the effectiveness of São Caetano melon seeds and the production of capsules from it. A sustainable, ecologically correct product made with seeds from typical and abundant fruits of the region. A project of this type that involves local sustainability is of great importance for the formation of students, because the school is the social space and the place where this student will continue his training and socialization process. What is done in it is said and valued represents an example of what society wants and approves of. Environmentally correct behaviors must be learned in practice, in everyday school life, contributing to the formation of responsible citizens. In addition, considering the importance of environmental issues and the integrated view of the world, in time and space, the school must offer effective means for each student to understand natural phenomena, human actions and their consequences for themselves, for their own species, for other living beings and the environment. It is essential that each student develop their potential and adopt personal attitudes and constructive social behaviors, contributing to the construction of a socially just society, in a healthy environment.

FINAL CONSIDERATIONS

A project of this type that involves local sustainability is of great importance for the formation of students, because the school is the social space and place where this student will continue his process of formation and socialization. Environmentally correct behaviors must be learned in practice, in everyday school life, contributing to the formation of responsible citizens. In addition, considering the importance of environmental issues and the integrated view of the world, the school must offer effective means for the student to understand natural phenomena, human actions and their consequences for the species, other living beings and the environment.

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