

Oenothera

De Wikipedia, la enciclopedia libre

Oenothera



Clasificación científica

Reino:	Plantae
División:	Magnoliophyta
Clase:	Magnoliopsida
Orden:	Myrtales
Familia:	Onagraceae
Género:	<i>Oenothera</i>

Especies

[*Oenothera acaulis*](#)
[*Oenothera albicaulis*](#)
[*Oenothera argillicola*](#)
[*Oenothera biennis*](#)
[*Oenothera brachycarpa*](#)
[*Oenothera caespitosa*](#)
[*Oenothera californica*](#)
[*Oenothera coronopifolia*](#)
[*Oenothera coryi*](#)
[*Oenothera deltoides*](#)
[*Oenothera drummondii*](#)
[*Oenothera elata*](#)
[*Oenothera erythrosepala*](#)

[Oenothera flava](#)
[Oenothera fruticosa](#)
[Oenothera glazioviana](#)
[Oenothera hookeri](#)
[Oenothera jamesii](#)
[Oenothera kunthiana](#)
[Oenothera laciniata](#)
[Oenothera longissima](#)
[Oenothera macrocarpa](#)
[Oenothera missouriensis](#)
[Oenothera nuttallii](#)
[Oenothera odorata](#)
[Oenothera pallida](#)
[Oenothera parviflora](#)
[Oenothera perennis](#)
[Oenothera pilosella](#)
[Oenothera primiveris](#)
[Oenothera rhombipetala](#)
[Oenothera rosea](#)
[Oenothera speciosa](#)
[Oenothera stricta](#)
[Oenothera stubbei](#)
[Oenothera taraxacoides](#)
[Oenothera tetraptera](#)
[Oenothera triloba](#)

Oenothera, comúnmente llamada *onagra*, es un [género](#) de aproximadamente 125 especies de [hierbas anuales](#), [bienales](#) y [perennes](#). Es el género tipo de la familia [Onagraceae](#). Se llaman erróneamente [prímula](#), por confusión con el inglés *primrose*).

La planta y sus semillas han sido usadas por los indios americanos durante siglos. Usaban la planta como infusión en agua caliente para curar heridas, problemas cutáneos e incluso el asma. La onagra sólo aparece en Europa a partir del siglo XVIII.

La *Oenothera biennis* u Onagra común, es nativa de [Norteamérica](#) y una planta de jardín muy popular, que se ha naturalizado en ciertas partes de [Europa](#) y [Asia](#). Sus flores amarillo pálido se abren durante la tarde, de ahí su denominación de "onagra [vespertina](#)".

Las semillas de la onagra común contienen [ácido gamma-linolénico \(GLA\)](#), un [ácido graso esencial](#) raro. El aceite de dichas semillas se utiliza para reducir los dolores del [síndrome premenstrual](#).

Fue asignada al género *Onagra*, que da su nombre a la familia Onagraceae. *Onagra* - "(comida de) [onager](#)" - fue utilizada por primera vez en botánica en 1587 y en una publicación inglesa en P. Miller's 1754 *Diccionario de Jardín: Abridged*. Su nombre moderno, *Oenothera* - utilizado por primera vez por [Linnaeus](#) en su [Systema naturae](#) - tiene también un origen relacionado con el [burro](#), con el significado de "atrapa asnos". En griego *oeno* significa "burro", mientras *thera* significa "coger, atrapar, perseguir". Se cree que el nombre se refiere a la cualidad de la planta que puede ser utilizada para atrapar burros y otros animales. En 1860, [William Baird](#) sugirió, sin embargo, que *oeno* podría ser interpretado como "vino" en griego. Creía que se refería al hecho de que la [raíz](#) comestible de *Oenothera biennis* se utilizaba como un aditivo de sabor para el vino.

Aceite de [Oenothera biennis](#)

De las semillas de la onagra, tras una primera presión en frío, se obtiene un escaso y valioso aceite

extremadamente rico en [ácidos grasos esenciales](#) (AGE). Contienen principalmente [ácido linoleico](#) y [ácido gamma-linolénico](#) (AGL). Dichos [ácidos grasos](#) se denominan esenciales porque nuestro cuerpo no es capaz de producirlos por sí mismo, por lo que necesariamente deben ser incluidos cada día en la alimentación.



De 3 a 6 g de aceite de onagra proporcionan aproximadamente 270–540 mg de AGL.

El aceite de esta planta se utiliza como [analgésico](#) durante la [menstruación](#) (eficacia, sin efectos secundarios adversos, en el tratamiento del [síndrome premenstrual](#)).



Oenothera speciosa

Enlaces externos

-  [Wikimedia Commons](#) alberga contenido multimedia sobre [Oenothera](#). [Commons](#)
-  [Wikispecies](#) tiene un artículo sobre [Oenothera](#). [Wikispecies](#)
- [Aceite de Onagra](#) (en español)
- http://www.vitaminworld.com/vf/healthnotes/HN75_Spanish/Es-Supp/Evening_Primrose_Oil.htm (en español)
- <http://www.ppp-index.de/>
- <http://www.ipni.org/index.html>
- <http://www.catalogueoflife.org/search.php>
- <http://www.eol.org/>

Obtenido de "<http://es.wikipedia.org/wiki/Oenothera>"

Categoría: [Oenothera](#)

Esta página fue modificada por última vez el 29 oct 2010, a las 16:57

Category:Oenothera

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Vernacular names

Deutsch: Nachtkerzen • **English:** evening primrose, suncups, sundrops • **Русский:** Осли́нник • **Українська:** Ено́тера •

APWebsite: Domain: [Eukaryota](#) • Regnum: [Plantae](#) • Clade: [Angiosperms](#) • Clade: [Eudicots](#) • Clade: [Core eudicots](#) • Clade: [Rosids](#) • Ordo: [Myrtales](#) • Familia: [Onagraceae](#) •

Genus: [Oenothera](#) L.

APG II Classification: Domain: [Eukaryota](#) • Regnum: [Plantae](#) • Clade: [angiosperms](#) • Clade: [eudicots](#) • Clade: [core eudicots](#) • Clade: [rosids](#) • Ordo: [Myrtales](#) • Familia: [Onagraceae](#) •

Genus: [Oenothera](#) L.

Cronquist System: Domain: [Eukaryota](#) • Regnum: [Plantae](#) • Divisio: [Magnoliophyta](#) • Classis: [Magnoliopsida](#) • Subclassis: [Rosidae](#) • Ordo: [Myrtales](#) • Familia: [Onagraceae](#) •

Genus: [Oenothera](#) L.

Type species

[*Oenothera biennis*](#) L.

Subcategories

This category has the following 26 subcategories, out of 26 total.

- | | | |
|---|---|--|
| A | G | P cont. |
| <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera albicaulis</i></u> (1 F) | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera glazioviana</i></u> (1 P, 15 F) | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera parviflora</i></u> (1 P, 2 F)• [<input type="checkbox"/>] <u><i>Oenothera perennis</i></u> (1 P, 2 F)• [<input type="checkbox"/>] <u><i>Oenothera primiveris</i></u> (1 P, 3 F) |
| B | H | |
| <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera biennis</i></u> (2 P, 50 F) | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera howardii</i></u> (1 P, 8 F) | |
| C | K | R |
| <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera caespitosa</i></u> (1 P, 14 F)• [<input type="checkbox"/>] <u><i>Oenothera californica</i></u> (1 F)• [<input type="checkbox"/>] <u><i>Oenothera cavernae</i></u> L (1 P, 9 F) | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera kunthiana</i></u> (1 P, 4 F) | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera rosea</i></u> (1 P, 4 F) |
| D | L | S |
| <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera deltoides</i></u> (1 P, 10 F)• [<input type="checkbox"/>] <u><i>Oenothera drummondii</i></u> (1 P, 2 F) | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera laciniata</i></u> (1 P, 47 F)• [<input type="checkbox"/>] <u><i>Oenothera longissima</i></u> (1 P, 8 F) | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera speciosa</i></u> (1 P, 18 F)• [<input type="checkbox"/>] <u><i>Oenothera stricta</i></u> subsp. <u><i>stricta</i></u> (65 F) |
| E | M | T |
| <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera elata</i></u> (1 P, 9 F) | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera macrocarpa</i></u> (1 P, 17 F)• [<input type="checkbox"/>] <u><i>Oenothera mollissima</i></u> (3 F) | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera tetraptera</i></u> (2 F) |
| F | O | U |
| <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera fruticosa</i></u> (1 P, 7 F) | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera odorata</i></u> (1 P, 3 F) | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u>Unidentified <i>Oenothera</i></u> (19 F) |
| | P | |
| | <ul style="list-style-type: none">• [<input type="checkbox"/>] <u><i>Oenothera pallida</i></u> (1 F) | |

Pages in category "Oenothera"

The following 2 pages are in this category, out of 2 total.

T

- [Oenothera tetragona fraseri](#)
- [Oenothera triloba](#)

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The following 35 files are in this category, out of 35 total.



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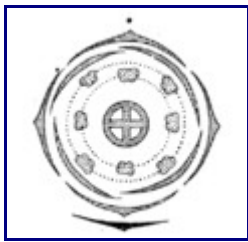
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Aceite de Onagra

(Evening Primrose Oil)

También indexado como: Aceite de Semillas de Grosellas Negras, EPO, Oenothera biennis, Onagra, Prímula

- [Beneficioso para](#)
- [Dónde se encuentra](#)
- [Dosis recomendada](#)
- [Efectos Secundarios y Contraindicaciones](#)
- [Referencias](#)

El aceite de onagra se obtiene de las semillas de onagra. Al igual que el aceite de semillas de grosellas negras y el aceite de [borraja](#), el aceite de onagra contiene ácido gama linolénico (AGL), un ácido graso que se convierte en el organismo en una sustancia similar a una hormona llamada prostaglandina E1 (PGE1).

Se utiliza en relación con lo siguiente (consulte la inquietud de salud particular para obtener información completa):

Clasificación	Inquietudes de salud
PRIMARIO	Diabetes
SECUNDARIO	Artritis reumatoide Eccema Mastopatía fibroquística Osteoporosis (en combinación con aceite de pescado) Síndrome premenstrual (SPM) Úlceras de la piel

PRIMARIO Información científica confiable y relativamente consistente que muestra un beneficio importante para la salud.

SECUNDARIO Estudios contradictorios, insuficientes o preliminares que sugieren la existencia de algún beneficio para la salud, aunque sea mínimo.

OTRO La hierba está respaldada principalmente por el uso tradicional, o bien, la hierba o el suplemento tienen poco respaldo científico o presentan un beneficio mínimo para la salud.

¿Dónde se encuentra?

El aceite de onagra se encuentra principalmente en suplementos. Su supuesto ingrediente activo, el AGL, también se encuentra en los suplementos de aceite de semillas de grosellas negras y de [borraja](#). Sin embargo, se desconoce si estos tres aceites tienen el mismo efecto en el organismo.

¿Cuál es la dosis usual?

- Aunque muchas personas pueden tener niveles inadecuados de AGL, se desconoce cuál es la dosis óptima de este nutriente. Los investigadores suelen usar de 3 a 6 gramos de aceite de onagra al día, lo que proporciona aproximadamente 270–540 mg de AGL al día.

¿Existen efectos secundarios o contraindicaciones?

- Se ha descrito que el aceite de onagra puede exacerbar los síntomas de la epilepsia del lóbulo temporal, que en ocasiones puede confundirse con esquizofrenia.
- Además del aceite de onagra, el organismo necesita otros nutrientes para sintetizar la PGE1. Por lo tanto, algunos expertos recomiendan tomar [magnesio](#), [zinc](#), [vitamina C](#), [niacina](#) y [vitamina B6](#) junto con el aceite de onagra.

¿Existen interacciones con algún medicamento? Algunos medicamentos pueden interactuar con aceite de onagra. Para su seguridad consulte las [interacciones con fármacos](#), para ver una lista de estos medicamentos.

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NEWS - March 2011

- The IPNI database is live. Additions and edits to the data become visible as soon as the editors submit them.
- We now display the current [number of records](#) in each of the three IPNI databases. On [the same page](#) you can see how many names are being added to IPNI and statistics on [data curation](#).
- Specific and infraspecific epithet changes made during the course of a month are summarized in a table [here](#), to give you an idea of how the data is improving.

There is a link from that page to a listing of [all the epithet changes](#) at those ranks made during 2010 (c. 10,000).

Also see the [errors table](#) for a selection of other sorts of corrections being made.

- View the protologue page in BHL using our handy prototype bibliographic tool.

Just a few clicks will take you there from a detailed IPNI plant name record. Give it a try and let us know how you get on? We can help you get going if necessary. Details [here](#).

- Please be aware that nomenclatural novelties are not effectively published in the electronic version of a publication. In publications which have identical electronic and printed versions, the date of effective publication is the date on which the printed version is distributed. See Arts. 29-31, [ICBN](#) (2006).
- Thanks for your help in providing us with many of the [references we've been unable to get hold of](#). There are only two on the list now, but we will be adding more soon.

TIPS

March 11

- Changes to the IPNI database may not be reflected in other sites that have used downloaded data.
- Check the metadata, e.g. example of a name published, in the authors database to help select the correct one.
- When an authorship or publication title is hyperlinked it is in standard form.

December 10

- See new names just added by [searching by additional terms](#). Search must be limited by at least one term, like family, genus or author.
- You can sort your search results by family or by genus. The default is by family, but if you uncheck the Sort box just to the left of the Search button, your results will be sorted by genus.
- When searching the authors database use a wildcard after the first letter of the forename if you are using that field in your search. [Find out why](#).

September-November 10

- To [download IPNI data](#) (up to 5000 records) run your search as normal but select one of the [delimited formats](#) that best suits your needs. Save the output in a text file, then import into a spreadsheet or database.
- In IK Roman numerals were used to record volume numbers for names published from 1753-1965. We are converting these numerals gradually, but carefully, as not only do they contain scanning errors (like 'i' being read as 'l', so 'lv' could be 55 or a scanning error for 4, for instance), but also typographical errors (e.g. 'ix' may have been recorded for '11' and 'xi' for '9'). See [errors table](#) for examples found and now corrected. Please [let us know](#) if you come across more.
- Wondering if there might have been new names added since last year, last month, last week or yesterday? You can do this by [searching by additional terms](#). Search must be limited by at least one term, like family, genus, author. [Find out more](#).

August 10




- Check the [links](#) page for [sources of digitised literature](#).
- Detailed view of publication title may hold useful information. For example, pdfs of articles published in [Botanical Journal of the Linnean Society](#) can be accessed by pasting the [link](#) given in the publication record into your browser.
- Our [statistics tables](#) are automatically updated whenever we update the static webpages - usually around the beginning of each month.

[Tips Archive....](#)

Page last updated 23 February 2011

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Annual Checklist Interface v1.5.1 developed by [ETI Bioinformatics](#).

eol

[Encyclopedia of Life](#)

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"Imagine an electronic page for each species of organism on Earth ..." - Edward O. Wilson

EOL Announcements

- Listen and subscribe to the [One Species at a Time](#) podcast.
- Explore EOL species pages recently highlighted on the [National Museum of Natural History website](#).
- Follow us on Twitter at <http://twitter.com/EOL>.
- For more information on becoming a curator or contributor, see how to [help us build EOL](#).
- Visit our [Gulf of Mexico Oil Spill 2010](#) resource page for information about species affected by the Deepwater Horizon Incident.
- Learn about the [EOL Fellows Program](#).
- Use NameLink to automatically hyperlink species names in any web page to EOL. Drag this link ([NameLink this page](#)) to the bookmark bar in your browser. When you visit any webpage with names of species, click the bookmark and any species name in the page will be automatically linked to EOL.



Recomendado



[Theobroma cacao L.](#)

Cacao

What's New?

- **03/16/2011** - [Welcome to our newest 2011 EOL Rubenstein Fellow!](#)

EOL is delighted to welcome [Dr. Victor Gonzalez Betancourt](#) as our newest 2011 EOL Rubenstein Fellow. Dr. Gonzalez was chosen as part of our 2011 EOL Rubenstein Fellows pool, but some administrative details of his project had to be clarified before he could accept the Fellows funding. We are excited that Dr. Gonzalez can now accept his position as one of the 2011 Fellows class and look forward to sharing his work on an important pollinator group, megachilid bees.

- **03/15/2011** - [EOL Lichen Podcast featured on the *Living on Earth* public radio show](#)

Harvard University Professor Anne Pringle explains the importance of the lichens that are all around us. [Listen to the podcast](#) and if you have an image of a lichen you'd like to share, click [here](#).

- **03/15/2011** - [Where do animals come from?](#)

Carl Zimmer gives you glimpse at the early evolution of animals in today's New York Times: [From Single Cells, a Vast Kingdom Arose](#)

- **03/15/2011** - [Congratulations to the winner of our recent Flickr contest 'Fragrant'](#)

Couroupita guianensis by kibuyu



Visit the [EOL Images Group on Flickr](#) for more great images!

- **03/10/2011** - [Check out our newest content partner: Harvard Museum of Natural History Africa Hall](#)

Exhibit text and images from the Harvard Museum of Natural History (Cambridge, MA, USA) Africa Hall, installed fall 2010. [See the pages with their content here.](#)

- [more news...](#)

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