DIURETICS

PARSLEY	**JUNIPER BERRY**	**UVA URSI (BEARBERRY)**	**CLEAVERS**
WILD CARROT	**GARDEN CARROT**	**BURDOCK SEEDS**	**CORNSILK**
COUCHGRASS	**LOVAGE**	**GRAVEL ROOT**	**GOLDENROD**

OTHER: Buchu (from South America)

Urine is excreted by the kidneys. The fluid part of the urine is formed by some of the blood passing into the tubules of the kidneys and the glomeruli (where the capillary blood vessels and the tubules meet) which are situated at the cortex. As this fluid passes along the tubules, it becomes filled with dissolved waste substances that are abstracted from the blood by the direct action of the cells lining the tubules.

So the kidneys filter your blood and your blood flows constantly through your kidneys. More than 500 grains of waste matter, acids and poisons have to be moved from the blood through the kidneys every 24 hours!

When the kidneys fail to function properly and you can experience:
Depression Tired Headache (or other aches or pains)

There might be scanty urine or desire to urinate frequently.

If your kidneys only do half the work, 250 grains of waste won't be eliminated - they will be carried back into your blood and poison your system!

Be careful with the diet. We consume 80 gms of meat (nearly 3 oz more of protein), thus attempting to dispose of 35 grams more than we have capacity for. The overload gradually smashes the kidneys and throws them out of commission.

Diuretic herbs are used as beneficial therapeutic agents to:

- **remove waste and poisonous materials from the blood**
- **promote absorption and excretion of dropsical effusion; they remove waste fluids from the tissues and cavities of the body.**
- **maintain the action of the kidneys, stimulate normal excretion. Valuable if kidneys are impaired or suspended such due to acute fevers, congestion, Bright's disease etc..**
- **lessen irritation of the genito-urinary tract where the urine is excessively concentrated or acid, they dilute the urine; relieve distress or uric acid concentrations by solvent or flushing action; they eliminate urinic solids.**
- **alter morbid conditions of the renal excretions, they are antiseptic.**

Some diuretics increase the flow of urine by stimulating the cells in the kidney to excrete more urine. Others improve the blood circulation in the kidneys so the fresh blood brings more fluids and wastes to be eliminated, which forms into urine. This renal secretion is increased by:

- **Raising the local pressure (by dilating the afferent vessels), or, increasing the renal blood-supply and circulation through raising the general arterial pressure (by increasing the action of the heart).**
- **This includes herbs such as black cohosh, Canadian Hemp, Lily of the Valley, Broom.**
- **Stimulating the secreting cells or nerves of the kidney tissue - buchu, uva ursi, juniper, cornsilk, fennel, pareira, sandalwood, pipissewa, cubeb.**

Diuretic actions that act upon renal solids are called LITHOTRIPTIC when they are capable of dissolving biliary concretions, calculii, stones or gravel in the excretory passes; and called ANTILITHICS when they are capable of preventing the fomenting of urinary and biliary concretions in the urinary passages. Learn which diuretic agents influence the excretion of solid materials (sediment, gravel etc) - these should be combined with demulcents such as marshmallow, couchgrass etc) to soothe any irritation or stress that may arise during the elimination process.

The fastest diuretic is when it is taken during the day on an empty stomach and when the person avoids all physical exertion. But don't drive the kidneys in your preoccupation and haste to heal them, as often renal troubles original elsewhere:
Bile: when bile shows in the urine - treat the liver.
Bedwetting - nerves are frayed and kidneys are delicate
Constipation - kidney irritation and its casual backlogging of poison may be due to constipation in the bowels, so see that your bodily sewage system is in good order.
Dropsy: kidneys are partially paralyzed and are not eliminating the urine sufficiently, so the diuretic agent, should be used in combination with diffusive stimulant (such as Jamaica ginger or Virginia snakeroot) or even cayenne may be used.
Female problems: for female urinary problems, cause may be in genital area so treat that area also.

PARSLEY

Botanical name: Carum petroselium; Apium petroselium; Petroselium sativum
Family: APIACEAE or UMBELLIFERAE(celery, carrot or parsley)





Common Names: parsley, garden parsley, rock parsley, common parsley, march.

Parts Used: Whole herb, root, leaves, seeds

ID:

Stem: smooth, erect, furrowed, jointed and branching stem, 2' high
Leaves: bright green, biternate, on long petioles; the leaflets are wedge-shaped
Flowers: white or greenish, rounded petals that are barely emarginate
Root: conical or sindle-shaped, fleshy, yellowish, about 5" long and 1/2" broad.
Fruit or Seeds: ovoid and crescent-shaped, 1/12 - 1/8" long, brownish on aging, 2 mericarps, aromatic when bruised.

GROWING:

- annual, biennial
- native of Europe, but is cultivated universally in the civilized world (both outdoors and indoors)
- propagates by seed best in autumn (slow and uncertain germination)
- grows best in medium-rich, deeply dug soil, in partial shade
- does not transplant satisfactorily
- soak seed for 24 hours before planting, sow on surface and tamp with a flat broad, thin unwanted seedlings and keep leaves clipped for thick growth, cut off flower stalks that appear the second year in order to preserve plants.
- Drying: Wash and drain the parsley on some paper towel, you can let dry is a low heat oven of 125-150F or just let it dry in the air. Dried parsley loses its colour and flavour rapidly so store it away from direct light and keep it in airtight containers away from heat and humidity.
- Freezing: Wash and drain the parsley, then store it in freezer bags. It breaks apart easily when frozen and can be used to make tea as needed.

HISTORY:

In recent years parsley has gotten a bad rap. It's considered the underwhelming herb — even being shunned as too pedestrian or old-fashioned for modern palates. There is little doubt the herb's reputation has suffered after the many years when sprig of parsley was the only herb used as a garnish, a single sprig at the side of the plate or chopped and sprinkled over smashed potatoes.
There are three common varieties of this popular, bright green biennial: flat leaf (Italian), curly leaf, and parsnip rooted (Hamburg).

The curly type, *Petroselinum crispum*, is aptly named for the clean, fresh, crispy taste of the tightly bunched, bright green leaves. This crispiness is one of parsley's best attributes, adding texture and colour when added just before serving. This is the parsley that is the essential ingredient in the classic flavoring: bouquet garni, along with thyme and bay leaves. Together with tarragon, chives and chervil, parsley helps make up the traditional French flavoring blend of fine herbs. Chopped and added at the last moment, it perks up sauces and salads.

The second common variety of parsley, flat leafed or Italian parsley (*Petroselinum neapolitanum*) has a more delicate sawtoothed leaf pattern which does not hold up as well for garnishing.

There is a third and much less familiar form of parsley called Hamburg parsley or Soup parsley (var. sativum). In this variety the root that is the star of the show. The leaves can be used but they are a bit too strong for most people's taste. Its flavor is a pungent cross between celery and parsley — definitely tasty. It can be sliced raw and added to salads, or cooked and added to soups, stews, gratins, or vegetable purees.

Parsley has been cultivated and developed over so many centuries that its precise origins are difficult to pinpoint, compounded by the probability that all the parsieys we know nowadays, bear little resemblance to their ancestors. The botanical name Petroselinum comes from the Greek word for stone, which is petro, given to parsley because it was found growing on rocky hillsides in Greece. Although the Ancient Greeks did not use parsley in cooking, it was revered as a symbol of oblivion and death and as a funeral herb.

According to legend, parsley sprang up where the blood of the Greek hero Archemorus was spilled when he was eaten by serpents. The Greeks used the herb to fashion wreaths for graves. The Romans are said to have used it at orgies to cover up the smell of alcohol on the breath, while also aiding digestion. And there's the unflattering remark that was once made about those who looked as if at death's door: "The man's in need of parsley" (Corpses were sprinkled with parsley to deodorize them.)

Parsley is mentioned often throughout history, and not only for its culinary and medicinal properties. The early Greeks made crowns of parsley to bestow upon the winners of the Nemena and Isthmian sports games, in the same manner that bay wreaths honored the Olympians.

Parsley is used in the Hebrew celebration of Passover as a symbol of spring and rebirth. It is mentioned as one of the plants in the gardens of Charlemagne and Catherine de Medici. Rumor has it that Medici is responsible for popularizing parsley when she brought it back to France from its native Italy.

In medieval times parsley was surrounded by much superstition, one belief being that the long germination period for the seeds was due to them having to travel to hell and back seven times before sprouting. Superstitious farmers would refuse to transplant parsley and some were even too afraid to grow it at all.

AREAS AFFECTED: Urinary Nerves Adrenals Gallbladder Blood

THERAPEUTICS:

culinary	aperient	DIURETIC (lithotriptic)
tonic	antispasmodic	aromatic
emmenagogue(seeds)	vulnerary	febrifuge(seeds)

expector antiperiodic(juice), carminative seeds)

ACTIONS:

- a reliable and old diuretic remedy
- will work on the gall bladder and remove gall stones if used properly
- specific for the adrenal glands
- is powerfully therapeutic for the optic nerves, the brain nerves, and the whole sympathetic nervous system
- fluid extract or juice is an excellent tonic for the blood vessels, particularly the capillaries and arterioles
- rich in vital minerals and contains more iron than any other green, leafy vegetable
- especially high in the elements known as vitamins A and B and it contains three times the potency of C than do citrus juices.
- remarkable remedy for expelling watery poisons, excess mucoid matter, flatulence, reducing swollen and enlarged glands etc.
- root: gallstones
- root & leaves: suppressed or painful menstruation

PHARMACOLOGY/ MEDICAL USES:

DROPSY	gall bladder problems	gall stones
gravel	menstrual obstructions	jaundice
urinesis	amenorrhea	dysmenorrhea
nephritis	cystitis	hepatitis
female problems	insect bites/stings	swollen breasts
cancer preventative	difficult urination	swollen glands
syphilis	gonorrhea	anemia
tuberculosis	catarrh of bladder	rheumatism
arthritis	acidosis	obesity
high blood pressure	catarrh	dyspepsia

intermittent fevers (fresh juice, seeds)
obstruction of liver and spleen
strangury (painful urination)
dry up nursing mother's milk
halitosis
kidneys (congestion, irritation, inflammation)
aches in lumbar region

PREPARATION:

Decoction, infusion, fluid extract, oil
Decoction: use roots only
Infusion: use for preparing the seeds and leaves. When the parsley is dried, use 1 tsp to each cupful of water; and if it is green, use a larger amount; a handful of the green to a pint of water. Always cover the steeping herb.

DOSAGE: (daily)

Decoction(root): 1/2 cupful 3-4 times daily
Infusion(herb): 1 cupful 3-4 times daily
Fluid Extract(root & seeds): 1 tsp
Oil: 3-5 minims per day
Apiol: 3-10 minims

ADMINISTRATION:

Oral

Gall stones: take 1 pint of the infusion daily
Kidney, bladder, dropsy: make at least 2 quarts of the parsley root strong decoction and drink copiously
Dangerous suppression of urine: 1/2 - 1 teacupful (hot) every hour.
Parsley green drink and tea: Parsley in tea form acts rapidly (capsules are slower). In some cases you can not take enough parsley (or any other herb) to do you any good by just eating it in the raw form. Instead of using parsley straight, just make a tea with it. But if you are using parsley in the juice form, use it moderately. It is very highly concentrated and potent and will work very quickly on the system. It will throw out the poisons too fast if use excessively and can thereby cause serious upsets.

Skin

Dropsy: mix equal parts parsley root tea, and glycerine, saturate cloths and apply to swollen areas; keep patient warmly covered in bed with tepid air circulation (this brings water through the skin and helps relieve the burden on the kidneys). At the same time, give the parsley root tea without the glycerine as a drink, ½ cupful each hour.
Concussions, swollen breasts, enlarged glands: apply a poultice of bruised leaves.
Dry up nursing mother's milk: apply a poultice of bruised leaves to the breasts.

CAUTIONS:

Don't use root if pregnant - it contains apiol, in the root and seeds, known to cause miscarriages, also myristicin in the root crosses the placenta and increases the heart

JUNIPER BERRY

(Juniperus communis)

Pharmacutical family: PINACEA(pine)



PARTS USED: **Usually berries. Also the oil from the berries and wood. Leaves. Bark.**

COLLECTION: **Do not use first year berries which are green and acid. Use only second year berries which are dark and almost deep purple.**

DRYING & PRESERVATION:

Juniper may be preserved for longer periods of time by drying or in the tincture form.

THERAPEUTICS:

DIURETIC	**diaphoretic**	**aromatic**
stimulant	**carminative**	**anodyne**
emmenagogue	**stomachic**	**antiseptic.**

ACTIONS:

- increases the appetite, aids digestion, increases flow of urine (its major use)
- it is a stimulating diuretic, so it is especially beneficial in eliminating passive congestion of kidneys resulting from heart problems and for removing waste products from bloodstream.
- great healer for the kidneys, urinary passages, bladder
- counter-poison and strengthens of brain, memory, and optic nerve.

FUNCTIONS & USES:

*** Supports Yang, stimulates circulation, creates warmth; dispels cold, Promotes menses and relieves panic; enhances labor and delivery.**
- arterial blood & qi deficiency: fear of cold, weakness, chest oppression, wheezing, cold extremities or limbs
- wind/damp obstruction: acute rheumatism or neuralgia
- uterus cold: cramping pain before onset, delayed or no menstruation, scanty pink flow.
Spasmodic Dysmenorrhea, amenorrhea
Painful, difficult labor
Toothache

- **Stimulates and strengthens urogenital organs, dries mucous damp and arrest discharge.**
- genitourinary cold (Kidney Yang deficiency): frequent scanty or copious clear urination with irritation, lumbar pain, mental and emotional dullness
- genitourinary damp cold: white leucorrhea, mucousy urine
Chronic Mucous Cystitis, cervical erosion
Kidney fluid congestion: edema from ankles upwards

*** Warms and invigorates stomach and intestines/spleen, awakens appetite and flenzes mucus**
- Spleen Yang deficiency with intestines damp cold: abdominal swelling, diarrhea,

chilliness, no appetite
- Chronic Gastroenteritis
- Gastric Ulcers due to hypoacidity

Intestines mucous damp (spleen damp): heaviness of body and head, headache, gurgling distended abdomen
- Intestinal fermentation
- supportive of diabetes

* promotes cleansing, clears toxins and resolves toxemia; dredges kidneys and promotes urination; softens deposits and benefits skin
- kidney qi stagnation with general toxemia: malaise, skin rashes, poor appetite
- Albuminaria

General fluids dyskrasia: chronic gout, rheumatism, arthritis
- Uric acid diathesis
- Hard deposits: urinary stones, arteriosclerosis
- Acne, Psoriasis, Eczema, dermatosis

* activates immunity, restrains infection and antidotes poison; promotes tissue repair
- preventive in epidemics
- chronic bacterial & viral infections of kidneys, bladder, lungs, intestines (incl. cystitis, gonorrhea)
- poisoning from food, herbs, insects
- atonic wounds, ulcers, sores
- weeping eczema, acne
- skin parasites

INDICATIONS:

- renal dropsy, vessical catarrh, sciatica, retention of urine, swollen joints, rheumatic pains, lumbago, chest problems, leucorrhea, gravel, bladder discharges, retention or uric acid, kidney problems (acute or chronic), ague, poisoning, leprosy (Hansen's disease), gonorrhea, gleet, scurvy, immunization.
- for renal dropsy avoid taking too large doses as the stimulating effect may irritate the urinary passages; usually administered in combination with demulcent agents.
- diabetes, increases glucose uptake by the diaphragm and potentiates the release of insulin from pancreas
- cardiovascular disease. The compound called 14 acetoxycedrol showed an antiplatelet or anti-coagulant effect and vascular relaxing activity which may be important in reducing heart attack risk and stroke.

CONGENIAL COMBINATIONS:

Juniper combines well with marshmallow root.
It is usually combined with other diuretics such as gravel root, uva ursi, cleavers, buchu, broom, parsley, piert, peach leaves.

PREPARATION:

Decoction, elixir, fluid extract, infusion, oil, solid extract, tincture.
Use syrup or puree made from sweetened inspissated juice is as effective a form of taking juniper as it is pleasant
For more disinfectant and cleansing, use essential oil taken internally, inhaled or massed with carrier oil
Infusion or Tincture are serviceable all purpose preparations.
Douches or hip baths are used for cold and damp gynecological conditions. Pessaries cause burning of the mucous membrane however.
Warming, pain relieving liniments are used externally and salves, creams and the like in skin problems.

CONTRAINDICATIONS:

Use cautiously during pregnancy since it may stimulate uterine contractions. This has been disputed however. The infusion drunk a few weeks prior to parturition will enhance labor.

Juniper may irritate the kidneys and should be used with a little care. The early warning sign of irritation is albuminuria. In any case, about 6 weeks of continuous use is the limit. In any organic kidney disease, it is also to be avoided (nephritis, nephrosis) and certain never used with acute renal inflammations of any kind. Another way of say this is that juniper should be used in cold conditions only and never with full or empty heat.

Juniper as a urinary disinfectant has severe limitations. It cannot cool and efficiently disinfect at the same time. Nor is its tannin count high enough to disinfect. For this use it must be kept to chronic, cold infections with low vitality or reserve and never acute ones.

Juniper is very similar to Buchu however juniper in addition is kidney oriented resolvent cleanser, addressing high uric acid, depository and skin conditions with cold conditions, known in Chinese medicine as cold obstruction.

As a general anti-infective herb, juniper has none of the above limitations it deals especially well with infections of the external genitalia.

DOSAGE: (daily)

Infusion: 1 wineglassful 3 times daily; children: 1 tsp 3 times daily
Fluid extract: 1/2 - dram 1
Powder: 1 dram to the cup of liquid
Oil: Berries: 1-3 minims Wood: 1-5 minims
Solid extract: 5-15 grains
Essential oil: 2-4 drops in little warm water 3 times a day
Tincture: 5-20 minims (drops)
Puree: 2 tsp twice or three times a day (1 tsp for children).

ADMINISTRATION:

Juniper is rarely given alone, but is usually given in conjunction with other herbs for kidney complaints, etc. and in the infusion form. Do not use juniper in an acutely inflamed condition unless it is combines with gravel root.

<u>Oral:</u>

Backache or lumbago, kidney problems: use infusion of juniper berry in the form of tea, or the oil on a little sugar.

Immunization: juniper berry is a good preventative of disease and may be used as a spray for fumigation; when exposed to contagious disease, the berries chewed or used as a gargle in a strong infusion form will serve as an effective immunizer.

Suppression of menstrual flow (from cold and exposure): give infusion in wineglass doses every 3-4 hours

Acute rheumatism, sciatica, lumbago: combine with gravel root

Leucorrhea: combine juniper with other herbs as a douche

<u>Infusion of juniper berries</u> (the leaves may be substituted, when necessary, for the berries)
1 oz juniper berries, cut or crushed
1 pint distilled water
boil water and while boiling, pour it over berries; steep 10 minutes. Cool, strain, bottle and keep in a cool place. Take 1 wineglassful 3 times a day; children: 1 Tbsp 3 times a day.

GRAVEL ROOT- Queen of the Meadow

(Eupatorium purpureum; E. verticullatum; E. ternifolium)

Family: COMPOSITAE(aster)



OTHER NAMES: **Eupatoire Pourpre, Eupatoriadelphus purpureus, E. verticullatum; E. ternifolium)Joe Pye Weed, Kidney Root, Purple Boneset, Queen of the Meadow, Roter Wasserhanf, Trumpet Weed**

PARTS USED: **Rhizome(root); leaves and flowers have been used but usually it is the root.**

FOUND: **Gravel root is a powerful therapeutic plant that's popular in traditional medicine. Generally a mauve- or white-colored flowering perennial, gravel root can primarily be found along the East Coast of North America and Canada. It can sometimes be found as far south as Florida as it thrives in sunny and damp conditions. Often, the plant is found in wetlands, woodland areas, and meadows. The most striking characteristics of this amazing plant are its appearance and unique floral scent. In some regions, gravel root has been known to exude a fragrant and inviting sweet vanilla aroma. It isn't uncommon to see hummingbirds frequenting the petals.**

GROWING: **You can buy the plants or try to start from seed. This grows about 4' tall, very pretty in bloom. Gravel root grows mostly is moist woodland or swampy areas in sun or part shade. Grows in ordinary garden soil that is well-drained but moisture retentive. Sow seed in spring, just barely cover the seed. Transplant into individual pots when large enough and plant into the garden in summer.**
Its nectar is highly attractive to a diverse range of insects and birds, two beneficial organisms that aid in pollinating the plant. In an effort to maintain potency ofthe phytochemical properties inherent in the flowers, the optimal picking time appears to be in late summer.

It is believed that there are up to 42 varieties of gravel root species, all of which contain the many long-touted beneficial properties that seem to have popularized the herb

HISTORY:

Gravel root is a revered North American herbaceous plant with many therapeutic properties. It has become legendary over the centuries among naturopathic healers and herbalists, and for good reason. The term "gravel root" became synonymous with this plant due to its powerful ability to dissolvestones (gravel) formed and accumulated in the kidneys and gallbladder.

A mainstay herb of the early Native American Iroquois, Cherokee, and Ojibwe tribes, the gravel root was known as "little medicine water." The plant was also commonplace among 20th-century American herbalists. In both groups, gravel root was used for kidney ailments, among other conditions. The roots, stems, and leaves have been used in many herbal

remedies; however, the root is the most prized part of the plant in relation to therapeutic properties. The root is often used in practical healing applications (usually as a complementary approach) in the form of tea and liquid tinctures. Folklore has it that Native American herbalist and healer Joe Pye (where the widely-used nickname "Joe Pye weed" originated) was an early proponent of gravel root and used it in his apothecary practice with much success. It was reported that one of its most popular uses during this time was combating typhoid fever.

The term "jopi" was used by Native Americans to describe typhoid fever, a disease often treated by gravel root. The jopi weed (gravel root) was likely used by Native Americans as a form of medicine and probably called upon to treat a variety of ailments. As the colonists learned of its use and its name, it likely became pronounced and spelled as "Joe Pye" weed.

AREAS AFFECTED:

Urinary **Female sexual**

CONSTITUENTS:

Flavonoids support antioxidant and anti-inflammatory activity

- **Volatile oils contribute to mild diuretic effects**
- **Pyrrolizidine alkaloids (PAs) may be present and are associated with safety concerns**

These compounds may help increase urine flow, reduce mild inflammation, and support the body in clearing excess fluids. However, the presence of pyrrolizidine alkaloids means that safety and sourcing are especially important.

THERAPEUTICS:

DIURETIC(lithotriptic)	**nervine**	**stimulant**
astringent	**tonic**	**relaxant**

ACTIONS:

Despite serious safety concerns, gravel root is used for urinary tract problems such as urinary or kidney stones, infections of the bladder, urethra, and prostate, and painful urination. People also use gravel root for arthritis-like pain (rheumatism) and gout, as well as for fever from malaria, dengue virus, or typhus. Gravel root is also used to reduce stomach acid, increase urine flow, cause vomiting, and cause sweating; and as a stimulant and tonic.

*** restores urogenital organs, lenifies irritation and pain, harmonizes urination and arrests discharge**

- **genitourinary weakness, with frequent scanty urination, incontinence, prostate problems, delayed or absent menses**
- **genitourinary depletion with lumbar pain, variable, irregular or painful menstruation**
- **bladder irritation due to any cause with urgent, difficult urination**
- **urogenital discharges incl. those due to acute and chronic infections**

*** restores uterus, harmonizes menses, prevents miscarriage and enhances labor**

- **delayed, scanty menses**
- **prophylactic & remedial for habitual miscarriage**
- **prophylactic for difficult labor**

*** clears heat, reduces inflammation and resolves fever**

- **cystitis**
- **low tidal fever, night sweats**

*** dredges kidneys, clears stasis, promotes urination and cleansing**

- **kidney stagnation with chronic mucous cystitis**
- **general toxemia with gout, chromic rheumatism**
- **uric acid diathesis**

INDICATIONS:

- all chronic renal disorders (kidneys, bladder, urethral channels etc), hematuria, gout, rheumatism, dropsy, acute and chronic gonorrhea, backache, weak pelvic organs, chronic cystitis, strangury, Bright's disease, gravel bladder stones, diarrhea, neuralgia, lame back, nerve relaxant, female troubles, diabetes, prostate troubles, bloody urine, febrile conditions.
- used principally as a therapeutic agent for the urinary-genital areas, influencing kidneys, liver, bladder, prostate gland and uterus
- relaxes moderately, stimulates, and toes pelvic viscera and mucous membranes (helping to cast off any sediments that have settled on surfaces)
- good when used alone or in combination with other herbs
- its popularity has been due to its powerful solvent effect on stony deposits in the kidneys (here it can do the work alone, but its effects are improved with other herbal agents in combination)
- one of the greatest herbs to use for any kidney or urinary problem and it is also great as a tonic and stimulant
- as a nervine, it is reputed to influence the entire sympathetic nervous system.

PREPARATION:

Decoction (root), fluid extract, infusion (leaves, flowers), powder, tincture.
Decoction is suited for more restoring and cleansing effects. Tincture is good all round preparation.
For severe infections combine with more cold astringent herbs (Bilberry, Bearberry, Blackberry) and urinary demulcents (slippery elm, marshmallow)

CONGENIAL COMBINATIONS:

Combines well with the herbal agents for female problems such as squaw vine. Combines well with golden seal.

DOSAGE: (daily)

Decoction: 1 Tbsp - 1 wineglassful 3-4 times daily; children: 1 tsp - 1 wineglassful (according to age, vitality, etc)
Holmes says up to 3/4 oz per pint of water per day
Fluid Extract: 1/2 - 1 dram
Infusion: 1 wineglassful
Powder: 1/4 - 3/4 drams
Tincture: 1/2 - 1 dram (1 dram=1/8 oz or 1/2 dessertspoonful)
Holmes says 1-3 ml (25-75 drops)

Seldom is any formula made for gravel or stone deposits without the inclusion of the valuable gravel root herb.
To ensure problem free labour and childbirth in women prone to genitourinary weakness or miscarriage, Gravel root may be taken in small doses both early in pregnancy and a few weeks before labour is due, as well as intermittently in between.

<u>Decoction for Gravel Root:</u>
1 oz gravel root cut
1 pint distilled water
2 oz Pure glycerine
Soak root 2 hours in water, then bring to boil and simmer 20 minutes. Strain and cool, bottle and store in a cool place. If preparation is to be preserved over a period of time, add

the glycerine after straining and while still hot.
Dosage: 1 tbsp - 1 wineglassful 3-4 times daily.
children: 1 tsp - 1 tbsp according to age etc.

CAUTION:

Despite serious safety concerns, gravel root is used for urinary tract problems such as urinary or kidney stones, infections of the bladder, urethra, and prostate, and painful urination.
If fever or anuresis or history of liver disease. Not for prolonged use.
Chronic exposure may be related to veno-occlusive disease.
Unsafe for pregnancy or lactating, may produce abortion.

UVA URSI

Botanical: Arctostaphylos Uva Ursi)

Pharmaceutical: Folium Arctostaphyli cum fructu

Family: ERICACEAE(heath/heather)



COMMON NAMES: **Bearberry, Kinnikinick, upland cranberry, universe vine, mountain cranberry, mountain box, wild cranberry, bear's grape, mealberry, sagackhomi, arbutus uva-ursi, fox berry, barren myrtle, Uvae Ursi Folia(Br); Bousserole, Raisin d'Ours(Fr); Baerentrauben blaetter(Ger); Coralillo(Mex).**

PART USED: **leaves, fruit**

GROWING: On a sunny, dry hill

COLLECTION: Best in autumn.

SOURCE

Bearberry, or uva-ursi, is the leaf of a member of the heath family. This trailing, low growing evergreen shrub is found in cool temperate regions of the Northern Hemisphere, including North America, Europe, and Asia. Most of the leaf in commerce is wild-harvested.

HISTORY

Traditionally, the astringent leaves have been used for diarrhea and dysentery and for bladder infections and other afflictions of the urinary tract. It has also been a folk medicine in the treatment of bronchitis. Bearberry was long used as a urinary antiseptic by physicians; it was official in the U. S. Pharmacopoeia from 1820 to 1926.

Bearberry is an excellent example of an herb whose safe and effective use is far more complicated than simply preparing an herb tea. While often described as a "diuretic", bearberry does not strongly promote urination but rather serves as a urinary antiseptic. It contains arbutin and methylarbutin which are transformed into hydroquinone in the intestine. After this compound has been absorbed by the intestine, it binds to other compounds in the urine (if the urine is alkaline), forming two additional chemicals which kill or inhibit bacteria in the urinary tract. In Germany, bearberry is approved as a urinary antiseptic.

CONSTITUENTS:

glycosides (incl. arbutin 10%, methyl-arbutin, ericolin)
tannins (up to 15%)
gallic, malic & ursodesoxycholic acids
Ess. oil
myreten
resin (ursone)

quercetin and myricetin like flavonoid glycosides
minerals & trace minerals including iron, calcium, chromium, selenium and magnesium

AREAS AFFECTED: Urinary Female disorders Bowel Joints

THERAPEUTIC/PHARMACEUTICAL ACTION:

Clears heat, reduces inflammation and clears toxins; restrains infection and dries mucous damp.
Creates astriction, arrests bleeding and discharge, promotes tissue repair
Restores the urogenital organs, lenifies irritation and harmonizes urination; restores pancreas.
Stimulates uterus, promotes contractions and enhances labour.
DIURETIC (anthilithic, lithotriptic)

astringent	soothing tonic	mucilage
nephritic	antiseptic	disinfectant

- In larger doses, emetic, purgative, parturient.
- has a specific healing action upon the genito-urinary organs, especially in cases of gravel or ulceration of the kidneys or bladder
- of great value in kidney and bladder problems where it soothes, strengthens and tones the mucous membranes of the urinary passages
- a solvent to urinic calculii deposits
- stimulates kidney activity and it has a slight antiseptic effect on the mucous membranes.
- leaves are powerfully astringent (due to 6-8% tannic acid composition) and have been used as such as early as the 13th century (according to old herbal works, wherein it was known by the name of "arbutus")

MEDICINAL USES:

Catarrh of the bladder	leucorrhea	gonorrhea	gleet
backache	enuresis	prostate weakness	urethritis
cystitis	chronic nephritis	gravel	dysuria
strangury uterine hemorhage	syphilis	rheumatism	anemia
chronic diarrhea	monorrhagia	urinary calculii	bronchitis
diabetes	cardiac dropsy	dysentery	piles
Bright's disease	hemorrhoids	female problems	bronchitis
incontinence of urine	chronic diarrhea	uterine ulceration	urinary calculii
strangury uterine hemorrhage	menorrhagia	sore,spongy gums	anemia
difficult/stalled labour	urinary sand/stone	dermatitis	candida
kidney/bladder congestion or ulceration		sprains, swelling	
pus and bloody discharges, uterine ulceration			
supports diabetes, helps high urine sugar			

PREPARATION:

Fluid extract, infusion, powder, tincture. It is formulated in capsules, tablets, tea, and tinctures. The dried herb is generally used. In Europe, coated tablets, which dissolve in the intestinal tract instead of the stomach, are available, minimizing potential side effects (see below). The leaves should contain at least 6 percent arbutin for reliable effects.

<u>Infusion of Uva Ursi leaves:</u>
1 oz uva ursi leaves, cut
1 pint distilled water.
Boil water, while boiling, pour over the leaves, cover and steep 10 minutes. Strain, cool,

bottle, and keep in a cool place. Take 1 wineglassful 3-4 times a day before meals.

You can use the tincture and fluid extract. Also excellent is the maceration in which leaves and/or berries and bark are set to steep in cool water for 12-24 hours after which it is warmed up for drinking. This method preserves the glycosides and essential oil and is the best preparation for damp heat conditions such as colon and bladder infections.
The infusion is the best preparation if all the plant's actions want to be perserved.
Conditions where astriction is needed are best served by the LONG INFUSION: the tannins are released and come to the fore.
Internal hemorrhoids is one such condition for which Enemas should be taken. Alternatively a hip bath or douche may be appropriate for this, gynecological and postpartum conditions.

The whole body bath has been used for chronic conditions such as tuberculosis and rheumatism.

DOSAGE:

Concentrate or fluid extract: 1/2 - 1 tsp
Infusion: 1 wineglassful 3-4 times daily
Powder: 10-40 grains
Tincture: 10-30 minims

ADMINISTRATION:

Usually taken orally in tea form.
Anal

Piles, hemorrhoids: use tea or diluted tincture as a wash.

Oral

Often used alone but it is also good in combination with other healing agents.
Enuresis, or bed-wetting: With child, start off with uva-ursi but don't expect instant cure. It takes time for the herb to assist the regulation of the organ. Whenever a child lies sleeping while on the back, pressure irritates kidneys, and that is when the bed-wetting generally takes place. So take a ball of cotton or cloth rolled into a ball, large enough to make an uncomfortable protrusion, take or fasten to the bed clothes or pajamas right in the small of the back. Then when the child is asleep and unconsciously rolls from his side onto the back, he will roll back to the side position again. They will keep the child off his back and thereby lessen the irritation and help speed the healing process.
Vagina
Uterine ulceration, infection etc: use infusion or diluted tincture as a douche.

Infusion of Uva Ursi leaves:
1 oz uva ursi leaves, cut
1 pint distilled water.
Boil water, while boiling, pour over the leaves, cover and steep 10 minutes. Strain, cool, bottle, and keep in a cool place. Take 1 wineglassful 3-4 times a day before meals.

Can use the tincture and fluid extract. Also excellent is the maceration in which leaves and/or berries and bark are set to steep in cool water for 12-24 hours after which it is warmed up for drinking. This method preserves the glycosides and essential oil and is the best preparation for damp heat conditions such as colon and bladder infections.
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are released and come to the fore.
Internal hemorrhoids is one such condition for which Enemas should be taken. Alternatively a hip bath or douche may be appropriate for this, gynecological and postpartum conditions. The whole body bath has been used for chronic conditions such as tuberculosis and rheumatism.

CAUTION:

Bearberry has been used to initiate labour contractions and is therefore forbidden during pregnancy. At the same time it will facilitate labour once it is due.

Bearberry is high in tannins, which can produce stomachache, nausea, and vomiting. If you have a weak stomach, avoid bearberry, especially if used singly longer than just a few days. It should be alternated every week or two with other similar remedies in this class or combined with a demulcent such as licorice or linseed. In the unlikely case that irritation persists, cranberry or pear leaf should be used instead, since, though their tannin content is lower, their arbutin content is also lower

It is generally not recommended for children.

Use should not be continued for more than a week except under the direction of a physician, as overuse may cause liver damage. It should not be used for suspected kidney disorders, as kidney disease cannot be self-diagnosed. Avoid during pregnancy.

NOTE: Bearberry's major disinfectant and anti-inflammatory agent is arbutin; since it can only be transmuted into hydroquinone through alkaline urine, it is important when using this herb for disinfecting and heat clearing purposes to ensure alkaline conditions through a vegetarian diet high in vegetable content. Bearberry leaf should not be over nine months old otherwise it will have lost most of its arbutin content and with it much of its medicinal properties. For toning and astringing the urogenital organs it will still be effective, however, leaves and berries gathered in autumn are the most effective overall, and alpine plants are definitely stronger than lowland ones.

WILD CARROT, Queen Anne's Lace

(Daucus Carota)

Family: UMBELLIFERAE(carrot/celery)





COMMON NAMES: **Wild carrot, QUEEN ANNE'S LACE, bird's nest root, bee's nest plant. Bishop's lacae, Carrot Flower. In North America we call it Queen Anne's lace.**
Bishop's weed is sometimes confused with roadside Queen Anne's Lace (wild carrot):



Bishop's Weed

PARTS USED: **Whole herb**

FOUND: **North America, Europe**

DESCRIPTION:

is a flowering plant in the family Apiaceae. It is native to temperate regions of Afro-Eurasia with a number of regional subspecies, and is naturalised widely elsewhere. Carrots cultivated as a food crop are cultivars of the domesticated subspecies *Daucus carota* subsp. *sativus*. The wild carrot is a herbaceous, somewhat variable biennial plant that grows to 30–100 cm (1–3 ft), rarely 120 cm (4 ft) tall, and is roughly hairy, with a stiff, solid stem.
The one feature that distinguishes this plant from other lookalikes, is the little red tiny floret in the middle of the umbel.

It is similar in appearance to the deadly poison hemlock, but is readily distinguished by a mix of tripinnate leaves, fine hairs on its solid green stems and its leaves, a root that smells like carrots, and often a single red flower in the centre of the umbel.[11][12] Hemlock also differs **in having purple mottling on its stems, which also lack the hairiness of the plain green wild carrot stems.[13] Even more distinctive is the unpleasant smell of the crushed leaves of hemlock which is like mouse urine**

GROWING: **We got seeds from Richter's in Ontario and had no trouble germinating and developing. It is perennial and did come back the second year, so we grabbed a bunch of seeds are now seeing how successful they will be here. It is very elegant looking. Harvest in late summer/autumn after seeds have matured.**

AREAS AFFECTED: Urinary Digestion Liver Skin

THERAPEUTICS:

stimulant	DIURETIC	stomachic
deobstruent	anthelmintic (vermifuge)	

ACTIONS:

- highly valuable for gravel, stricture, or any obstruction in the urinary passages or bladder
- will often cure when all other means have failed.

INDICATIONS:

dropsy	retention of urine	gravel
bladder problems	flatulence	ulcer
nephritic complaints	amenorrhea	eczema
itching	liver disorders	cancer
abscesses	carbuncles	scrofula
bad wounds	colic	cancer
painful urination (strangury)	dysmenorrhea	

Wild Carrot and Garden Carrot not the same species:
The name "wild carrot" probably originated from the popular belief that the garden carrot (which the Dutch introduced into England during Queen Elizabeth's reign) was derived from this wild species. No doubt, the characteristic taste and smell, being similar, may have lent support to this myth. But this has been disproved by the failure of the celebrated botanists to produce an edible dinner table vegetable from this wild root; and when the cultivation of the garden carrot lapses a few generations, it reverts to another ancestral type that is a species quite distinct.

Like the cultivated carrot, the wild carrot root is edible while young, but quickly becomes too woody to consume. The flowers are sometimes battered and fried. The leaves an seeds are edible.

Some places list it as a noxious weed, other places use it as a companion plant to various crops, attracting bugs, and provides a but of cooler moister air.

PREPARATION:

Collect seeds from flower head in fall when mature.
Decoction, fluid extract, infusion, powder, tincture

DOSAGE: (daily)

Decoction: 2-4 tbsp 3-4 times daily
Fluid Extract: 1/2 - 1 tsp
Infusion: 1 wineglassful
Powder: 15-30 grains
Tincture: 1/2 - 1 dram.

ADMINISTRATION:

The most usual form is the infusion or tea.
Oral -Dropsy
Skin - Ulcers, abscesses, carbuncles, sores, bad wounds: use grated as a poultice.

CAUTION:
Like many other species of Apiaceae, the leaves of the wild carrot may cause phytophotodermatitis; skin contact with the foliage, especially wet foliage, can cause skin irritation in some people, so caution should be used when handling the plant. It may also have a mild effect on horses.
The compound falcarinol is naturally found in *Daucus carota* for protection against fungal diseases. Laboratory tests show the compound is toxic to mice and to the water flea *Daphnia magna*. Normal consumption of carrots has no toxic effect in humans.

Using as Birth Control

Side effects of a little drying of the colon were noticed when using the seeds as an anti-fertility remedy (chew 1 tsp seeds daily to prevent pregnancy is old remedy). Most take only just immediately before and during ovulation time for one week. Some who don't have regular **intercourse take them for one week following intercourse. The seeds must be thoroughly chewed, swallowed and washed down with water or juice. Taste is heavy and oily, not very pleasant, but not terrible. It is the volatile oils that prevent implantation. Chewing releases the oils so don't just swallow them.**

CORNSILK

(Botanical Name: Zea Mays
Pharmaceutical name: stylus Zeae))
Pharmaceutical Family: GRAMINACEAE (grass)



OTHER NAMES: **Indian Corn, Maize.**

PARTS USED:

The long stigmas, called silk or style, which grow from the top end of the corn ear.

Found: **All around the world as a food crop.**

GROWING: **Hard to grow just a couple of plants because they cross pollinate in the wind. However, it is easy to find corn for sale, difficult to find organic corn and most of it has been managed by Monsanto.**

HISTORY: **This is a mild herb with minimal chronic toxicity. Corn Silk is specifically a soothing, cooling and moistening demulcent diuretic- a highly useful property hot, dry, tense, burning, and irritable urinary tract infections, possible blood in urine. It is a highly useful diuretic remedy used as a flushing treatment for the kidneys and urinary tract.**
Every part of the Corn has long been used by native North and Central American peoples, serving as food and medicine in many ways.

CONSTITUENTS: **saponins, allantoin, tannins, volatile alkaloid, sterols, fixed oils, thymol, resins, malic acid, oxalic acid, glycosides, potassium, silicic.**

Areas affected: **Genitourinary Prostate Gallbladder**

Therapeutics:

SOOTHING COOLING DEMULCENT DIURETIC

- **Increases the flow of urine (beyond the equivalent amount of water by comparison)**
- **Inhibits certain bacteria from sticking to the lining of cells and that it also reduces certain cancer and tumor forming compounds.**
- **CLEARS HEAT, reduces inflammation and restrains infection; dries damp and arrests discharge; dredges the gallbladder and relieves pain**
- **clears stasis, seeps water, promotes urination and cleansing; softens deposits and expels stones**
- **restores the urogenital organs and lenifies irritation, restores essence**

Pharmacology/Actions:

DIURETIC **Antioxidant** **Antidepressant** **Anti fatigue**

Indications:

- **Urinary Damp Heat is the proper description. Not for damp or wet stagnation urinary state, use it when there is heat, dryness.**
- **Bladder Infections or Irritation, Inflammation of urinary systems, Inflammation of prostate**
- **Kidney Essence deficiency can result in poor eyesight, fatigue, brittle bones**
- **Uric acid deposits can result in arteriosclerosis, urinary and gallstones, Kidney stones**
- **Bedwetting**
- **Gout**
- **Hyperglycemia**
- **1/4 cup tea per 20 pd body weight for pets with urinary problems. Not pregnant animals.**

Dosage: (daily)

Infusion:

Most often taken as infusion (tea). 1-3 cups daily
Boil 1 tablespoon of corn silk (chopped) in 1 cup of water.
Once it is done, cover the pan and allow it to steep for 15 to 20 minutes.
When it is cold enough to drink, you can add 1 teaspoon of raw honey if you desire. ...
You can store the remaining tea in your refrigerator for 2 to 3 days.

Tincture: 1 tsp three times a day

You can make the tincture with alcohol 5pt water, 1 pt herb, or as Glycerite which is alcohol free:
Glycerites are more suitable for children, pets and those who wish to avoid alcohol. Using roughly two to three times the amount of glycerine than fresh corn silk, blend the two in a mini-food process until thoroughly macerated. Pour into a jar, cap and store in a cool dark place, shaking daily. After two weeks, remove and strain your glycerite through a fine mesh sieve and/or several layers of cheesecloth. A suggested starting dose is 1/4 to 1/2 teaspoon, several times a day. (Reduce for smaller children.) Shelf life is about a year.

Congenial Combinations:

Combines nicely with Plantain leaf which is also good for bleeding in urinary tract.
Also combines well with Couchgrass, another great demulcent for the urinary tract.
Cornsilk and Red clover are very similar since both have moistening, resolvent cleansing and somewhat astringing effects – however Cornsilk is a much better disinfectant. Red clover also is a nerve and muscle relaxant, while Cornsilk is a urinary restorer.

CAUTION:

none

COUCH GRASS

Botanical name: Agropyron repens

Pharmaceutical Family: Graminaceae(Poaceae)



Other Names: **Couch-grass root , dog grass , quack grass , triticum , twitchgrass**

Parts Used: **Rhizome**

GROWING: **Grows well in warm summers, and cool, wet winters. It is hated for taking over lawns and gardens and ripped out and thrown away. Thrifty folk can harvest and dry the rhizomes in the spring when clearing it out of the garden and store them against future need.**

History **The name Dog grass comes from watching dogs which eat the grass to induce vomiting when they are sick. In folk medicine, couch grass has been used as a diuretic in cases of bladder catarrh and bladder/kidney stones, and as a cough medicine to alleviate bronchial irritation. It has been used to treat gout, rheumatic disorders, and chronic skin disorders. The drug products are typically imported from Romania, Hungary, the Yugoslavian region, and Albania.**

QUALITIES: **a bit sweet and bland, cold, moist**

CONSTITUENTS: **mannitol, inositol, saponins, mucilage (8%), inulin-like triticin, silicic acid, organic acids, glycosides, iron, trace minerals, antibiotic substances.**

AREAS AFFECTED:

Urinary **Prostate** **Liver** **Menstrual** **Skin**

QUALITIES:

Antibacterial **Demulcent** **Diuretic** **Expectorant** **Antibiotic**

THERAPEUTICS:

- **Seeps water, promotes urination, relieves fluid congestion, dredges and stimulates kidneys and liver; promotes cleansing, enlivens lymph and benefits skin**
- **Relaxes and moistens urogenital organs, harmonizes urination, lenifies irritation and pain**
- **Clears heat, reduces inflammation, resolves fever; resolves mucus and dries damp; softens boils, draws pus**
- **Strengthens lungs and replenishes deficiency**

INDICATIONS/USES:

- **KIDNEY & LIVER CONGESTION with leg or general EDEMA. Kidney qi stagnation with general toxemia with chronic skin eruptions, muscular rheumatism. LYMPH CONGESTION esp chronic swollen glands**
- **General BLADDER IRRITATION with difficult, urgent urination. Painful urination or stone passage. Dermatosis.**
- **Bladder damp heat due to acute infections, with discharge. Intestines damp heat due to acute infections with mucopurulent stools. Infections of urinary and intestinal tract. CATARRHAL conditions of intestines and bladder with white discharge. Skin damp heat with boils, abscesses, furuncles.**
- **ANEMIA, scrofulosis, rickets**
- **LUNG conditions with deficiency eg. TB**
- **Gout, rheumatic disorders, chronic skin conditions, and urinary tract, bladder, and kidney disorders.**
- **As a DIURETIC.**
- **The essential oil has shown antimicrobial effects, and extracts of the drug are used as a dietary component for diabetic patients. Broad spectrum antibiotic activity has been documented for agropyrene and its oxidation product. Couch grass may have weak anti-inflammatory effects. Despite these indications, pharmacological and clinical studies are lacking.**
- **Couch grass it valued by herbalists for its mucilage rich rhizome. A tea made from the roots is useful for treating urinary infections because of the herb's broad antibiotic, and diuretic properties. One of the chemical constituents, agropyrone, has been shown to have strong antibiotic properties. Couch grass tea will also soothe and coat an inflamed sore throat, and helps clear phlegm. The herb contains mucilage that helps to clear congestion while it coats the throat.**

Preparation Methods & Dosage:

Most often taken as a tea, sometimes found in capsule and extract form.

Side Effects:

Toxic to birds. It may also lower blood sugars in people.
Couch grass is cursed by gardeners, and blessed by herbalists.
Couch grass is considered an invasive weed, and is very hard to remove from garden environments. Keep this highly invasive grass tightly contained if you do attempt to grow it.

DOSAGE:

Classical use of the rhizome was at doses of 6 to 10 g of rhizome or herb daily.

GOLDENROD

(Botanical: Solidago virgaurea)

Family: Asteraceae (daisy/aster)





Don't get goldenrod confused with ragweed – two different plants.

OTHER NAMES: **Virga aurea, Woundwort, Aaron's rod, Solidage Goldrute.**

PART USED: **the herb, also the root. Flowers are edible, apparently good lightly fried.**

GROWING: **Easy anywhere in North America. Seems to survive in the worst of conditions. Likes some sun.**

HISTORY: **The Latin name solidago means to make whole. Goldenrod is one of the numerous remedies which has come down to us through Greek medicine, having been used extensively by healers and physicians of all sorts.**

AREAS AFFECTED: **Urinary, upper respiratory, Intestinal Skin**

QUALITIES: **Bitter, Astringent, cool, dry**

CONSTITUENTS: **essential oil, calicylic acid, catechin tannins (8-15%), saponins, alkaloidal subgstance, flavonoids (1.4%) including quercetin, rutin, quercitrin, isoquercitrin, campherol, astragalin), anthrocyandin, polyacetylenes, bitter, nicotinic and phenolcarbonic acids, amide, glycoside.**

THERAPEUTICS:

DIURETIC	tonic astringent	anti-inflammatory	anti-catarrhal
restoring	drying	diaphoretic	antifungal
antiseptic	astringent	carminative	

INDICATIONS:

- **Kidney fluid congestion; swollen ankles and legs spreading upwards, puffy eyes in morning, lumbar pain**
- **Arthritis, gout**
- **Kidney stagnation with general toxemia: dry skin, rashes, painful urination, irritability**
- **Chronic skin conditions like dermatitis, psoriasis, eczema, acne, herpes**
- **Kidney insufficiency, chronic nephrosis**
- **High urine acidity and cholesterol, albuminaria**
- **High blood pressure**
- **Head and nasal congestion, watery nasal discharges. Hayfever**
- **Loose mucoid stool, fatigue**
- **Chronic Enteritis or diarrhea**

- **Mucous Cystitis, white leucorrhea discharges**
- **Menorrhagia in all deficiency conditions**
- **Wounds, sores, ulcers, ruptures, insect bites**
- **Loose gums and teeth, mouth/throat/genital sores & ulcers**
- **Chronic urinary infections with genitourinary damp heat, including cystitis, nephritis, colibacillosis**
- **Chronic intestinal infections, Crohn's disease**
- **Candida application because of the saponins.**

ACTIONS:

- **Seeps water, promotes urination and relieves fluid congestion (water retention); restores, stimulates and dredges the kidneys; promotes cleansing and benefits the skin.**
- **Creates astriction and promotes tissue repair; resolves mucus, dries damp and arrests discharge**
- **Reduces Inflammation and restrains infection**

PREPARATION:

Infusion or Tincture can be used for acute and chronic urinary, respiratory and intestinal conditions.

It can also be made into infused oils, used as a poultice and ground into powder.

Infused oil combines well with plantain, yarrow and St. John's wort for nice wound healing skin salve or as a rub for tired sore muscles or arthritis pain.

DOSAGE:

Standard dosing is safe. eg. 1 tsp tincture three times a day. Or two caps 2-3 times a day. Or 1-3 cups infusion/tea daily.

NOTES:

Two areas benefit the most from Goldenrod: the urinary system and the upper respiratory tract. When afflicted by damp heat infections they respond gratefully to its restoring, drying and anti-catarrhal, cooling and anti-inflammatory effects. The kidneys especially are rehabilitated functionally and structurally. Water elimination is increased so that acute urinary obstruction (in acute nephritis for example is promptly relieved. On the other hand Goldenrod can be used for long-term treatment of urinary and hepatic conditions with deficiency,stagnation and fluid congestion, where its antiseptic properties are an added asset.

On the other hand, Goldenrod's tonic astringent effects are most prominent in the nasopharinx. Radically restoring the mucosa in addition to drying up secretions, it is similar to Ribwort plantain, Elder and several others. As a result, chronic, intractable damp cold conditions or chronic catarrhal infections anywhere along the secreting membrane are treated in a systemic way.

Many people are allergic to ragweed, but taking goldenrod can actually allieviate the ragweed allergy symptoms.

<u>Blue Mountain Tea</u>
2 cups boiling water
1 Tbsp fresh goldenrod (or 2-3 tsp dried)
1 Tbsp mint (or 2-3 tsp dried)
Bring water to a boil, combine with herbs. Infuse for 15 minutes, strain and serve.

GARDEN CARROT

(Botannical name: Daucus carota. Oxheart, Chantenay, Nantes)
Family:UMBELLIFERAE(carrot)



PART USED: **Whole herb**

GROWING: **Easy, plant seeds in May, harvest throughout the season.**

HISTORY: **The carrot and parsnip are good examples of the effect of cultivation on wild plants. The roots of the wild variety are small and woody, while those of the cultivated kind are fleshy and succulent and grow to a considerable size.**
The Carrot was well known to the ancients, and is mentioned by Greek and Latin writers under various names, being, however, not always distinguished from the Parsnip and Skirret, closely allied to it. The Greeks - Professor Henslow tells us - had three words: *Sisaron*, first occurring in the writings of Epicharmus, a comic poet (500 B.C.); *Staphylinos*, used by Hippocrates (430 B.C.) and *Elaphoboscum*, used by Dioscorides (first century A.D.), whose description of the plant applies accurately to the modern Carrot. Pliny says:
'There is one kind of wild *pastinaca* which grows spontaneously; by the Greeks it is known as *staphylinos*. Another kind is grown either from the root transplanted or else from seed, the ground being dug to a very considerable depth for the purpose. It begins to be fit for eating at the end of the year, but it is still better at the end of two; even then, however, it preserves its strong pungent flavour, which it is found impossible to get rid of.'
In speaking of the medical virtue of the first species (which is evidently the Carrot, the second variety presumably the Parsnip), he adds, 'the cultivated has the same as the wild kind, though the latter is more powerful, especially when growing in stony places.'
The name *Carota* for the garden Carrot is found first in the writings of Athenaeus (A.D. 200), and in a book on cookery by Apicius Czclius (A.D. 230). It was Galen (second century A.D.) who added the name *Daucus* to distinguish the Carrot from the Parsnip, calling it *D. pastinaca*, and *Daucus* came to be the official name in the sixteenth century, and was adopted by Linnaeus in the eighteenth century.

From the time of Dioscorides and Pliny to the present day, the Carrot has been in constant use by all nations. It was long cultivated on the Continent before it became known in this country, where it was first generally cultivated in the reign of Queen Elizabeth, being introduced by the Flemings, who took refuge here from the persecutions of Philip II of Spain, and who, finding the soil about Sandwich peculiarly favourable for it, grew it there largely. As vegetables were at that time rather scarce in England, the Carrot was warmly welcomed and became a general favourite, its cultivation spreading over the country. It is mentioned appreciatively by Shakespeare in *The Merry Wives of Windsor*. In the reign of James I, it became the fashion for ladies to use its feathery leaves in their head-dresses. A very charming, fern-like decoration may be obtained if the thick end of a large carrot be cut off and placed in a saucer of water in a warm place, when the young and delicate leaves soon begin to sprout and form a pretty tuft of verdant green, well worth the slight trouble entailed.

Its root is small and spindle-shaped whitish, slender and hard, with a strong aromatic smell and an acrid, disagreeable taste, very different to the reddish, thick, fleshy, cultivated form, with its pleasant odour and peculiar, sweet, mucilaginous flavour. It penetrates some distance

into the ground, having only a few lateral rootlets.

CONSTITUENTS: The juice of the Carrot when expressed contains crystallizable and uncrystallizable sugar, a little starch, extractine gluten, albumen, volatile oil (on which the medicinal properties of the root depend and which is fragrant, aromatic and stimulating), vegetable jelly or pectin, saline matter, malic acid and a peculiar crystallizable, ruby-red neutral principle, without odour or taste, called Carotin.

Carrots contain no less than 89 per cent of water; their most distinguishing dietical substance is sugar, of which they contain about 4.5 per cent.

Owing to the large percentage of carbohydrate material contained by Carrots, rabbits fed for some days on Carrots alone, are found to have an increased amount of glycogen stored in the liver, carbohydrate being converted into glycogen in the body.

AREAS AFFECTED:

Kidneys Respiratory Liver Skin Intestine

THERAPEUTIC ACTION:

ANTISEPTIC	**DIURETIC(lithotriptic)**	**Nutritive**
Tonic	**Alterative**	**Blood Cleanser**

- **reputed to do anything medicinally that the wild carrot will do, but the wild carrot is a little stronger in its potency.**
- **garden carrot has its advantage though, in that it is readily accessible and is flavorful**
- **they have some protein, are rich in carbohydrates, potassium, sodium and calcium, there is a high alkali excess, a tract of iodine and a good proportion of all vitamins**
- **they constitute a powerful cleansing food**
- **a large amount of carrot carbohydrate is one of the most effective means of changing the intestinal flora from a putrefactive to a non-putrefactive type.**
- **Carrot poultices have been used since ancient times to draw out infection and speed up healing time. To make a poultice, you can either grate a fresh carrot or cook the carrot and mash it up. If you use grated carrots, place them on the cloth and moisten with hot water.**

MEDICINAL USES:

tonsillitis	**colitis**	**appendicitis**
anemia	**gravel**	**acidosis**
blood poisoning	**ulcers**	**faulty circulation**
rheumatism	**indigestion**	**acne**
adenoids	**cancer**	**increase milk secretion**
diarrhea	**acidicy**	**poor teeth (high in calcium)**
heartburn		

PREPARATION:

Whole, juice or cooked.
The juice is preferred as the therapeutic virtues are thereby sufficiently concentrated to supply the restorative elements that are needed.
Dosage of Juice: 1-6 cups a day

<u>Poultice: good for sore throats, ulcers, abscesses, bad wounds, scrofulous and cancerous sores:</u>
Grate 2 carrots, place in a cloth or paper towel that is wet with cool water. Fold cloth or towel into thirds and tuck in edges. Place compress over the neck or problem area while lying

down. Leave on as long as it feels good. Keep repeating for 2-3 days.

Poultice for skin infections to draw out infection. You can use grated raw carrot or mash up cooked carrot. Use a cloth twice the size of the area you want to cover. Place the grated carrots in the cloth, moisten with hot water. If it is in leg, you can secure the poultice in the area with elastic bandage. Leave on until it dries, then reapply.

ADMINISTRATION:

The juice is taken orally, or is used as a wash or in a poultice form externally.
Roots boiled, or raw are used as poultice for diseased skin afflictions.
In France and Germany alcohol is distilled from Carrot.
Carrot seed can be ground to a powder, taken as a tea for colic, increasing flow of urine.
When boiled the fruit is given for chronic diarrhea.
Carrot blossoms, as a tea, can be used to help dropsy (edema).
To break away from cyst, drink fresh juice in between meals (2 cups every day).

OTHER:

The tops of carrots are quite edible, enjoy in soups for instance.
Attempts to extract sugar from the carrot (similar to sugarbeets) has not been successful.

CLEAVERS

Galii aparinis herba
(Galium aparine)
Family: RUBIACIAE(coffee, madder)



OTHER NAMES: **Cleavers, Galium, Clivers, Goosegrass, hayriffe, erriffe, burweed, goosebill, cleaverwort, bed straw, catchweed.**

PART USED:

Herb. Dried aerial parts of Galium aparine L. Rubiaceae, collected during flowering and fruiting period.

ID:

Stem: succulent, weak, procumbent, quadrangular, 2-6' high,hairy at the joints.
Leaves: lanceolate, 1/2" long and 1/4" wide, in rings of six, backward bristly hairs at the margin
Flowers: small, white, scattered
Fruit: nearly globular burr, 1/8" diameter, covered with hooked bristles
Odor: unpleasant in the green state, none with dried
Taste: slightly saline, acrid, astringent and bitter

GROWING:

- annual
- common to Europe and U.S., Canada
- grows in cultivated grounds, in moist thickets, and along river banks
flowers June – Sept.

Sister Plants:

Small Cleaver (Galium tinctorium)
- nervine, antispasmodic, expectorant and diaphoretic

AREAS AFFECTED: **Urinary Liver Prostate Skin**

QUALITIES: **little bitter, salty, dry**

Constituents:

Iridoid glucosides incl. monotropein, asperuloside and aucubin; in one investigation these compounds were found in
a ratio of 30:1.4:1 respectively.
Phenolic acids including o- and p-hydroxybenzoic, p-coumaric, caffeic and gallic acids.
Flavonoids: ca. 0.1% as quercetin glycosides including isorutin; also hesperidin. Luteolin has been isolated from the
whole plant.

The total flavonoid content is low compared to over 2% in Galium verum.
Coumarins (umbelliferone and scopoletin have been isolated from some Galium species).
Other constituents include n-alkanes, sterols and fatty acids.

THERAPEUTICS:

DIURETIC(lithotriptic)	**antiscorbutic**	**tonic**
aperient	**alterative**	**refrigerant**

PHARMACOLOGY:

Iridoid glycosides have shown mild laxative effects in animals and may also account for lymphatic and diuretic effects.

Gravel, scalding urine, bladder irritation, dropsy, scrofula, cancer, ulcers, scurvy, suppression of urine, obstruction of urinary organs, gonorrhea, sore nipples, wounds.

ACTIONS:

- **Mild diuretic(says British Pharmacopea)**
- **soothing, relaxing and diffusive diuretic which influences the kidneys and bladder**
- **acts mildly upon the bowels**
- **moves lymph, helps things heal faster**
- **powerful diuretic (says Dr. Christopher)**
- **should not be given where there is a tendency for diabetes**
- **Promotes cleansing, Clears toxins, enlivens lymph and resolves toxemia.**
- **Dredges liver and kidneys, seeps water and promotes urination.**
- **Frees spasms and lenifies irritation**
- **Softens stones, resolves swelling and dissipates tumors**
- **Clears heat, resolves fever and reduces inflammation, benefits and soothes skin; promotes tissue repair**
- **Mild but powerful diuretic**
- **soothing, relaxing and diffusive diuretic which influences the kidneys and bladder**
- **acts mildly upon the bowels**
- **should not be given where there is a tendency for diabetes**

INDICATIONS:

- **General toxemia and general fluids dyscrasia(imbalance of elements) with skin rashes eg. Eczema, psoriasis, scrofula**
- **LYMPH STAGNATION & SEPSIS, lymphadenitis**
- **Liver Qi stagnation: right hypochrondriac soreness and swelling, nausea, jaundice.**
- **Liver fluid congestion: general or local water retention**
- **Bladder qi constraint: painful or dribbling urination**
- **GENERAL BLADDER or PROSTATE IRRITATION**
- **TUMORS, CANCER, lumps esp of skin and breasts.**
- **SCROFULA with swelling**
- **URINARY STONES or sand**
- **LOW TIDAL FEVERS, SCARLET FEVER, measles**
- **Bladder damp heat with painful dribbling urination, orange urine**
- **ACUTE CYSTITIS**
- **HEPATITIS**
- **Fire toxin with ulcers, carbuncles, sores**
- **SKIN: Topically for BURNS, sunburn, inflammations, blemishes, FRESH WOUNDS**

PREPARATION:

Fresh expressed plant juice or freeze dried preparation for internal and external use.
Infusion, Tincture and Fluid extract as less strong but still effective.
External preparations like swabs and compresses should be used for wounds, burns, skin blemishes, etc.
Never boil or decoct, as it destroys much of its effects.

CONGENIAL COMBINATIONS:

The action of cleavers is better when combined with marshmallow.

DOSAGE:

Standard dosages or more 3 times daily:
Dried herb, 2-4 g. or in infusion
Expressed Juice: 5-15 ml
Tincture (1:5 25% ethanol) 1 tsp 3X/day
Liquid Extract: (1.1, 25% ethanol), 1/2 – 1 tsp
Infusion: 2 -4 fluid oz (cold), 3-4 times daily
Powder: 1 tsp to cup of boiling water

Dr. Christopher says:

Fluid extract: 1/2 - 1 tsp
Infusion: 2 -4 fluid oz (cold), 3-4 times daily
Powder: 1 tsp to cup of boiling water
Tincture: 1/2 - 1 tsp

ADMINISTRATION:

Where possible infusion form is recommended.
Oral
Acute gonorrhea: bruise fresh herb thoroughly in a mortar, then express the juice with strong pressure. Take 1/2 - 1 fluid oz every 4-6 hours.
Skin
Breast tumors: use expressed juice mixed with linseed meal, and apply to the breast; take 1 tsp of juice while fasting in the morning.
Cancer: apply a poultice of the bruised green herb, and take 2 oz of the expressed juice 3 times daily
Sore nipples and green wounds: apply expressed juice and take internally 1 tbsp of juice 3 times a day.

CAUTION:

- **Cleavers has fine hairs that can cause contact dermatitis for some people.**
- **Should not be given where there is a tendency for diabetes**
- **The sap of the plant can cause contact dermatitis in sensitive people. Can cause sever skin irritation.**

Edible Uses:The tender young shoot tips – raw or cooked as a pot-herb. A rather bitter flavour that some people find unpalatable, they are best used in the spring. They make a useful addition to vegetable soups. It is said that using this plant as a vegetable has a slimming effect on the body. The roasted seed is a coffee substitute. One of the best substitutes, it merely needs to be dried and lightly roasted and has much the flavour of coffee. A decoction of the whole dried plant gives a drink equal to tea.

Medicinal Uses: Goosegrass has a long history of domestic medicinal use and is also used widely by modern herbalists. A valuable diuretic, it is often taken to treat skin problems such as seborrhoea, eczema and psoriasis, and as a general detoxifying agent in serious illnesses such as cancer. The whole plant, excluding the root, is alterative, antiphlogistic, aperient, astringent, depurative, diaphoretic, diuretic, febrifuge, tonic and vulnerary.

It is harvested in May and June as it comes into flower and can be used fresh or dried for later use. It is used both internally and externally in the treatment of a wide range of ailments, including as a poultice for wounds, ulcers and many other skin problems, and as a decoction for insomnia and cases where a strong diuretic is beneficial. It has been shown of benefit in the treatment of glandular fever, ME, tonsillitis, hepatitis, cystitis etc. The plant is often used as part of a spring tonic drink with other herbs. A tea made from the plant has traditionally been used internally and externally in the treatment of cancer. One report says that it is better to use a juice of the plant rather than a tea. The effectiveness of this treatment has never been proved or disproved. A number of species in this genus contain asperuloside, a substance that produces coumarin and gives the scent of new-mown hay as the plant dries. Asperuloside can be converted into prostaglandins (hormone-like compounds that stimulate the uterus and affect blood vessels), making the genus of great interest to the pharmaceutical industry. A homeopathic remedy has been made from the plant.

When collecting the vine type, simply wad them up, take them home and hang them in the shade. For the smooth stemmed variety bundle them in 1/2 inch bundles and place them in a short cardboard box, in the shade to dry. The plant is good for treating urinary tract and skin problems. The tea, made with a tablespoon of the dried herb is pleasant to drink and is of value for treating hepatitis and inflammations of the lower urinary tract. Take the tea 3 times daily, an hour before each meal. The tea is also useful in urinary tract gravel, as it acts as a diuretic. The fresh plant can be juiced and is a bit stronger than the tea. To use the juice use 2 or 3 teaspoons in a cup of water 3 times a day; once again an hour before meals. Either the juice or tea can also be used on slow to heal burns or ulcerated skin. It also has value for cancerous ulcers; proven by homeopaths.

BURDOCK SEEDS

(Botanical name: Arctium lappa; Lappa)

Pharmaceutical family: COMPOSITAE(aster)





OTHER NAMES: Common burdock

PARTS USED: burr or seed

GROWING: Usually don't need to, enough growing wild everywhere. But if you do, it grows about 6 feet tall and about 4 feet wide. The burrs will grab onto anything passing by. The plant is edible and the root is prized and mentioned in other areas of this course. This is a biennial plant, dies after two years.
First-year roots and second-year stems can be cooked by boiling for about 20 minutes, then season to taste. Before cooking however, the stems should be peeled, and roots scrubbed in order to remove the bitter rind. Immature flower stalks may also be harvested in late spring, before flowers appear; their taste resembles that of artichoke. The Japanese have been known to eat the leaves when a plant is young and leaves are soft.

THERAPEUTIC ACTION: diuretic, alterative, tonic, nervine, diaphoretic

MEDICINAL USES:

Dropsy, inflamed kidneys and bladder, scalding urine, mucus discharges from the bladder, skin problems, eczema, boils, carbuncles, psoriasis, abrasions, burns, wounds, ulceration

PREPARATION: best results when seeds are crushed.

DOSAGE:

Infusion: take small doses, 1 wineglassful 4-6 times daily
Powder: 2 tsp 3 times daily
Tincture: 1/4 - 1/2 tsp 3 times a day
Decoction: 1 dessertspoonful - (1 tbsp) in some water 3-4 times daily between meals.

ADMINISTRATION:

<u>Skin:</u>
Ulcers, wounds etc: dust the finely-powdered seed on the surface.
Strong decoction for difficult skin diseases (eczema, pityriasis, psoriasis, etc and swollen glands, joints (use saturated lint or cotton):
2 oz burdock seeds, crushed or powdered

Burdock seeds **2.**

2 quarts distilled water
3 oz glycerine
Boil slowly the seeds in the water for 30 minutes; strain, return to heat and simmer down to 1 pint; cool, add the glycerine, mix thoroughly, bottle and keep in a cool place.

Dosage: 1 dessertspoonful - (1 tbsp) in some water 3-4 times daily between meals.
Children; very young take 5-10 drops in water; Older: take 1 tsp.

LOVAGE

(Botanical name: Levsticum off.)

Pharmaceutical family: APIACEAE/ LIGUSTICUM (celery)





Common Names/Synonyms: Ligusticum, Love Parsley, Loveroot, Wild Celery, Sea parsley. Old English/Cornish/Italian lovage. In Europe is called the 'Maggi Herb'.

Parts Used:

Root mostly, but also leaves, seeds for medicinal purposes.
Young stems treated like Angelica for flavoring and confectionery.
Leaves used in soups, stews as flavoring herb. Tastes like a cross between celery and black pepper.
Seeds have a warm celery flavour, crushed and added to bread/pastries or sprinkled on salads, rice or mashed potato.

ID: Thick and fleshy root, 5 or 6 inches long, shaped like a carrot, of a greyish-brown colour on the outside and whitish within. It has a strong aromatic smell and taste. The thick, erect hollow and channelled stems grow 3 or 4 feet or even more in height. The large, dark green radical leaves, on erect stalks, are divided into narrow wedge-like segments, and are not unlike those of a coarse-growing celery; their surface is shining, and when bruised they give out an aromatic odor, somewhat reminiscent both of Angelica and Celery. The stems divide towards the top to form opposite whorled branches, which in June and July bear umbels of yellow flowers, similar to those of Fennel or Parsnip, followed by small, extremely aromatic fruits, yellowish-brown in colour, elliptical in shape and curved, with three prominent winged ribs. The odor of the whole plant is very strong. Its taste is warm and aromatic, and it abounds with a yellowish, gummy, resinous juice.

GROWING: Although it is found in and is Native of Mediterranean, we have no trouble growing it here in Canada. Grows wild in mountainous districts of the south of France, northern Greece, Balkans. It can easily grow 4-8 feet high. It is a magnificent plant, the smell and taste is like peppery celery. It is used in the famous Potato-Lovage Soup. You only need a few leaves to scent a pot of soup.
Proliferate from seeds, or root division in spring.

COLLECTION: pick leaves young - us fresh, freeze for later, or dry for later. Roots of 2-3 year old plants are dug in autumn, sliced and dried - they retain their aroma after drying.

Lovage **2.**

CONSTITUENTS:

Essential oil incl. ligustilide, bergapten, umbelliferone, butyl-phthalidin, resins, sugars, COUMARIN, gum, tannins, malic and angelic acid

QUALITIES:

Taste: bit bitter, sweet and pungent creates gentle yet penetrating warmth which restores, stimulates, cleanses and decongests.
Odor: cross between celery and black pepper
Energy: warm, dry
Meridian: Spleen, Liver, Kidney
Movement: restoring, stimulating, decongesting, diluting, dissolving, sinking movement
Ayurvedic: decreases Kapha, increases Vayu

Therapeutics: **Diuretic** **Carminative**

Working mainly in the metabolic region, it addresses conditions of excess cold where stagnation has set in. Hence it treats accumulated mucous damp in the digestive system (the Spleen), fluid congestion or water damp anywhere due to either/both kidney and/or liver/Spleen Qi stagnation, and damp cold of the reproductive organs with white discharge.

Pharmacology/Actions:

1. **Seeps water, promotes urination, relieves fluid congestion. Stimulates and dredges liver and kidneys; softens deposits and expels stones.**
   - **For liver & kidney fluid congestion: tiredness, nausea, water retention from waist or ankles down.**
   - **For kidney qi stagnation: headache, skin rashes, constipation**
   - **Chronic Cystitis, rheumatism, gout**
   - **General toxemia**
   - **Hard Deposits: urinary stones, liver sclerosis, arteriosclerosis**
   - **Nephrosis**
   - **Obstructed urination in any condition**

2. **Restores urogenital organs, stimulates uterus, promotes menstruation and childbirth**
   - **For genitourinary Qi deficiency (Kidney Qi infirmity): lumbar pain, frequent scanty urination, bedwetting**
   - **Uterus damp cold: delayed scanty menstruation with continuous lower abdominal pain, dizziness, leucorrhea**
   - **Uterus qi stagnation: delayed, short menstruation with pain at start, clotted flow**
   - **Slow painful labor**
   - **Retained placenta**

3. **Restores the liver and stomach and awakens appetite, moves stagnancy and abates distension**
   - **Intestines mucous damp (Spleen damp): purgling swollen abdomen, fatigue**
   - **For Liver and stomach qi deficiency: no appetite, abdominal pain and distension**
   - **For stomach cold: constant dull epigastric pain better with food, nausea, colicky pains**

4. Resolves swelling and dissipates tumors; resolves contusions, restrains infection & benefits skin

- **Swellings, lumps, tumors**
- **Skin conditions: acne, psoriasis, eczema, seborrhea**
- **Wounds, boils, mouth sores and ulcers**

INDICATIONS:

- **Fevers**
- **Stomach disorders**
- **Painful digestion**
- **Bladder infections**
- **Menstrual and obstetrical remedy**
- **For Leucorrhea due to damp cold or qi stasis in the pelvic or uterine area.**
- **Pain relief before and during labour**
- **Colic**

Dosage: (daily)

Standard doses apply to all preparations of both root and seed unless fresh root is used when they should be slightly reduced.

CAUTION:

This is a uterine stimulant, do not use during pregnancy but at the end of the term it can help ease labour with hypotonic action.

Mild herb with minimal chronic toxicity

BUCHU

Botanical name: Barosma betulina
B. crenulata, B. seratifolia)
Pharmaceutical family: RUTACEAE





OTHER NAMES: Short Buchu, Long Buchu, Bookoo. buku, bucku, Buchu Folia; Folia Bucco, Diosmae or Barsomae(Br); Beuilles de Bucco, Booko, Buchu(Fe); Buccoblaetter, Buchublatte(Ger); Agathosma, Round

PARTS USED: Leaves. Collect at fruiting stage.
British Pharm. says: dried leaves of Barosma betulina Bartl. et Wendl. (Agathosma betulina (Berg) Pilans), Rutaceae, collected at fruiting stage.

Allied Plants: Prickly ash Rue
Sister Plant: (Barosma eckloniana) - similar properties to Buchu

ID: Small shrubby plant on southwest slope of mountains of Cape Colony. Leaves are collected while in flower and fruit, then dried. Buchu on the market always contains foreign material such as stems, twigs and old leaves - U.S. Pharmacopoeia has limited this to 10% acceptable.
Buchu betulina - short buchu or round buchu
Buchu serratifolia - the long buchu of commerce
Barosma crenulata has leaves that are opposite, ovate or obvate, acute, serrated and glandular at edge full of small pellucid dots on the under surface
Barosma venusta leaves are obovate, wider at base. Odor is like citronella.
Buchu has been subject to many adulterations by the leaves of other species

Flowers: solitary and pink
Fruit: ovate, capsule, 3/8" long and 1/2" broad, 5 seeded.
Odor: aromatic, resembles peppermint
Taste: camphoraceous

Growing:
- perennial
- imported from South Africa where it grows in stony, hilly valleys of the mountains of the south west region in Cape Colony. It does not grow prolifically, but it can be cultivated in gardens.

CONSTITUENTS: **Essential oil contains limonene, isomenthone, diosphenol (buchu camphor), terpinen-4-ol and minor sulfur containing compounds such as 8-mercpacto-p-methane-e-one. Betulina leaf is more active than crenulata, containing low amounts of diosphenol, yet possibly high toxic Buchulevel of pulegone.**

Sulphur containing compounds p-menthane-3-one-8-thiol stereoisomers and to a lesser extent 8 acetylthio derivates provide the characteristic blackcurrant flavour of the oil.

The diosphenol or camphor are what gives the antiseptic and diuretic properties to the herb.

Flavonoids, esp. diosmin and rutin with small amount of quercetin-3, 7-glucoside.

ACTIONS:

Urinary	**antiseptic**	**diuretic**	**diaphoretic**
stimulant	**aromatic**	**antiseptic**	**tonic**
astringent	**carminative**	**emetic**	**cathartic**

vulnerary; large doses

- **a mild aromatic**
- **a tonic diuretic that is slightly diffusive and stimulating, exerts a healing influence on all chronic complains of the genito-urinary tract**
- **increases quantity of urinic fluids (which become darker and strongly aromatic) and solids, and at the same time it acts as a tonic, astringent and disinfectant to the mucous membranes and diminishes their secretion into the urinary channel**
- **increases the pulse rate, stimulates the appetite by influencing the mucous membrane of the stomach, soothes the pelvic nerves and produces slight moisture on the skin**
- **effective in chronic irritability of the bladder, when there is a frequent desire to urinate.**

PHARMACOLOGY:

Urinary antiseptic and diuretic effects are widely attributed to Buchu in textbooks but no clinical studies available. Antibacterial activity may be due to the diosphenol, while flavonoids may contribute to the diuretic action. In vitro testing of aqueous/alcoholic extracts and the volatile oil showed negligible activity against microflora typical of urinary tract infections. Nevertheless, Buchu is considered effective by herbal practitioners.

- **backache, gravel, dropsy, aching of penis, pyelitis, cystitis, urethritis, lithiasis, chronic bronchitis, prostate complaints, atonic dyspepsia, chronic rheumatism, skin affections, gleet, gonorrhea, inflamed prostate, retention or incontinence of urine, feeble digestion, flatulency, inflammation or catarrh of bladder, congestion of prostate, renal discharges, spermatorrhea, leucorrhea, diabetes (first state), irritation of urethra; mucous membrane, painful urination.**

INDICATIONS:

Urinary tract infection, esp. in conjunction with prostate problems.
Rheumatism
Bloating during menstruation.
Reduced high blood pressure and congestive heart failure.

Decreases water retention (can deplete potassium)
Decreases inflammation of colon, gums, mucous membranes
Cystitis (urinary tract infections)

THERAPEUTICS:

Activity depends upon the volatile oil which is eliminaated by the kidneys. Under its action there is no marked increase in the amount of the urine, but the oil affects the mucous membrane of the genito urinary tract. Remedy is useful in diseases of urinary organs such as gravel, chronic cystitis, urethritis, diseases of the prostate..
Should not be given when inflammation is severely acute.
A stimulant, strong diuretic, antiseptic and cleansing heerb that increases perspiration.

SIDE EFFECTS:

Occasional gastro-intestinal intolerance; avoid taking on an empty stomach.
When using buchu as a diuretic, it can deplete the body's store of potassiuum.
When taking buchu, increase foods rich in potassium such as bananas, dark green vegetables, whole grains and fish.
Topical application of the essential oil is not advised as of yet.

CONTRAINDICATIONS:

Pregnancy.

PREPARATION:

fluid extract, infusion, powder, solid extract, tincture.

CONGENIAL COMBINATIONS:

For pelvic nerves, aching back and loins: use buchu in combination with squaw vine or unicorn root.
Be careful not to boil buchu, as the volatile oil which contains much of the therapeutic value will effervesce and escape, and thereby render it to a large extent inert medicinally.

DOSAGE (Dr. Christopher):

Fluid Extract: 1/2 - 1 tsp
Infusion: 1 cupful 3-4 times daily
Powder: 10-15 grains 3 times daily
Solid Extract: 5-15 grains
Tincture: 1/2 tsp

ADMINISTRATION:

Note: Buchu seems to work better in alcohol than as a tea
Give a strong cold infusion to increase flow of urine (as in the case of stoppage of urine), and a warm infusion to soothe the nerves and as a gentle diaphoretic (there is first a sense of heat in the stomach, which gradually diffuses over the body). The warm infusion will soothe an inflamed and enlarged prostate gland and irritation of the urethral membrane.