

URINARY SYSTEM

ACTION CATEGORIES & HERBS

ADAPTOGENS:

Astragalus membranaceus (Milkvetch, *Fabaceae*, Pea Family)
Aids in recovery from infections, nutritive.

Avena sativa (Milky Oats, *Poaceae*, Grass Family)
Nutritious, high in minerals ie. silica, calcium, iron, phosphorus, copper, magnesium, chromium and zinc, regulates blood sugar.

Centella asiatica (Gotu Kola, *Apiaceae*, Carrot Family)
Restorative to kidneys/urinary system, improves sex drive.

Eleutherococcus senticosus (Siberian Ginseng, *Araliaceae*, Ginseng Family)
For stress, hormonal regulation, strengthens , improves stress tolerance.

Epimedium grandiflorum (Horny Goat Weed, *Berberidaceae*, Barberry Family)
Increases kidney chi, raises testosterone levels.

Glycyrrhiza glabra (Licorice, *Fabaceae*)
Mucilage, adrenal support, anti-inflammatory.

Gynostemma pentaphyllum (Gynostemma, *Cucurbitaceae*, Gourd Family)
Ginseng-like glycosides/sugars, nutritive, regulates blood sugar.

Oplopanax horridum (Devil's Club, *Araliaceae*)
Parasympathetic, relaxing, nourishing, regulates blood sugar.

Panax notoginseng (Notoginseng, *Araliaceae*)
Improves circulation, nourishing, improves sex drive.

Panax ginseng (Korean Ginseng, *Araliaceae*)
#1 sex hormone driving herb, positive use for genital cancers.

Pfaffia paniculata (Suma, *Amaranthaceae*, Amaranth Family)

Polygonum multiflorum (He shou wu)(Chinese Knotweed, *Polygonaceae*, Buckwheat Family)
Blackens hair (youth), replenishes lost kidney chi (head hair is the "flower of the kidneys"), superior tonic, for elderly, astringent.

Panax quinquefolius (North American Ginseng, *Araliaceae*)
For energy, moisturizes.

Rehmannia glutinosa (Rehmannia, *Orobanchaceae*, Broomrape Family)
Yin tonic, nourishing and high in minerals.

Rhodiola rosea (Golden Root/Stonecrop, *Crassulaceae*, Stonecrop Family)
Astringent

<i>Schisandra chinensis</i> (Five Flavour Berry, <i>Schisandraceae</i>)
<i>Verbena officinalis</i> (Vervain, <i>Verbenaceae</i>) Relaxes nervous system, possible use with erectile dysfunction (Matthew Wood).
<i>Withania somnifera</i> (Ashwagandha, <i>Solanaceae</i> , Nightshade Family) Relaxing, nutritive.
DEEP IMMUNE ACTIVATION
THREE GINSENGS TONIC
ANODYNES:
<i>Anemone pulsatilla</i> (Pasque Flower, <i>Ranunculaceae</i> , Buttercup Family) When taken fresh it can be irritating, when ‘wilted’ is when it’s best made into a tincture, pain killer, ovarian pain.
<i>Arctostaphylos uva-ursi</i> (Bearberry, <i>Ericaceae</i> , Heath Family) Contains salicylates, astringes tissues.
<i>Hydrastis canadensis</i> (Goldenseal, <i>Ranunculaceae</i>) Antiseptic, anti inflammatory, the astringency and the alkaloids are relieving to urinary tract.
<i>Piper methysticum</i> (Kava Kava, <i>Piperaceae</i> , Piper Family) Anesthetic to urinary tract, for burning urination.
ANTI-ANDROGENIC (SARM) (blocks 5α-reductase, aromatase inhibitor, binds SHBG): helps block male hormones from attaching to receptors,
<i>Epilobium parviflorum</i> (Hoary Willowherb, <i>Onagraceae</i> , Evening Primrose Family) SHBG binder.
<i>Prunus africanum</i> (Pygeum, <i>Rosaceae</i> , Rose Family), Blocks 5a reductase.
<i>Serenoa serrulata</i> (Saw Palmetto, <i>Arecaceae</i> , Palm Family), Blocks 5a reductase, also anti inflammatory.
<i>Urtica dioica rad.</i> (Nettle, <i>Urticaceae</i> , Nettle Family), Blocks 5a reductase, also an aromatase inhibitor.
<i>Vitex agnus-castus</i> (Chaste tree, <i>Lamiaceae</i> , Mint Family) Used to ‘feminize’ monks.
ANTICATARRHAL: Anything that helps lymph move can help fluid move through kidneys. Mucilage adds moisture to dissolve catarrh.
<i>Althea officinalis rad.</i> (Marshmallow root, <i>Malvaceae</i> , Mallow Family) Reputed as “the most mucilaginous of the diuretics” and “most diuretic of the mucilages” Moistening, cooling, salty

<p><i>Galium aparine</i> (Cleavers, <i>Rubiaceae</i>, Madder Family) More gentle (on a scale of Galium-->Phytolacca), liberates lymph fluids to increase urination. Moves fluid and catarrh.</p>
<p><i>Glechoma hederacea</i> (Ground Ivy, <i>Lamiaceae</i>, Mint Family) Mild diuretic, mucilage</p>
<p><i>Hydrastis canadensis</i> (Goldenseal, <i>Ranunculaceae</i>) Tones mucous membranes, dries, bitterness stimulates salivation.</p>
<p><i>Plantago major</i> (Broadleaf Plantain, <i>Plantaginaceae</i>, Plantain Family) Moisturizes, antihistaminic, mucilage, softens and astringes.</p>
<p><i>Solidago odorata</i> (Goldenrod, <i>Asteraceae</i>) Softens catarrh, diuretic, anti inflammatory, mucilaginous, demulcent, for burning urination.</p>
<p>ANTILITHIC: many of these like to grow by running water/lakes. Encourages ion exchange by changing pH or introducing other minerals. Consider pairing with antispasmodics</p>
<p><i>Apium graveolens</i> (Celery seed, <i>Apiaceae</i>, Carrot Family) Diuretic, increases removal of uric acid, uric acid crystallizes in joints, leads to arthritis, gout etc.</p>
<p><i>Betula alba</i> (Birch, <i>Betulaceae</i>, Birch Family) Relatively weak antilithic, antiinflammatory, salicylates, betulinic acid repairs mitochondrial metabolism.</p>
<p><i>Collinsonia canadensis</i> (Stoneroot, <i>Lamiaceae</i>) Softens stones, popular in kidney stone formulas.</p>
<p><i>Daucus carota</i> (Wild Carrot, <i>Apiaceae</i>) (Seed) mildly dissolves stones, mildly diuretic. Mild 'morning after' plant (use caution or not at all).</p>
<p><i>Eupatorium purpureum</i> (Gravel Root, <i>Asteraceae</i>, Aster or Composite Family) Popular in kidney stone formulas, has a citrus/acidic quality, also for pain/inflammation.</p>
<p><i>Hydrangea arborescens</i> (Hydrangea, <i>Hydrangeaceae</i>) Breaks up stones, removes minerals, diuretic, makes urine thinner, softens hard prostate.</p>
<p><i>Phyllanthus amara</i> (Stonebreaker, <i>Phyllanthaceae</i>) Strong antilithic</p>
<p>Lemon Juice (5+ lemons per day for stones)</p>
<p>ANTIMICROBIAL:</p>
<p><i>Arctostaphylos uva-ursi</i> (Bear Berry, <i>Ericaceae</i>, Heath Family) Arbutin hydrolyzes in the kidneys, creating a powerful antimicrobial compound.</p>
<p><i>Agathosma betulina</i> (Buchu, <i>Rutaceae</i>, Citrus Family) The essential oil gathers in kidneys, soothing, cooling.</p>
<p><i>Echinacea angustifolia</i> (Echinacea, <i>Asteraceae</i>) Systemic increase in macrophages/macrophage motility.</p>

<p><i>Hydrastis canadensis</i> (Goldenseal, <i>Ranunculaceae</i>) Hydrastine, canadine, berberine</p>
<p><i>Juniperus communis</i> (Juniper, <i>Cupressaceae</i>, Cypress or Cedar Family) Urine can smell like juniper oils, good for infection. Tests show inhibitory activity against a variety of bacteria, fungi such as <i>Clostridium</i> and <i>Candida</i>, and has antiviral activity against herpes simplex.</p>
<p><i>Serenoa serrulata</i> (Saw Palmetto, <i>Arecaceae</i>, Palm Family) Mild antimicrobial & tissue trophorestorative, polysaccharides show immune stimulating properties.</p>
<p><i>Thuja occidentalis</i> (White Cedar, <i>Cupressaceae</i>) Strong antimicrobial/antiviral in thujones.</p>
<p><i>Usnea barbata</i> (Old Man's Beard, <i>Parmeliaceae</i>, Lichen-forming Fungus) More broad spectrum antimicrobial for a variety of bacteria and tissues.</p>
<p><i>Zingiber off.</i> (Wild Ginger, <i>Zingiberaceae</i>) Digestive antimicrobial adjusting gut flora mostly, cuts through mycoplasmas.</p>
<p>ANTISPASMODIC: can be good for when someone is trying to pass stones- pain can cause contraction and lead to further exacerbated pain</p>
<p><i>Lobelia inflata</i> (Lobelia, <i>Campanulaceae</i>) Reliable smooth muscle relaxant.</p>
<p><i>Matricaria recutita</i> (Chamomile, <i>Asteraceae</i>) Mild relaxant</p>
<p><i>Piper methysticum</i> (Kava Kava, <i>Piperaceae</i>) Anesthetizes irritations that may be causing spasms.</p>
<p><i>Valeriana officinalis</i> (Valerian, <i>Caprifoliaceae</i>, Honeysuckle Family) Reliable muscle relaxant.</p>
<p><i>Viburnum opulus</i> (Cramp Bark, <i>Adoxaceae</i>, Adoxa Family) Relaxes muscles and relieves pain.</p>
<p><i>Zingiber off.</i> (Wild Ginger, <i>Zingiberaceae</i>) Adjusts circulation and warms viscera.</p>
<p>AQUARETICS: presents more water to kidneys, increasing osmotic pressure of blood in kidneys</p>
<p><i>Chimaphila umbellata</i> (Pipsissewa, <i>Ericaceae</i>, Heath Family) Mild</p>
<p><i>Equisetum arvense</i> (Horsetail, <i>Equisetaceae</i>, Horsetail Family) Mild, picked in the spring, high in minerals, promotes processing and discharge of metabolic waste through lymph and kidneys.</p>
<p><i>Levisticum off.</i> (Lovage, <i>Apiaceae</i>) Strong</p>
<p><i>Solidago odorata</i> (Goldenrod, <i>Asteraceae</i>) Strong</p>

BLADDER TONICS: rejuvenates, tightens tissues

Alchemilla arvensis (Lady's Mantle, *Rosaceae*)
Tannic, used for tightening tissues of digestive tract and urinary tract.

Chimaphila umbellata (Pipsissewa, *Ericaceae*, Heath Family)
For inflammation, tannins/salicylates.

Equisetum arvense (Horsetail, *Equisetaceae*)
Trophorestorative

Galium aparine (Cleavers, *Rubiaceae*)
Anti-inflammatory

Hydrastis canadensis (Goldenseal, *Ranunculaceae*)
Tannic, king of mucus membranes.

**DEMULCENT:
soothing, presents mucilage to kidney, good for irritation and passing stones. Demulcents are cooling and moistening.**

Althea off. (Marshmallow, *Malvaceae*, Mallow Family)
Root is cold extracted, leaf is hot extracted, soothes elimination of crystals.

Agropyron repens (Couch Grass, *Poaceae*)
Mucilage

Arctostaphylos uva-ursi (Bearberry, *Ericaceae*, Heath Family)
Demulcent and astringent, tightens tissues and provides lubrication/moisture.

Collinsonia canadensis (Stoneroot, *Lamiaceae*)
Mild mucilage.

Zea mays (Corn Silk, *Poaceae*, Grass Family)
Great urinary demulcent, diuretic, anti-inflammatory.

DIURETICS: alter mineral content of blood/fluids

Agathosma betulina (Buchu, *Rutaceae*)
Medium

Agropyron repens (Couch Grass, *Poaceae*)
Mild

Betula alba (Birch, *Betulaceae*)
Mild

Convallaria majalis (Lily of the Valley, *Asparagaceae*, Asparagus Family)
Cardio-active, medium diuretic, for dropsy, pericardial edema.

Daucus carota (Wild Carrot, *Apiaceae*)
Strong

<i>Serenoa serrulata</i> (Saw Palmetto, <i>Arecaceae</i>) Mild
<i>Taraxacum off. fol.</i> (Dandelion Leaf, <i>Asteraceae</i>) Medium - strong if used fresh
<i>Urtica dioica flos.</i> (Nettle, <i>Urticaceae</i>) Weak but greatly decreases creatinin levels by increasing GFR, excellent for edema.
<i>Zea mays</i> (Corn Silk, <i>Poaceae</i>) Mild
PELVIC DECONGESTANT: moves fluid from core to a respective eliminatory organ
<i>Ceanothus americanus</i> (Red Root, <i>Rhamnaceae</i>) High therapeutic index.
<i>Phytolacca decandra</i> (Pokeweed, <i>Phytolaccaceae</i>) Strongest, but lower therapeutic index.
<i>Zingiber officinalis</i> (Wild Ginger, <i>Zingiberaceae</i>)
PROSTAGLANDIN INHIBITORS: Unlike hormones prostaglandins are messenger molecules secreted at the site of tissue damage or infection to regulate an immune and inflammatory response. A chronic or overproduction of prostaglandins can lead to tissue degradation. Orthodox medicine uses NSAIDs which have (if used long term) serious side effects. The following herbs will reduce inflammation in the genitourinary tracts without adverse side effects.
<i>Angelica sinensis</i> (Dong Quai, <i>Apiaceae</i>) Effective alterative, for 'deficient blood'
<i>Curcuma longa</i> (Turmeric, <i>Zingiberaceae</i>) Systemic anti-inflammatory.
<i>Prunus africana</i> (Pygeum, <i>Rosaceae</i>) Cooling, reduces inflammation.
<i>Tanacetum parthenium</i> (Tansy, <i>Asteraceae</i>)
<i>Verbena officinalis</i> (Vervain, <i>Verbenaceae</i>)
TONICS: Most tonics are also trophorestorative. Long term use will transform tissues to higher functioning.
<i>Galium aparine</i> (Cleavers, <i>Rubiaceae</i>) Exercises kidneys/bladder.
<i>Glechoma hederacea</i> (Ground Ivy, <i>Lamiaceae</i>) Gentle
<i>Hydrastis canadensis</i> (Goldenseal, <i>Ranunculaceae</i>) Short term use only.

<i>Taraxacum fol.</i> (Dandelion Leaf, <i>Asteraceae</i>) Potassium sparing.
<i>Turnera diffusa</i> (Damiana, <i>Passifloraceae</i>) Trophorestorative to testes, mood enhancer.
<i>Polygonum multiflorum</i> (Chinese Knotweed, <i>Polygonaceae</i> , Buckwheat Family) Astringent, good kidney tonic, but tends to cause liver toxicity with prolonged usage.
<i>Urtica dioica fol.</i> (Nettle Leaf, <i>Urticaceae</i>) Highly nutritive, high in protein.
<i>Urtica sem.</i> (Nettle seed) Exceptional kidney tonic, for depressed adrenals, lowers GFR and creatinine levels in urine (markers used to gauge quality of kidney filtration/activity).
URINARY ANTI-INFLAMMATORY:
<i>Achillea millefolium</i> (Yarrow, <i>Asteraceae</i>) Mildly diuretic & moves fluids across boundaries.
<i>Agathosma betulina</i> (Buchu, <i>Rutaceae</i>) Tannins & essential oils.
<i>Agropyron repens</i> (Couch Grass, <i>Poaceae</i>) Mucilage
<i>Apium graveolens</i> (Celery seed, <i>Apiaceae</i>) 'Cleans blood' by stimulating elimination pathways.
<i>Arctostaphylos uva-ursi</i> (Bearberry, <i>Ericaceae</i>) Tannic
<i>Eupatorium purpureum</i> (Gravel Root, <i>Asteraceae</i>) Mucilage
<i>Piper methysticum</i> (Kava Kava, <i>Piperaceae</i>) Anesthetic, for pain/anxiety relief.
<i>Solidago odorata</i> (Goldenrod, <i>Asteraceae</i>) Mucilage
<i>Zea mays</i> (Corn Silk, <i>Poaceae</i>) Mucilage

SUMMARY OF ACTIONS

ADAPTOGENS

Astragalus membranaceus, *Centella asiatica*, *Rhodiola rosea*, *Eleutherococcus senticosus*,
Epimedium grandiflorum, *Glycyrrhiza glabra*, *Gynostemma pentaphyllum*, *Verbena officinalis*,
Oplopanax horridum, *Panax notoginseng*, *Panax ginseng*, *Pfaffia paniculata*,

Polygonum multi orum, Panax quinquefolius, Rehmannia glutinosa, Schisandra chinensis, Withania somnifera, DEEP IMMUNE ACTIVATION and THREE GINSENGS TONIC

ANODYNES

Anemone pulsatilla, Corydalis ambigua, Lactuca virosa, Piscidia erythrina, Piper methysticum, Populus candicans

ANTI-ANDROGENIC (SARM) (blocks 5-Alpha reductase, aromatase inhibitor, binds SHBG)

Epilobium parva orum, Prunus africana, Serenoa serrulata, Urtica dioica rad.

ANTICATARRHAL

Galium aparine, Glechoma hederacea, Hydrastis canadensis, Plantago majalis, Solidago spp.

ANTILITHIC

Apium graveolens, Betula alba, Collinsonia canadensis, Daucus carota, Eupatorium purpureum, Hydrangea arborescens, Phyllanthus spp.

ANTIMICROBIAL

Alchornea cordifolia, Arctostaphylos uva-ursi, Agathosma betulina, Berberis vulgaris, Bidens pilosa, Cryptolepis sanguinolenta, Echinacea angustifolia, Hydrastis canadensis, Lycopodium clav., Juniperus communis, Mahonia aquifolium, Serenoa serrulata, Sida cordifolia, Thuja occidentalis, Usnea barbata, Zingiber off.

ANTISPASMODIC

Lobelia inflata, Matricaria recutita, Piper methysticum, Valeriana off., Viburnum opulus, Zingiber off.

AQUARETICS

Chimaphila umbellata, Equisetum arvense, Levisticum off., Solidago spp.

BLADDER TONICS

Alchemilla arvensis, Chimaphila umbellata, Equisetum arvense, Galium aparine, Hydrastis canadensis

DEMULCENT

Althea off., Agropyron repens, Arctostaphylos uva-ursi, Collinsonia canadensis, Lycopodium clav., Zea mays

DIURETICS

Agathosma betulina, Agropyron repens, Betula alba, Convallaria majalis, Daucus carota, Lycopodium clav., Serenoa serrulata, Taraxacum off. fol., Urtica dioica os., Zea mays

PELVIC DECONGESTANT

Ceanothus americanus, Phytolacca decandra, Zingiber off.

PROSTAGLANDIN INHIBITORS

Angelica sinensis, Curcuma longa, Prunus africana, Tanacetum parthenium, Verbena off.

TONICS

Galium aparine, Glechoma hederacea, Hydrastis canadensis, Taraxacum fol., Turnera diffusa, Polygonum multi orum, Urtica dioica fol.

URINARY ANTI-INFLAMMATORY

Achillea millefolium, Agathosma betulina, Agropyron repens, Apium graveolens, Arctostaphylos uva-ursi, Eupatorium purpureum, Petasite hyb., Piper methysticum, Sida cordifolia, Spilanthes acm., Solidago odor., Zea mays