



**COLLEGE OF**  
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## Herbal Medicine Approach to Urinary and Renal System Dysfunction

*(Part V in a series on Herbal Medicine) - (Adapted from The College of Integrative Medicine Module 30 – Clinical Botanical Medicine)*

Dr. Wayne L. Sodano DC, DABCI, DACBN, CFMP, CICP, BCTN



### **Indications**

Urinary infections, urinary stones, prostatitis, interstitial cystitis



### **Contraindications**

Kidney disease, renal failure, pregnancy



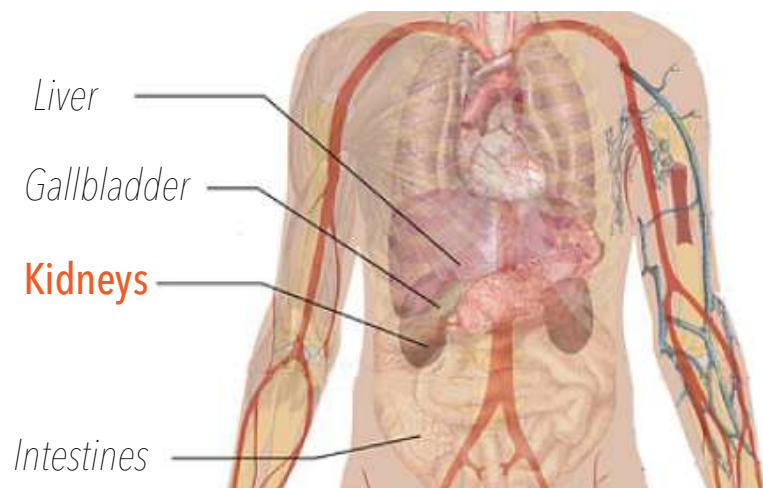
### **Applications**

Best taken before or with meals;  
short to medium term

## Urinary Antiseptics

In general, herbal medicine can be used for the treatment and management of the following urinary and renal conditions:

- *Urinary tract infections; functional disturbances of micturition; interstitial cystitis, urinary stones, edema with renal involvement, benign prostatic hypertrophy, and moderate autoimmune kidney disease.*
- *The primary precautions to prescribing herbal involve cases of renal failure, urinary obstruction and severe glomerulonephritis.*



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## Primary Herbal Medicine(s)

- o Arctostaphylos uva-ursi (Bearberry)
- o Barosma betulina (Buchu)
- o Juniperus communis (Juniper)
- o Berberis vulgaris (Barberry)
- o Hydrastis canadensis (Goldenseal)
- o Piper cubeda (Cubeb)

## Adult Dosage Consideration

- o Bearberry > 30 to 40 mL/week (1:2 liquid) or 1.5 to 2.0 g/day (Tablet)
- o Barberry > 20 to 40 mL/week (1:2 liquid)
- o Buchu > 15 to 30 mL/week (1:2 liquid) or 36 to 48 mg/day (Essential oil)
- o Juniper > 10 to 20 mL/week (1:2 liquid)

## Urinary Demulcents (Soothing Mucous Membranes of the Urinary Tract)



### Indications

Urinary tract infection, urinary stones, prostatitis, interstitial cystitis



### Contraindications

Renal failure; specific to herb



### Applications

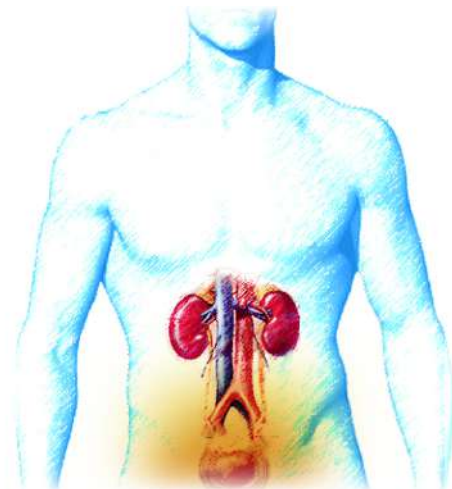
Best taken with meals

## Primary Herbal Medicine(s)

- o Agropyron repens (Couch grass)
- o Alchemilla vulgaris (Ladies mantle)
- o Althea officinalis folia and radix (Marshmallow leaf and root)
- o Zea mays (Corn silk)

## Adult Dosage Consideration

- o Corn silk > 15 to 40 mL/week (1:1 liquid)
- o Couch grass 20 to 40 mL/week (1:1 liquid)
- o Ladies mantle > 25 to 50 mL/week (1:2 liquid) or 2.0 to 2.6 g/day (tablet)
- o Marshmallow root > 20 to 40 mL/week (1:5 liquid)



## Urinary Tract Anti - Lithics

The rationale of using herbal remedies is based the alkalizing capacity and urinary antiseptic effects.



### Indications

Kidney stones



### Contraindications

Renal failure/disease; pregnancy; specific to herb



### Applications

Best taken before or with meals; medium to long term use

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## Primary Herbal Medicine(s)

- o Crataeva nurvala (Crataeva)
- o Equisetum arvense (Horsetail)
- o Hydrangea arborescens (Hydrangea)
- o Eupatorium purpureum (Gravel root)

## Adult Dosage Consideration

- o Crataeva > 40 to 100 mL/week (1:2 liquid) or 3 to 6 g/day (tablet)
- o Gravel root > 15 to 30 mL/week (1:2 liquid)
- o Hydrangea > 15 to 50 mL/week (1:2 liquid) horsetail > 15 to 40 mL/week (1:2 liquid)

## Renal Tonics/Protectives (Supports Renal Tone and Function)



### Indications

Any condition affecting the renal system



### Contraindications

Specific to herb; assess renal function prior to prescribing



### Applications

Best taken with meals; long-term

## Primary Herbal Medicine(s)

- o Astragalus membranaceus (Astragalus)
- o Bupleurum falcatum (Bupleurum)
- o Rehmannia glutinosa (Rehmannia)
- o Schisandra chinensis (Schisandra)

## Adult Dosage Consideration

- o Astragalus > 30 to 60 mL/week (1:2 liquid) or 2.5 to 3.4 g/day (tablet)
- o Bupleurum > 25 to 60 mL/week (1:2 liquid) or 1.2 to 2.8 g/day (tablet)
- o Rehmannia > 30 to 60 mL/week (1:2 liquid) or 1.1 to 1.8 g/day (tablet)
- o Schisandra > 25 to 60 mL/week (1:2 liquid) or 3.0 to 5.0 g/day (tablet)



Astragalus



Rehmannia



Schisandra

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## Urinary Tract Anti-inflammatory



### Indications

Mild to moderate infection, inflammation or irritation of the urinary tract; prostatitis, cystitis



### Contraindications

Renal failure/severe renal disease; pregnancy



### Applications

Best taken before or with meals

### Primary Herbal Medicine(s)

- o Agropyron repens (Couch grass)
- o Althaea officinalis (Marshmallow root and leaf)
- o Crataeva nurvala (Crataeva)
- o Plantago lanceolata (Ribwort)
- o Solidago virgaurea (Goldenrod)
- o Zea mays (Corn silk)

### Adult Dosage Consideration

- o Couch grass > 20 to 40 mL/week (1:1 liquid)
- o Crataeva > 40 to 100 mL/week (1:2 liquid) or 3 to 6 g/day (tablet)
- o Golden rod > 20 to 40 mL/week (1:2 liquid) or 2.0 to 2.6 g/day (tablet)
- o Marshmallow root > 20 to 40 mL/week (1:5 liquid)
- o Corn silk > 15 to 40 mL/week (1:1 liquid)



## References

1. Mills S, Bone K. *Principles and Practice of Phytotherapy; Modern Herbal Medicine*. Edinburgh: Churchill Livingstone
2. Heinrich M, Barnes J, Gibbons S, Williamson EM. *Fundamentals of Pharmacology and Phytotherapy*. 2nd Ed. Edinburgh: Churchill Livingstone
3. Bone K. *The Ultimate Herbal Compendium: A Desktop Guide for Herbal Prescribers*. 1st Ed. Queensland: Creed & Lang; 2007.