

A summary and comparison of remedies acting on the Genito-Urinary system

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#1 G.U. Tropho-restoratives

Action & Indication	Corn Silk (Zea mays)	Cleavers (Gallum aparine)	Nettles (urtica duiuca)
General Influence	Soothing, anti-inflammatory diuretic	Soothing anti-inflammatory diuretic	Mild potassium sparing diuretic
Specific effect on Kidneys	Mild antibacterial diuretic. Mix with stronger antiseptics for nephritis, pyelitis	Mild antibacterial diuretic. Mix with stronger antiseptics for kidney infections	Nettle Seed used for glomerulonephritis. The herb is a kidney tonic used for chronic low grade kidney pain
Specific effect on Bladder & Urethra	Acute or chronic cystitis or urethritis. Excessively alkaline urine	Acute or chronic cystitis or urethritis. Dysuria	Dysuria. Cystitis. Hematuria
Effect on Male Reproductive System	Irritation of the seminal vesicles or vas deferens. Testicular pain.	Irritation of the seminal vesicles or vas deferens. Testicular pain.	Nettle Root is used for BPH. Works well with Serenoa.
Effect on Female Reproductive System	Reduces irritation associated with interstitial cystitis.	Uterine inflammation with strangury	Builds blood (Xue). On rare occasions stimulates menses in post-menopausal women
Other Effects or Notes	Very useful for bladder irritation in children. Use fresh extract for best results	Urinary infection in children with swollen lymph nodes, lymphedema. Use fresh extract for best results.	Nutrient rich "Food for the Kidney."
Action & Indication	Horsetail (Equisitum arvense)	Eryngo (Erygium yuuccifolium)	Couch Grass (Elytrigia repens)
General Influence	Active diuretic. Non-irritating if gathered in the spring	Anti-inflammatory diuretic. Specific affinity for mucus membranes	Soothing, anti-inflammatory diuretic.
Specific effect on Kidneys	Nephritis with scanty urine of a dark color. Renal calculi.	Chronic nephritis with scalding urine	Excessive uric acid-gout. Urine loaded with deposits of phosphates, calcium, or uric acid. Hematuria.
Specific effect on Bladder and Urethra	Spastic urge to urinate. Hematuria. Irritable bladder. Heals inflamed bladder tissue.	Urinary frequency. Burning pain with tenismus, pain extending to loins. Dysuria	Mucus discharge from bladder. Painful and frequent urination

Action & Indication	Horsetail (<i>Equisitum arvense</i>)	Eryngo (<i>Erygium yuccifolium</i>)	Couch Grass (<i>Elytrigia repens</i>)
Effect on Male Reproductive System	Prostatitis with stinging pain.	Constant feeling of sexual excitement. Prostatic irritation. Epididymitis.	Irritation of seminal vesicles or vas deferens. Prostatitis.
Effect on Female Reproductive System	Mixed with Nettle, Alfalfa, and Oat Straw to prevent osteoporosis.	Constant feeling of sexual excitement. Loss of bladder control associated with menopause.	Reduces irritation associated with interstitial cystitis.
Other Effects or Notes	Bedwetting (incontinence) in children caused by irritation.	Irritative coughs, laryngitis and IBS symptoms. Use fresh extract of entire plant for best results.	Useful for gouty arthritis. Increases elimination of uric acid.

#2 Antiseptic Diuretics

Action & Indication	Uva Ursi (<i>Arctostaphylos uva-ursi</i>)	Juniper Berries (<i>Juniperus communis</i>)	Buchu (<i>Barosma spp.</i>)
General Influence	Antiseptic diuretic	Antiseptic diuretic-potentially irritating	Antiseptic, stimulant diuretic
Specific effect on Kidneys	Nephritis pyelonephritis with enfeebled circulation Gout Contains arbutin which is an active antibacterial agent	Renal atony of old age Edema following scarlet fever Renal hyperemia Persistent pain or weight in lumbar region	Pyelitis with mucopurulent discharges Lithemia Excessive uric acid-gout
Specific effect on Bladder and Urethra	Irritable bladder Atonic boggy bladder Ulcerative cystitis	Chronic (non-inflammatory) cystitis	Acidic urine. Constant desire to urinate with no relief from doing so—irritable bladder
Effect on Male Reproductive System	May be useful for prostatitis.	May be useful for low grade chronic prostatitis.	Gonorrheal discharge (gleet).
Effect on Female Reproductive System	Inhibits bacterial vaginosis and chlamydia	Irritation of the bladder in menopausal women with intense desire to urinate.	Gonorrheal discharge (gleet).
Other Effects or Notes	Causes urine to become brownish-green. Works best with alkaline urine. May irritate the gastric mucosa. Short-term use only.	Not to be used with acute inflammation, Used by Kneipp as an alternative for arthritis and skin conditions.	Not to be used with acute inflammation. May be useful for gouty arthritis and dyspepsia.
Action & Indication	Cubeb Berries (<i>Piper cubeba</i>)	Pipsissewa (<i>Chimaphila umbellata</i>)	Goldenrod (<i>Solidago spp.</i>)
General Influence	Antiseptic diuretic potentially irritating	Antiseptic diuretic non-irritating	Stimulating diuretic mildly antiseptic
Specific effect on Kidneys	Low grade chronic pyelitis. Useful for enfeebled kidney function (cold)	Increases excretion of uric acid-gout. Gouty arthritis. Nephritis-use with other herbs	Pain in the kidneys-extending forward to the abdomen. Nephritis with scanty dark urine.

Action & Indication	Cubeb Berries (Piper cubeba)	Pipsissewa (Chimaphila umbellata)	Goldenrod (Solidago spp)
Specific effect on Bladder and Urethra	Chronic Low grade cystitis with catarrhal discharge	Chronic urinary problems – interstitial cystitis with scanty urine, mucopurulent discharge and pain	Dysuria in children
Effect on Male Reproductive System	Gonorrheal discharge (gleet). Purulent discharge in chronic prostatitis	Chronic low grade G.U. infections including chlamydia and prostatitis	Useful for BPH and prostatitis
Effect on Female Reproductive System	Gonorrheal discharge (gleet). Sub-acute urethral irritation and scalding urine in women	Chronic low grade G.U. infections including bacterial vaginosis, chlamydia.	Mild emmenagogue for amenorrhea
Other Effects or Notes	Not to be used with acute inflammation. May produce rash in sensitive people	Enlarged lymph nodes in groin. Use fresh extract for best results	Carminative & anti-inflammatory (arthritis).

#3 Urinary Anodynes

Action & Indication	Hydrangea (H. arborescens)	Gravel Root (Eupatorium purpureum)	Kava (Piper methysticum)
General Influence	Urinary pain. Mild diuretic	Urinary pain. Mild diuretic	Urinary pain. Active diuretic. Muscle relaxant.
Specific effect on Kidneys	Urinary calculi. Nephritis, pyelitis with back pain, frequent urination with pain.	Deep seated back ache—cloudy, milky urine, bones ache, pulse full and bounding. Urinary calculi. Hematuria.	Renal colic. May help to pass kidney stones. Use with Hydrangea.
Specific effect on Bladder and Urethra	Irritation of the bladder and urethra with tendency to form urinary calculi. Quick sharp pains in the urethra.	Irritation of the bladder and urethra with tendency to form urinary calculi.	Urethritis. Irritation of the bladder chronic cystitis with acidic urine. Spasms of the bladder (nervous bladder).
Effect on Male Reproductive System	Prostatic irritation. BPH, epididymitis.	Prostatic irritation. BPH.	Gonorrheal discharge (gleet). Testicular pain in old men, epididymitis.
Effect on Female Reproductive System	Acute, quick, cutting urethral pain especially immediately after child birth.	Endometritis. Cystitis especially in women with uterine prolapse, interstitial cystitis.	Gonorrheal discharge (gleet). Vaginismus. Topically—itching of the vulva and vulvodynia.
Other Effects or Notes	Best general urinary anodyne. Tincture or tea should be hydrolized to be effective.	Gouty arthritis. Contains pyrrolizidine alkaloids (short-term use only) Urinary pain. Mild diuretic.	Fibromyalgia. Anxiety.

Action & Indication	Black Cohosh (<i>Cimicifuga racemosa</i>)	Agrimony (<i>Agrimonia eupatoria</i>)	Gelsemium (<i>Gelsemium sempervirens</i>)
General Influence	Muscular pain and spasm.	Urinary pain with poor tonicity, mild diuretic.	Strong systemic anodyne.
Specific effect on Kidneys	Pain caused by acute nephritis.	Sharp pain in lumbar region down to ureters, deep seated kidney pain. Hematuria.	Acute nephritis. Post-puerperal nephritis, renal colic. Often used with <i>Cimicifuga</i> .
Specific effect on Bladder and Urethra	Bladder and urethral pain caused by spasms. Urethritis.	Chronic catarrhal discharge. Urinary irritation. Urethritis with muddy, foul smelling urine.	Acute cystitis, spasmodic urethral stricture with dysuria. Suppression of urine caused by anxiety.
Effect on Male Reproductive System	Acute prostatic pain testicular pain, epididymitis.	Prostatitis with mucous discharge.	Pain associated with acute orchitis.
Effect on Female Reproductive System	Uterine and ovarian neuralgia. Menopausal depression (use with <i>Cactus</i>).	Chronic non-specific leucorrhea, interstitial cystitis.	Ovarian neuralgia, pain associated with endometriosis, salpingitis, or dysmenorrhea
Other Effects or Notes	May cause hepatitis with long-term use or abuse. Avoid use with hepatotoxic medications.	Fibromyalgia. Menopausal hot flashes. Dribbling of urine in the elderly caused by coughing or sneezing. Bedwetting.	Fresh extract only. Toxic, strong potential for overdose. Professional use only

Additional Kidney Remedies to Compare:

<i>Achillea millefolium</i> (Yarrow)	Urinary irritation with hematuria, cystitis.
<i>Alisma plantago</i> (Water Plantain)	Non-irritating, potassium sparing diuretic, edema.
<i>Allium cepa</i> (Red Onion)	Use with <i>Xanthium</i> for cystitis and urinary calculi.
<i>Althaea officinalis</i> (Marshmallow)	Irritation of the neck of the bladder, cystitis, interstitial cystitis, most soothing diuretic.
<i>Apis*</i> (bee venom)	Constant desire, but inability to urinate.
<i>Apocynum cannabinum</i> (Dogbane Root)*	Cardiac edema. Watery fullness of cellular tissues, glistening skin.
<i>Aralia hispida</i> (Dwarf Elder)	Suppression of urine. Anasarca from renal or hepatic origin.
<i>Bidens</i> spp. (Burr Marigold)	Irritation, bleeding, pain, or inflammation of the bladder, urethra, or prostate. Useful for BPH, cystitis, and urethritis.
<i>Camellia sinensis</i> (Green Tea)	Active, non-irritating diuretic useful for dysuria of the aged.
<i>Capsella bursa-pastoris</i> (Shepherd's Purse)	Hematuria. Cystitis with phosphatic deposits.
<i>Curcubita citrullus</i> (Watermelon Seed)	Interstitial cystitis, scalding urine with dysuria.
<i>Cytisus scoparius</i> (Broom)	Cardiac edema, cardiac stimulant and diuretic. Do not use with acute kidney disease.
<i>Epigea repens</i> (Trailing Arbutis)	BPH. Cystitis with hematuria or mucus discharge. Incontinence.
<i>Lycopodium clavatum</i> (Club Moss) *	Red, sandy deposits in urine, painful urination.
<i>Oxydendron arboreum</i> (Sourwood Leaf)	BPH. Scalding urine with scanty flow, dysuria, cystitis.
<i>Petroselinum sativum</i> (Parsley)	Edema, nephritis, and cystitis with scanty urine, aquaretic.
<i>Polygonum punctatum</i> (Water Smartweed)	The fresh tincture is an active diuretic, especially useful in atonic kidney/bladder problems.
<i>Polytrichum juniperum</i> (Hair Cap Moss)	Strong diuretic, edema, strangury. Use with Green Tea, Goldenrod, or Parsley.
<i>Rhus aromatica</i> (Fragrant Sumach)	Overactivity of the kidneys, frequent clear urination, urinary incontinence.
<i>Sambucus canadensis</i> (Elder Flower)	A soothing diuretic, useful for simple cystitis. Eclectics used it for edema with the tissues having a pale, watery appearance.
<i>Serenoa repens</i> (Saw Palmetto)	BPH with urinary dribbling, irritation of the bladder.
<i>Stellaria media</i> (Chickweed)	The fresh juice (1-2 tsp) can be used for urinary tract irritation, interstitial cystitis.
<i>Taraxacum officinale</i> (Dandelion Leaf)	Hypertension, PMS edema, non-irritating, potassium sparing diuretic.
<i>Thuja occidentalis</i> (Flat Cedar)	BPH. Atony of the bladder with dribbling. Topical application for HPV.
<i>Xanthium spinosum</i> (Spiny Cholla)	Irritation of the bladder. Urine with gritty deposits, interstitial cystitis, hematuria.

*Toxic and must be used with caution.