

08 Field of application: urinary tract

- Stinging Nettle

Classification:

The stinging or common nettle, botanical name *Urtica dioica*, belongs to the nettle family (Urticaceae).

Usage:

Fresh or dried stinging nettle leaves, herb and roots are used internally as a tea against inflammatory diseases of the urinary tract and kidney gravel. Extracts are used externally for supportive treatment of rheumatic complaints and osteoarthritis.

Action:

There are several possible active ingredients in the plant. The exact effect is unclear. For example, the plant contains flavonoids, which have an antioxidant effect. But also lignans, which can have a calming and sleep-inducing effect by activating adenosine receptors on nerve cells. Diuretic effects are attributed to phenolic acids.

Trivia:

In 2022, stinging nettle was named medicinal plant of the year.

- Pumpkin

Classification:

The garden pumpkin or vegetable marrow, botanical name *Cucurbita pepo*, belongs to the gourd family (Cucurbitaceae).

Usage:

The seeds of the pumpkin are used internally for irritable bladder and discomfort associated with enlarged prostate, and as a diuretic for kidney inflammation.

Action:

Essential ingredients of pumpkin seeds for medical use are phytosterols, mainly β -sterols. They prevent the conversion of testosterone to its effective metabolite (α -dihydrotestosterone). Accumulation of this hormone is thought to be responsible for prostate enlargement, therefore inhibiting it protects against it. In addition, phytosterols have a cholesterol-lowering effect. Furthermore, the seeds contain tocopherols, carotenoids and selenium, they have anti-inflammatory and antioxidant effects. Last but not least, the seeds contain amino acids such as cucurbitin, which acts against worms and, in addition to other trace elements such as potassium, fatty oil with a high content of omega-3 fatty acids and vitamin E.

Trivia: -

- Currant

Classification:

The black currant, botanical name *Ribes nigrum* and the red currant, botanical name *Ribes rubrum*, belong to the gooseberry family (Grossulariaceae).

Usage:

Currants and tea infusions of the dried leaves are used as a diuretic for diseases of the draining urinary tract.

Action:

Currants contain tannins, proanthocyanidins and phenolic carboxylic acids, which have anti-inflammatory effects.

Especially the black berries contain a lot of vitamin C, which has antioxidant effects. They also contain more color pigments called anthocyanins and other flavonoids, which also have antioxidant effects and counteract cardiovascular diseases. Last but not least, black currant seed oil contains gamma-linolenic acid, which strengthens the immune system.

Trivia: -

- Common Yarrow

Classification:

Common Yarrow, botanical name *Echillea millefolium*, belongs to the daisy family (Asteraceae).

Usage:

Flowers, fresh shoots and leaves are used internally and externally for kidney weakness, loss of appetite and mild, cramping gastrointestinal complaints.

Action:

The essential oils have an expectorant, anti-inflammatory and antispasmodic effect. Bitters and tannins stimulate the production of bile and gastric juice, which helps in the digestion of heavy, fatty foods. Salicylic acid has an analgesic effect.

Trivia: -**- Lovage****Classification:**

Lovage, botanical name *Levisticum officinale* belongs to the umbellifer family (Apiaceae).

Usage:

Rootstock and roots are dried and infused as tea, extracts processed into dragées or drops used as a diuretic for diseases of the draining urinary tract and to prevent kidney gravel.

Action:

The essential oil found in the roots contains alkyl phthalides, coumarins, polyacetylenes and phenolic carboxylic acids.

Trivia: -**- Restharrow****Classification:**

Restharrow (*Ononis*) is a genus of plant in the butterfly subfamily (Faboideae) within the legume family (Fabaceae).

Usage:

Dried restharrow is infused as a tea and used internally against inflammatory diseases of the urinary tract.

Action:

Especially the roots of restharrow contain saponins, essential oils and tannins, which have a diuretic effect.

Trivia: -