

# CORNSILK

*(Zea mays)*

## *Clinical Summary*

### **Actions**

- Diuretic
- Anti-inflammatory
- Demulcent
- Urinary Disinfectant

### **Indications**

- Acute or chronic inflammation of the urinary system including:
  - Cystitis
  - Urethritis
  - Prostatitis
- Nocturnal enuresis
- Kidney stones
- Gout
- Diabetes mellitus

### **Traditional Use**

Cornsilk has been used traditionally for the treatment of uncomplicated urinary tract infections. It is especially useful with excessively alkaline urine and for bladder irritation in children.

### **Energetics**

Bitter, sweet, astringent, cooling and both drying and moistening.

### **Constituents**

Flavonoids, saponins, volatile oils, tannins.

### **Use in Pregnancy**

Safe when consumed in food. When used orally in larger amounts it might have uterine stimulant effects.

### **Contraindications and Cautions**

None known.

### **Drug Interactions**

Caution with anticoagulant/antiplatelet (such as warfarin), antidiabetic, antihypertensive, corticosteroid (such as prednisone) and diuretic (potassium depleting such as loop and thiazides) drugs.

### **Administration and Dosage**

Liquid extract 1:1 in 25% alcohol  
15 to 170mL weekly