

COUCHGRASS

(Elymus repens)

Clinical Summary

Actions

- Diuretic

Indications

- Inflammation and infection of the urinary tract including:
 - Cystitis and urethritis
 - Prophylactic for kidney gravel
- Benign prostatic hyperplasia, prostatitis
- Gout, rheumatism, jaundice

Traditional Use

Couchgrass has been used in herbal medicine since classical Greek times where it was recommended by Dioscorides for “stone in the bladder”. One of the common names is dog grass which comes from the fact that sick dogs will dig up the root and eat it. Culpepper said “...watch the dogs when they are sick and they will quickly lead you to it.

Energetics

Sweet and bland, cold and moist.

Constituents

Polysaccharides, terpenoids, volatile oils, mucilage.

Use in Pregnancy

No adverse effects expected.

Contraindications and Cautions

None known.

Drug Interactions

None known.

Administration and Dosage

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