

JUNIPER

(Juniperus communis)

Clinical Summary

Actions

- Anti-inflammatory
- Diuretic
- Antimicrobial

Indications

- Urinary tract infections including cystitis and urethritis
- Arthritis, gout, neuralgia, rheumatism, osteoarthritis
- Upper respiratory infections
- Gastrointestinal tract infections, dyspepsia
- To promote menstruation and enhance labour

Traditional Use

Juniper is widely known as the main flavouring component in gin. In fact the word 'gin' is derived from the French and Dutch word for juniper, genévrier and genever. The drink is thought to be derived from an old recipe found in the 1299 Dutch work *Der Naturen Bloeme* which recommended boiling juniper berries in rainwater or wine to treat stomach pain. With the revolt of the Netherlands in the sixteenth century British soldiers, merchants, travellers and religious figures discovered the gin which they called "Dutch Courage" and it has been refined ever since.

Energetics

Bitter, pungent.

Constituents

Flavonoids, tannins, volatile oils.

Use in Pregnancy

Contraindicated.

Contraindications and Cautions

May cause kidney irritation and is contraindicated in kidney disease.

Drug Interactions

Monitor with antidiabetic drugs and diuretics.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
15 to 80mL weekly