

CRATEVA

(*Crateva magna*)

Clinical Summary

Actions

- Anti-inflammatory
- Bladder Tonic
- Diuretic
- Urinary Disinfectants
- Antilithic

Indications

- Urinary system disorders including:
 - Chronic and acute urinary tract infections
 - Incontinence
 - Bedwetting
 - Prevention and treatment of kidney, bladder and urinary stones
- Benign prostatic hyperplasia (BPH)

Traditional Use

Crateva is an Ayurvedic herb frequently used in the treatment of urinary disorders that reoccur owing to antibiotic resistance by the infecting organism. In Ayurveda it is routinely used to treat neurological disorders associated with cognitive dysfunction such as dementia and Alzheimer's disease.

Energetics

Hot and bitter with a sharp sweet taste.

Constituents

Triterpenoids (lupeol, betulinic acid, lupenone), flavonoids (rutin, catechin, quercetin) and alkaloids (cadabicine), sterols.

Use in Pregnancy

Not recommended without professional advice due to its traditional use as a contraceptive and *in vivo* antifertility activity, however the relevance of this in humans is unknown.

Contraindications and Cautions

None known.

Drug Interactions

None known.

Administration and Dosage

Liquid extract 1:2 in 40% alcohol
30 to 100mL weekly