

HYDRANGEA

(Hydrangea arborescens)

Clinical Summary

Actions

- Diuretic
- Antilithic
- Cathartic
- Urinary Tract Stimulant

Indications

- Kidney & bladder stones/gravel
- Cystitis
- Urinary tract inflammation

Traditional Use

Hydrangea was used by Native American Indians for kidney and bladder stones. It is reported to help dissolve and promote the expulsion of stones and gravel. Early reports of doctors using the herb found that the herb effectively removed gravel and relieved the pain of urinary colic. The herb was given for many other conditions that affect the genitourinary system, including cystitis and urethritis.

Traditionally used for kidney and bladder stones and gravel, cystitis, bladder inflammation and urethritis.

Energetics

Bitter, cooling, neutral.

Constituents

Glycoside (hydrangin), hydragenol, hydrangeic acid, flavonoids (quercetin, rutin) saponin, essential oil (kaempferol), minerals (calcium, iron, magnesium, manganese, phosphorus, potassium, selenium and zinc), resins, gum, starch.

Use in Pregnancy

Not traditionally used or recommended in pregnancy.

Contraindications and Cautions

None known at therapeutic dose levels.

Drug Interactions

Caution with lithium.

Administration and Dosage

Liquid extract 1:1 in 25% alcohol
20 to 80mL weekly