

# EYEBRIGHT

*(Euphrasia officinalis)*

## Clinical Summary

### Actions

- Anticatarrrhal
- Astringent
- Mucous Membrane Tonic
- Anti-inflammatory

### Indications

- Upper respiratory catarrh including common cold, sinusitis, hay fever, seasonal allergies, tonsillitis, sore throat, chronic sneezing, middle ear problems and the catarrhal phase that occurs during and after measles
- Conjunctivitis, disturbed vision, styes

### Traditional Use

To improve their vision American colonial settlers used eyebright internally infused with rosemary in white wine and in medieval Europe eyebright was used to preserve eyesight and clear cataracts. The leaves were pounded then either pressed onto the eyelids, distilled and dropped into the eyes or steeped in white wine or strong beer and drunk.

### Energetics

Bitter, astringent, cold, dry.

### Constituents

Acids (caffeic acid, ferulic acid), alkaloids (choline), amino acids (glycine, leucine, valine), flavonoids, iridoids (aucubin), phenethyl glycosides, tannins (gallic acid), volatile oils, bitter principle, beta-carotene, phytosterols (beta-sitosterol, stigmasterol), resin, carbohydrates (arabinose), vitamin C.

### Use in Pregnancy

Not recommended.

### Contraindications and Cautions

None known.

### Drug Interactions

Caution with antidiabetic drugs.

### Administration and Dosage

Liquid extract 1:1 in 30% alcohol  
15 to 80mL weekly