

EPILOBIUM

(*Epilobium parviflorum*)

Clinical Summary

Actions

- Prostate Tonic
- Astringent
- Anti-Inflammatory
- Diuretic
- Antidiarrheal
- Analgesic
- Antioxidant
- Antibacterial
- Antifungal

Indications

- Benign prostatic hyperplasia, prostate and urinary tract infection
- Inflammation of the kidney and bladder

Traditional Use

In the 20th century, especially in Austria, Germany and Poland, the use of small leafed willow as a herbal tea in the treatment of BPH, prostatitis and bladder and kidney disorders became very popular after the publication of the experiences of Austrian herbalist Maria Treben. Her knowledge and experiences with several herbal remedies, among them small leafed willow, were first published in the German language as a brochure in 1978 and as a book, Health Through God's Pharmacy, in 1980.

Energetics

Astringent, bitter.

Constituents

Flavonoids and their glycosides, ellagitannins, phenolic acids, beta-sitosterol derivatives, triterpenes, vitamins and fatty acids

Use in Pregnancy

Insufficient reliable information available.

Contraindications and Cautions

None known.

Drug Interactions

None known.

Administration and Dosage

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