

## Uva Ursi

Botanical name: *Arctostaphylos uva-ursi*

Energetics/Actions: Sweet, cold, diuretic, astringent, antiseptic, demulcent

### Description

Uva ursi leaf is used by Indigenous Peoples of North and Central America (US, Canada and Mexico) as a diuretic and for treatment of inflammation of the genitourinary tract. It is also regularly used throughout Europe, Egypt, Japan and Russia for genitourinary symptoms. Uva ursi means “bear’s grape” in Latin, because the berries are popular with bears.



### Uses

UTI: Used as a urinary tract disinfectant and antiseptic.

Vaginitis: Good as a sitz bath for vaginal and urethral irritation and yeast infection.

### Dose

Tea: 5 grams steeped in 8 oz boiling water for 1 hour. Cold infusion (for less tannins, which can cause GI upset for some people): steep 8 gm herb in 8 oz cold water for 8-24 hours. Take 1 cup 4 times a day.

Tincture: 2-4 ml. Take 3 times a day.

\*Many sources recommend taking Uva ursi with 2 “00” capsules (735 mg) of baking soda if the urine is “acidic”-no improvement in symptoms after 24 hours of use.

\*For the highest amount of arbutin (which acts as an antiseptic) use leaves that are less than 9 months old.

### Safety Information

Not for use during pregnancy. Not for use in people with kidney disease. Due to high tannin content, Uva ursi is not for long term use.