



Uva Ursi

Stock #710-9 (100 capsules)

Also known as bearberry, uva ursi is an herb which focuses its many actions on the urinary system. Uva ursi soothes and tightens inflamed tissues, helps neutralize urine acidity, promotes urine flow, and acts as an antiseptic and muscle relaxant specific to the urinary tract, thus decreasing responses to pain stimuli from infections. Uva ursi also provides an anesthetic quality capable of numbing pain in the urinary system.

As a natural urinary disinfectant, uva ursi is especially helpful for cases of acute and chronic cystitis and urethritis; however, uva ursi should not be used if either condition is accompanied by kidney infection.

Uva ursi owes its antiseptic, astringent and diuretic properties to the presence of hydroquinones, primarily arbutin. Japanese researchers conducted a study comparing the effect of arbutin—extracted from uva ursi—with indomethacin (an anti-inflammatory drug) on arthritis, edema and immuno-inflammation. Results of the study were published in the

Journal of the Pharmacological Society of Japan. When arbutin was administered with indomethacin, the result was an increase in the inhibitory effect, suggesting that uva ursi's arbutin content may improve the effectiveness of this anti-inflammatory drug. Another Japanese study documented similar results when arbutin was administered along with prednisolone to treat immuno-inflammation.

According to research published in *Planta Medica*, whole uva ursi seems to provide a great antibiotic effect in the urinary tract than when the active constituent—arbutin—is isolated. In fact, other substances in uva ursi actually inhibit the breakdown of arbutin in the intestines, allowing more of arbutin to be absorbed to provide its antibiotic activity. Furthermore, since arbutin has been shown to be most effective in an alkaline environment, it is interesting to note that substances in the whole uva ursi plant actually cause the urine to be more alkaline.

Uva ursi also contains allantoin, an ingredient shown to soothe and speed the healing of irritated tissues.

Research shows uva ursi extracts possess an antibacterial property, stimulating cytotoxic activity—having a toxic effect on certain cells—that is believed to be stronger in alkaline urine. Thus, a combination of uva ursi taken in conjunction with a vegetarian diet may increase the herb's effectiveness. Research has also shown uva ursi exhibits antiviral activity, especially against the herpes and influenza viruses, as well as antifungal and anti-plaque activity.

Rumanian researchers determined uva ursi acts as a trichomonocide—a substance which destroys *Trichomonas vaginalis*, a parasite known to cause “difficult-to-treat” cases of cystitis, urethritis and vaginitis—in *in vitro* tests.

Uva ursi has also been shown to help prevent and dissolve kidney and gallstones, induce labor, and help problems associated with the liver, pancreas, and prostate. Common uses include bedwetting, bladder ailments, cystitis, gonorrhea, hemorrhoids, kidney congestion and infections, nephritis, rheumatism, urinary tract infections, vaginal discharge, and venereal disease.

Uva ursi is rich in vitamin A, iron, manganese, selenium, and silicon.

Uva ursi is not recommended for use by pregnant women or those with kidney disease. Typically, uva ursi should not be taken for more than 7-10 days at a time.