

BARBERRY ROOT

Berberis vulgaris



Part Utilized:
Root



PROPERTIES:

Cardiovascular Tonic, Hepatic, Immunostimulant, Stomachic, Antibacterial, Antifungal, Antiviral, Antibiotic

SYSTEMS AFFECTED:

Digestive, Immune System, Cardiovascular System, Urinary System

GENERAL INFORMATION:

Barberry has a beneficial effect on the heart. Studies show that it helps reduce blood pressure and helps to treat heart rhythm disorders. It is a blood purifier that aids with detoxification and promotes the elimination of waste from the body. Barberry activates white blood cells that surround and kill microorganisms. It has been shown to lower total cholesterol. Barberry helps to reduce the “bad” cholesterol and triglycerides. Barberry has been used for the treatment of diabetes because berberine helps lower blood sugar levels. Berberine also increases insulin sensitivity which helps the cells utilize blood sugar. Barberry was traditionally used to help UTIs. Barberry is a natural diuretic that allows the body to flush out harmful bacteria while its natural anti-inflammatory action soothes inflamed urinary tissues. Barberry makes an excellent compress for inflammatory eye conditions such as conjunctivitis. Barberry has been used for gingivitis and plague.

Barberry can stimulate and regulate the digestive system. Barberry is useful for diarrhea brought on by food poisoning or by bacteria (traveler’s diarrhea). It has been used for stomach upset, heartburn, and loss of appetite.

Barberry helps eliminate toxins from the liver and aids in the secretion of bile. Barberry has been used in the treatment of acne due to its action on the liver. It is helpful for inflammation of the gallbladder.

Barberry has been used as a medicinal plant for thousands of years. The shrub is native to Asia but has become established in many countries including the United States. It was brought to America by settlers in the 1600s and soon escaped cultivation. It was used as a food source and as medicine.

Barberry contains the chemical berberine. Berberine is an important constituent of Barberry and is responsible for a large part of the long list of healing properties of this plant. Barberry is considered a good substitute for Goldenseal in herbal preparations. Both plants contain berberine and have similar medicinal properties.

Plants containing berberine always show a broad spectrum of antibiotic activity. The action of berberine is considered stronger than that of modern antibiotics, without negative side effects. Effectiveness against strep and staph is a hallmark of berberine-containing plants and usually requires only low doses for effectiveness. Berberine shows a significant inhibitory effect on E. coli. Barberry can inhibit harmful bacteria in any body system from attaching to cells and it reduces its growth.

CAUTIONS:

Barberry is not recommended for those who are pregnant or breastfeeding. Barberry has known interactions with different types of medications in various and variable ways so careful research is needed prior to taking Barberry with any medication.