

QUICK REFERENCE SHEET

BUCHU

Agathosma betulina



Part Utilized:
Leaf



PROPERTIES:

Antilithic, Astringent, Stimulant, Diuretic, Tonic (urinary), Emmenagogue

SYSTEMS AFFECTED:

acne, kidney and bladder issues, cystitis, candida

POSSIBLE USES:

improving memory, heightening brain function and learning abilities, ADHD, improving dementia symptoms, lessening anxiety, colds, chest congestion, bronchitis, concentration, stress management, sleep patterns, high blood pressure, as a sleep aid, reducing fevers

INGREDIENT IN:

AC, KB

GENERAL INFORMATION:

Buchu's main medicinal value is in the treatment of urinary and prostate disorders. It is said to absorb excessive uric acid, reducing pain and bladder irritation and that horrible burning and scalding sensation. Buchu is a diuretic that also acts as an astringent and disinfectant to the mucous membranes of the urinary tract. Buchu tea may be used as a douche to relieve the itching and burning of a candida problem until it can be done away with.

Although a wonderful herb for the kidneys and bladder, Buchu is listed as a mild uterine stimulant. Perhaps, in most cases, it should be avoided during pregnancy.