

## QUICK REFERENCE SHEET

# GOLDENSEAL LEAF

*Hydrastis canadensis*



Part Utilized:  
Leaf



### PROPERTIES:

Antiseptic

### SYSTEMS AFFECTED:

Eyes, Urinary Tract

### POSSIBLE USES:

as a tea, as an addition to formulas for the eyes

### INGREDIENT IN:

EB

### GENERAL INFORMATION:

Typically it is the root (rhizome) that is used with Goldenseal. However, the root would be inappropriately strong for use as an eyewash, but the wonderful anti-infectious properties of this amazing herb make it essential to formulas designed to clear up eye infections and irritations. Goldenseal, added to an herbal formula, increases the tonic properties of the herbs for the specific organs that are being treated. This is much like the action of Lobelia. However, Goldenrod does not have the nervine properties associated with Lobelia, and sometimes those nervine properties are not needed or would be overwhelming.