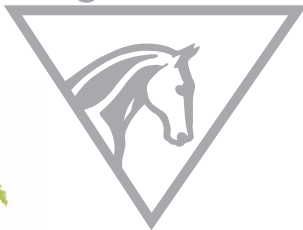


EQUISTRO®



Parts used: Leaf

Botany

The plant is common in most temperate regions of the world. The plant grows from 60 to 150 cm high and has a winter hard rhizome. The flowers are greenish-white in axillary, clustered, hanging panicles.

Constituents

Contains flavonoids (including rutin, isoquercitrin, astragalgin), silicic acid (1-4%), volatile oils (2-methylhept-2-en-6-on), potassium and nitrates.

Possible Interactions

Herbs - Possibly herbs with clotting potential. Drugs - Possibly antidiabetic, antihypertensive CNS depressant drugs.

Comments

Approved by the German Commission E in arthritic ailments and as irrigation therapy for inflammatory disease of the lower urinary tract. A double-blind, study for patients with osteoarthritis pain indicated that reductions in visual analogue scale scores for pain and in a health assessment questionnaire score were significantly better for the stinging nettle group. An open study of patients with myocardial or chronic venous insufficiency were shown to have a statistically significant increase in daily volume of urine after treatment with stinging nettle extract. It has been proposed that the diuretic activity of aqueous extracts of nettle may be attributed to the high potassium content.

STINGING NETTLE *URTICA DIOICA*

➔ Pharmacopoeia and Other Monographs

ESCOP 2003, BP 2007, Ph Eur 2007, The German Commission E, USP29/NF24

Vétoquinol



Signe de Passion