

Barberry

Latin Name: Berberis vulgaris

LIVER; BLOOD PURIFIER; BLOOD PRESSURE; URINARY TRACT

USE Root Bark, Berries

Native of Europe; Naturalized to Asia; New England States in the U.S.
Likes Rocks and hard, gravelly soils

HISTORY

- 1) ANCIENT EGYPT: FEVER; Used with Fennel to prevent PLAGUE
- 2) ITALIANS: HOLY THORN, according to legend, used in SAVIOR'S CROWN of thorns
- 3) AMERICAN INDIANS: LIVER; JAUNDICE
- 4) NEW ENGLAND STATES: TONICS; JAUNDICE; Chronic DIARRHEA; DYSENTERY
- 5) (1603) DANISH PHYSICIAN, Simon Paulli: FEVER

QUALITIES

- 1) NUTRIENTS: Vitamin C; Manganese; Phosphorus; BERBERINE(a bitter alkaloid); a little Tannin
- 2) Bitter STOMACH Tonic; Regulates Digestion; Removes Waste and Bowel obstruction; Constipation; Diarrhea; Colic; Mild Laxative; Worms
- 3) LIVER; Gall Bladder
- Free BILE FLOW; Lowers LIVER STRESS contaminated with impure blood; JAUNDICE; BLOOD PURIFIER; ANEMIA
- 4) SPLEEN Inflammation; Enlargement
- 5) UT; Kidney Stones; Infections
- 6) Opens BRONCHIOLES
- 7) CIRCULATION
- DILATES Blood vessels; Lowers BLOOD PRESSURE; Stimulant on Heart and intestinal Smooth Muscle; Better Circulation; TONIC
- 8) Astringent; Antiseptic; ANTIBACTERIAL; Supports Mucous Membranes; Sore Throats (gargle); Mouth sores; Fevers
- 9) Gently eases discomfort and soreness

Safety: If separated out and taken in excess, BERBERINE may cause depression, nausea, vomiting, diarrhea, spasms, death

Barberry References

Herb History and General Information

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Christopher, Dr. John R., *School of Natural Healing*. Provo, Utah: BiWorld Publishers, Inc.; 1976. Also, 20th Revised and Expanded Anniversary Edition, Springville, Utah: Christopher Publications, Inc.; 1996

Felter, Harvey Wickes, M.D., and John Uri Lloyd, Phr. M., Ph.D., *King's American Dispensatory*; 1898. See excerpts at <http://www.henriettes-herb.com> accessed July 31, 2014

Grieve, M., *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at www.botanical.com accessed July 31, 2014

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Studies

Ivanovska 1995 at www.pubmed.gov accessed July 30, 2014. Berberidaceae roots have been used in European folk medicine for inflammation. Total ethanol extract inhibited induced edema. Berberine suppressed a delayed type hypersensitivity more than oxyacanthine

Luo 1998 at www.pubmed.gov accessed July 30, 2014. Berberis is widely used in Chinese folk-medicine as leukogenics, anti-arrhythmics and anti-hypertensives. Berbermine suppressed delayed type hypersensitivity reaction, mixed lymphocyte reaction and prolonged allograft survival

Sheng 1997 at www.pubmed.gov accessed July 30, 2014. Pyrimethamine effect on chloroquine-resistant malaria was increased more by berberine (74%) than by tetracycline (67%) or cotrimoxazole (48%) in a randomized clinical trial with 215 patients