

# Buchu

*Latin Name: Barosma betulina*

CLEANSING; Urinary Tract

Use LEAVES

Evergreen Shrub Native to Mountain Slopes of South Africa; Cultivated in So. America

## HISTORY

- 1) Native Bushmen of South Africa: Stimulant; Tonic; Stomach remedy; Decoction for WOUNDS; Powder used as PERFUME
- 2) 1790 Exported to Britain; 1821 in British Pharmacopoeia; CYSTITIS; URINARY TRACT INFLAMMATORY and MUCOUS conditions; GOUT
- 3) Around 1850: Marketed in America

## QUALITIES

- 1) Components: MINT-like Smelling VOLATILE OIL; MUCILAGE (Soothing); DIOSPHENOL (Antiseptic properties)
- 2) CLEANSING; DIURETIC; Water Retention; Excess URIC ACID; Increases PERSPIRATION
- 3) URINARY TRACT: Soothing; UT Infections; Stones
- 4) PELVIC Conditions: STOMACH CRAMPS; Colic; LOWER BACK and LOIN Discomfort  
- INFLAMMATIONS; KIDNEYS; PROSTATE; PELVIC NERVE; Rheumatism  
- TONIC; ASTRINGENT; DISINFECTANT to MUCOUS MEMBRANES
- 5) OTHER  
- First stages of DIABETES

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## Buchu References

### *Herb History and General Information*

*The Complete German Commission E Monographs, Therapeutic Guide to Herbal Medicine*, Austin, TX: American Botanical Council; 1999

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 23, 2014

Foster, Steven and Rebecca L. Johnson, *Desk Reference to Nature's Medicine*. Washington, D.C.: National Geographic; 2006; pp 66-67

Grieve, M. *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at [www.botanical.com](http://www.botanical.com) accessed July 22, 2014

Ritchason, Jack, N.D. *The Little Herb Encyclopedia*. Pleasant Grove, Utah: Woodland Health Books; 1995; p 37

### Studies

Studies are lacking. Several articles on traditional and present-day use are available, as of October 25, 2014.