

Urinary stones ttt

Ca Oxalate	Ca phosphate	Uric acid
Avoid oxalate rich foods such as tomatoes, spinach, mango, nuts or chocolate.	Acidify urine by eating cranberries .	Alkalize urine using cherries, strawberries, apple juice
		Avoid purine rich foods (red meat, fish)
According to stone types.		

Early stage BPH.

Saw palmetto fruits
A.I.: lipophilic extract with unsaturated FA & plant sterols.
MOA: inhibits 5-a-reductase --> testosterone is not converted into 5-a-dihydrotestosterone which enlarges the prostate.
Safety: safe on men. Unknown safety for women & children.
Differential diagnosis is needed between BPH & prostate cancer. It's done through PSA measurements.
Free, high PSA level: BPH
Complete PSA: prostate cancer

Herbal urinary anti-septics

1. Uva Ursi "bearberry" leaves
A.I.: phenolic glycoside arbutin hydrolyzed into phenolic anti-septic hydroquinone .
Gallotannins : astringent compound that shrinks inflamed tissue (diuretic effect) .
Only effective in alkaline urine, so not combined with cranberry juice .
A.E: N/V
CI: 1. Pregnant, 2. Lactation, 3. Children <12
Standardized to 20% arbutin extract and consumed for max 1 week to avoid liver damage (hydroquinone) .
Uva-Ursi + dandelions= reduced cystitis in elderly women.

Herbal urinary anti-septics

2. Cranberry juice
Only a preventative measure. Shows 75% improvement in recurrent UTI after daily drinking for 3 weeks .
A.I.: acids, anthocyanidins pigment, Pro-anthocyanidins (PAC), fructose.
MOA:
- PAC (tannin polymers) block bacterial adherence to UTI lining.
- Acids render urine acidic.
Standardized extract of 36 mg PAC . Dose is 300-400 mg caps twice daily.

Herbal urinary anti-septics

3. Buchu leaves
A.I.: flavonoids (rutin-diosmetin-diosmin) V.O. (limonene-diosphenol)
Uses: diuretic, antibacterial, anti-inflamm.
To note: causes burning sensation & minor bleeding.

