

# Solidago (Homeopathic)



## Recommended Use:

- Infections (bladder, UTI)
- Bladder conditions
- Prostate conditions
- Urinary tract disorders
- Kidney function

Solidago is a homeopathic combination formulated for the urinary bladder, urinary tract and kidneys. It is recommended for all kidney affections and acute and chronic infections of the urethra, pyelitis, cystitis, urine retention and prostate conditions. Solidago works through anti-inflammatory effects, by stimulating diuresis and excretion of matter eliminated with the urine, stops cramps of the urinary passages, protects the epithelium coating and prevents the formation of crystallized materials.

Other common symptoms that Solidago can be used for include burning in the urethra, pain or burning during or at the end of urination, frequent urination or urging, bloody urine or discharge, enuresis, prostate hypertrophy, and renal colic. Cystitis is common among women and children with bacterial infections as the most common cause, however, predisposition to urinary calculi or renal gravel may increase the risk for infections and inflammations in the urinary tract.

### Clinical Pearls:

For acute bladder and urinary tract symptoms, take 40 drops of Solidago four to five times daily in 8 oz. of water between meals until symptoms resolve. This is a fast acting remedy.

For acute kidney symptoms, take 40 drops of Solidago four to five times daily in 8 oz. of water between meals for two weeks. It is suggested that kidney drainage continues for three to six months, so after two weeks reduce to 40 drops two times daily for six weeks and finally 40 drops once daily for two months.

As Solidago acts as mild diuretic, it should be taken with 8 oz. of lukewarm water and in between meals.

For enlarged prostate with difficult urination or frequent getting up during the night, combine 40 drops of Solidago with 25 drops of Sabal Serrulatum in 8 oz. of water and take four to five times daily for a minimum of two months. Add a proteolytic enzyme three times daily to decrease inflammation as clinical experience shows that this combination will bring fast and effective relief for the patient.

For gout, combine 40 drops of Solidago with 20 drops of Polygonum and take two to three times daily.

For arthritic conditions and gout, combine all contents of Aesculus (improve circulation), Polygonum (anti-inflammatory, joints), and Solidago (kidneys) one large 8 oz. (236 mL) bottle and take one teaspoon mixed in 8 oz. of water three times daily. In acute conditions, take two teaspoons five times daily.

The combination of Solidago or Bucco increases kidney function. It can be used during heavy metal detoxification and chelation therapy.

### Ingredients:

- Solidago virgaurea
- Borax
- Cantharis

### Uses:

- Pain in regional kidneys and bladder.
- Urine with pungent smell, albuminuria.
- Nephritis with bloody urine, constant desire to urinate.



### Medicinal ingredients:

Uva ursi (leaves) . . . . .	D1
Solidago virgaurea (flowering tops) . . . . .	D1
Sabal serrulatum (fruit) . . . . .	D1
Populus tremuloides (bark and leaves) . . . . .	D2
Pareira brava (root) . . . . .	D3
Staphysagria (seeds) . . . . .	D3
Herniaria glabra (dried plant) . . . . .	D4
Cantharis (insect whole body) . . . . .	D4
Terebinthina (turpentine oil) . . . . .	D6
Borax (sodium borate decahydrate) . . . . .	D8

**Non-medicinal Ingredients:** Purified water/eau purifiée, ethanol/alcool éthylique.

**Recommended dose (adults):** Take 40 drops in water 3 times daily. For acute conditions, take 40 drops in water 5 times daily or as directed by a health care practitioner.

**Children (3 - 11 years):** Take 20 drops in water 3 times daily. For acute conditions, take 20 drops in water 5 times daily or as directed by a health care practitioner.

**Caution/warnings:** Consult a health care practitioner if symptoms persist or worsen. Consult a health care practitioner before use if you are pregnant or breast feeding.

**Ingredients:****Uses:**

Herniaria glabra	Burning in the urethra, frequent urinations.
Pareira brava	Renal colic, prostatic affections and catarrh of the bladder, constant urging.
Populus tremuloides	Pain behind the pubis at end of urination; urine contains mucus and pus.
Sabal serrulatum	Irritation of the genito-urinary organs; enuresis; prostatic hypertrophy.
Staphysagria	Pressure upon bladder; feels as if it did not empty; burning in urethra during micturition
Terebinthina	Urethritis; inflamed kidneys following acute diseases.
Uva ursi	Cystitis with bloody urine and discharges. Sepsis, exhaustion, neuralgia.