

| Table 1 | | | | |
|--|--|---|---|---|
| Herbal Antimicrobials | | | | |
| Herb | Dosage | Pathogenic Organisms | Notes | Caution |
| <i>Scutellaria baicalensis</i> | 3-30 g (9 g generally sufficient) (aqueous extraction) | Broad spectrum antimicrobial, including uropathogens <i>Klebsiella</i> , <i>Proteus</i> , <i>Mycobacterium smegmatis</i> , <i>Candida albicans</i> , <i>E. coli</i> , and <i>S. aureus</i> . ^{1,2} | Traditionally considered safe during pregnancy unless there is thyroid insufficiency. Should be considered where there are signs of inflammation. | If GI upset, reduce dosage or discontinue. Closer monitoring is required if there are no signs of inflammation or if there are signs of thyroid insufficiency. |
| <i>Poria cocos</i> | 9-12 g | <i>E. coli</i> , <i>proteus</i> , <i>chlamydia</i> , and <i>S. aureus</i> (including MRSA). ² | Mild diuretic action. Generally does not cause GI disturbances. | |
| <i>Forsythia</i> | 6-15 g | Broad spectrum antimicrobial, including uropathogens <i>E. coli</i> and <i>proteus</i> . ² | Particularly indicated where significant inflammation is present (eg, fever, swelling, burning). May also help prevent or treat nephritis. | If GI upset, reduce dosage or discontinue. Use with caution if patient presents with diarrhea or there are no signs of inflammation. |
| <i>Polyporus</i> | 5-10 g (aqueous extraction) | <i>E. coli</i> , <i>S. aureus</i> , <i>chlamydia</i> ^{2,3} | Stronger diuretic action than <i>Poria cocos</i> | Important to ensure proper hydration when using this herb. |
| <i>Dianthus (superbus, sinensis, caryophyllus)</i> | 5-10 g (aqueous) | <i>Chlamydia</i> (sup.), ³ <i>E. coli</i> (sin.), ⁴ <i>Klebsiella</i> and broad spectrum gram (-) and (+) bacteria (cor.) ⁵ | Not enough pharmacologic research on this herb, but very effective clinically in combination with other herbs. | Contraindicated during pregnancy (unless inducing labor) as it stimulates uterine contractions. |
| <i>Forskolin</i> | 100-500 mg/day in divided doses. | | This herb is used to help eject organisms from the bladder epithelium and make them more susceptible to other therapies. ⁶ Should be combined with other antimicrobials. | Do not use concurrently with calcium channel blockers or nitrates. IV forskolin was used to eject <i>E. coli</i> from bladder epithelium. If administering orally, higher doses may be necessary. |
| References 1. Franzblau SG, Cross C. Comparative in vitro antimicrobial activity of Chinese medicinal herbs. <i>J Ethnopharmacol.</i> 1986;15:279-288. 2. Chen JK, et al. Chinese medicine herbology and pharmacology. City of Industry: Art of Medicine Press, 2004. 3. Li JJ, et al. Inhibitory activity of <i>Dianthus superbus</i> L. and 11 kinds of diuretic traditional Chinese medicines for urogenital chlamydia trachomatis in vitro. <i>Zhongguo Zhong Yao Za Zhi.</i> 2000;25:628-630. 4. Cho HJ, et al. Isolation and characterization of cDNAs encoding ribosome inactivating protein form <i>Dianthus sinensis</i> L. <i>Mol Cells.</i> 2000;10:135-141. 5. Bonjar GH. Antibacterial screening of plants used in Iranian folkloric medicine. <i>Fitoterapia.</i> 2004;75:231-235. 6. Eto DS, Mulvey MA. Flushing bacteria out of the bladder. <i>Nat Med.</i> 2007;13:531-532. | | | | |

lips and eyes were dry. HbA1c was normal with a fasting blood sugar of 105. Patient was prescribed the following regimen:

- Discontinue cranberry juice
- Low glycemic diet (avoid all fruit and grains for 2 months)