

BIRCH LEAVES

Betulae folium



Areas of application

- Blood disorders
- Urinary tract disorders, cystitis, kidney stones
- Skin conditions
- Rheumatic diseases
- Metabolic disorders
- Spring fatigue
- Hair loss

Family

(Betulaceae)

Based in

Asia, Europe, North America

Plant parts used

Leaves (the buds, bark and sap of the birch tree can also be used).

Ingredients

Bitter compounds, flavonoids, tannins, potassium, calcium, phytosterols, saponins, terpenes and vitamin C.

Usage/Indications

Birch leaves (Betulae folium) are mainly sourced from the silver birch (*Betula pendula*) and the downy birch (*Betula pubescens*). In herbal medicine, they are traditionally valued for their diuretic, purgative and metabolism-boosting properties. These effects are primarily attributed to flavonoids, saponins, tannins and essential oils.

Birch leaves are primarily used for urinary tract complaints, as a supportive treatment for cystitis, and for flushing therapy in cases of kidney stones. They are also used as an adjunct in the management of rheumatic complaints, as the increased excretion of metabolic waste products can help alleviate symptoms. In folk medicine, Birch leaves are also regarded as a 'spring herb' for gently cleansing the body and stimulating the metabolism. It is important to ensure adequate fluid intake during use. However, flushing therapy should not be undertaken in cases of oedema resulting from impaired heart or kidney function.

Good to know



Birch leaves naturally contain flavonoids, which support their powerful cleansing effect, yet act gently and rarely lead to a loss of essential minerals. It is precisely this mild yet effective action that makes them one of the classic plants used in spring detoxes to this day.

Side effects/Contraindications

Birch leaves are generally well tolerated. In rare cases, mild allergic skin reactions or increased urination may occur. They should be used with caution, or only after consulting a healthcare professional, in cases of impaired kidney or heart function, severe dehydration or an allergy to birch.

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