

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> , proteus, chlamydia, and <i>S. aureus</i> (including MRSA). ²	Mild diuretic action. Generally does not cause GI disturbances.	
Forsythia	6-15 g	Broad spectrum antimicrobial, including uropathogens <i>E. coli</i> and proteus. 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.
Polyporus	5-10 g (aqueous extraction)	<i>E. coli</i> , <i>S. aureus</i> , chlamydia ^{2,3}	Stronger diuretic action than <i>Poria cocos</i>	Important to ensure proper hydration when using this herb.
Dianthus (superbus, sinensis, caryophyllus)	5-10 g (aqueous)	Chlamydia (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.
Forskolin	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

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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 *Dianthus superbus* L. and 11 kinds of diuretic traditional Chinese medicines for urogenital chlamydia trachomatis in vitro. *Zhongguo Zhong Yao Za Zhi.* 2000;25:628-630.
4. Cho HJ, et al. Isolation and characterization of cDNAs encoding ribosome inactivating protein form *Dianthus sinensis* L. *Mol Cells.* 2000;10:135-141.
5. Bonjar GH. Antibacterial screening of plants used in Iranian folkloric medicine. *Fitoterapia.* 2004;75:231-235.
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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)