

Goldenrod Herb

Also known as

Solidago virgaureae, *Solidago Canadensis*, Canadian goldenrod, Julia's Goldenrod, and Salebrosa Goldenrod, Wound Wort.

Introduction

The botanical name *Solidago* comes from the Latin term *solidare*, to make whole. The plant grows 2 to 3 feet (60 to 90 cm) high, with alternating leaves and panicles of golden flowers on top. The German E Commission monograph indicates that it is used for inflammatory diseases of the lower urinary tract. Historically, it has also been used as a diuretic, an anti-inflammatory, an antiseptic, an astringent and an anti spasmotic. It grows wild in Europe, parts of Asia and North America, but most medicinal varieties are grown in Eastern Europe. In Europe it is part of a brew known as "Blue Mountain Wine". The Native Americans brewed it as a tea for sore throat and fatigue. In the Americas, after the Boston Tea Party, the colonists, having just gotten rid of their favorite beverage, made a tea of goldenrod and called it "Liberty Tea". It was also used as a dye amongst the colonists. Other legends tell that the stem could be used by some as a divining rod, and that when it grows near a house, the occupants will be granted good fortune.

Constituents

Flavonoids, including kaempferol, rhamnetin, quercetin, quercitrin, astragalin, and afzetin; also saponins, essential oil, germacrene, pinene, limonene, hydroxycinnamic acid, caffeic acid, and tannins.

Parts Used

The above-ground parts of the plant, ground and chopped.

Typical Preparations

Traditionally used as a tea, sometimes available in tea bags. The tea should be drunk between meals. May also be taken as a capsule or extract.

Summary

The traditional use of goldenrod was to treat kidney stones. Grieve's Modern Herbal notes that in 1788 a boy of ten, after taking the infusion for some months, passed quantities of gravel, fifteen large stones weighing up to 40 grams (1-1/4 ounce), and fifty over the size of a pea. The flavonoids and saponins in the herb help relieve inflammation throughout the urinary tract while acting as a mild diuretic.

Precautions

Do not use during acute attacks of kidney stones or other kidney disorders.

Botanical: *Solidago virgaurea* (LINN.)

Family: N.O. Compositae

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---**Synonyms**---Verge d'Or. Solidago. Goldrute. Woundwort. Aaron's Rod.

---**Part Used**---Leaves.

---**Habitat**---Europe, including Britain. Central Asia. North America.

---**Description**---The generic name comes from *solidare*, for the plant is known as a vulnerary, or one that 'makes whole.' It grows from 2 to 3 feet in height, with alternate leaves, of a clear green, and terminal panicles of golden flowers, both ray and disk. It is the only one (of over eighty species) native to Great Britain.

The leaves and flowers yield a yellow dye.

When bruised, the herb smells like Wild Carrot.

---**Constituents**---The plant contains tannin, with some bitter and astringent principles.

---**Medicinal Action and Uses**---Aromatic, stimulant, carminative. Golden Rod is an ingredient in the Swiss Vulnerary, *faltrank*. It is astringent and diuretic and efficacious for stone in the bladder. It is recorded that in 1788 a boy of ten, after taking the infusion for some months, passed quantities of gravel, fifteen large stones weighing up to 1 1/4 OZ., and fifty over the size of a pea. It allays sickness due to weak digestion.

In powder it is used for cicatrization of old ulcers. It has been recommended in many maladies, as it is a good diaphoretic in warm infusion, and is in this form also helpful in dysmenorrhoea and amenorrhoea. As a spray and given internally, it is of great value in diphtheria.

---**Dosage**---1/2 to 1 drachm of the fluid extract.

---**Other Species**---

S. Rigida, Hardleaf Goldenrod, and *S. Gigantea*, Smooth Three-Ribbed Golden Rod, have leaves and blossoms which are valuable for all forms of haemorrhage, being astringent and styptic. The oil is diuretic.

S. Odora or Sweet-scented, or Fragrantleaved Goldenrod, also of the United States, is used as an astringent in dysentery and ulceration of the intestines. The essence has been used as a diuretic for infants, as a local application in headache, and for flatulence and vomiting. The flowers are aperient, tonic, and astringent, and their infusion is beneficial in gravel, urinary obstructions, and simple dropsy.

S. Canadensis, or Gerbe d'Or, of Canada, and *S. sempervirens* of North America, are used as vulneraries.

RAYLESS GOLDEN ROD is an American name for *Bigelovia*.

GOLDEN ROD TREE is *Bosea Yervamora*.

GOLDEN ROD is also the common name of *Leontice Chrysogonum*.