Herb Monograph Latin Name: Agropyron repens

Common Name: Couch Grass

Primary Action	diuretic
Secondary Actions	Demulcent, anti-microbial, tonic
System Affinities	Renal, male reproductive,
Conditions Treated	Edema, dysuria, cystitis, gall stones, kidney stones, BPH
Constituents	Phenolic compounds, saccharides
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	whole plant
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.