Herb Monograph Latin Name: Alisma plantago-aquatica

Common Name: Water Plantain, Ze Xie

Primary Action	diuretic
Secondary Actions	anti-inflammatory
System Affinities	Renal, reproductive
Conditions Treated	Painful urinary dysfunction, diarrhea
Constituents	Tetracyclic triterpenes, sesquiterpenes, amino acids, fatty acids
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	4 g to 9 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.