Herb Monograph Latin Name: Euphrasia officinalis

Common Name: Eyebright

Primary Action	astringent
Secondary Actions	anti-inflammatory
System Affinities	immune
Conditions Treated	any congestion or masses on mucus membranes
Constituents	conjuctivitis, sinusitis, styes
Tincture Daily Dose	3 mL to 12 mL
Tea Daily Dose	4 g to 6 g
Parts Used	aerial parts
Can Be Substituted With	Capsella bursa-pastoris (shepherd's purse)
Pairs Well With	Matricaria recutita as topical poultice or wash for pterygium and pinguecula; small amount of black tea Camillia sinensis may also be added



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