

gout, incontinence, kidney stones, leucorrhea, metrorrhagia, nephritis, and urethritis.^{32,48} It should be used for cystitis only when the urine is alcalic, not in acute catarrh of the bladder.²⁷ Users should avoid eating acid food. Homeopaths recommend bearberry in cystitis, dysuria, hematuria, incontinence, pyelitis, urethritis, and urogenital disorders.^{30,33}

Contains 5 to 18% arbutin, a hydroquinone, methyl-arbutin, ericinol, ericolin, ursone (crystalline substance of resinous character) allantoin, gallic acid, malic acid, quinic acid, ursolic acid, ursone, ellagic acid, a yellow coloring principle resembling quercetin, uvaol; also hyperin, isoquercetin, myricetin, myricitrin, corilagin pyroside. Tannin content reported at 6 to 40%. Tyler suggests 15 to 20%, recommending that the leaves not be extracted with hot water, but left to steep in cold water for 12 to 24 hours to minimize the tannin content in the beverage.³⁷ Resins and waxes are also present.

Toxicity — Arbutin hydrolyzes to yield hydroquinone which is the active urinary disinfectant. Hydroquinone, however, is toxic causing collapse, convulsion, delirium, nausea, tinnitus, possibly even death.²⁹ Bearberry leaves should not be used without a doctor's advice; "excessive dosing and long term use can cause chronic impairment of the liver, especially in children."⁴⁵ "Large doses are oxytocic."⁴²