

Bilberry

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Bilberry is a perennial, ornamental shrub commonly found in various central and northern climates throughout Europe, Asia and North America. The Bilberry plant has wax-like flowers with leathery-type leaves bearing small, round fruit that is bluish-black in color. There are over 100 different species worldwide, and in the United States, Bilberries are commonly referred to as Huckleberries. Bilberries are used in making jams, preserves, liqueurs, and wines, and has been used as a medicinal herb since the 16th century. Care: The Bilberry plant prefers filtered shade and moist, fertile soil that is acidic and non calcareous. Part Used: Berries, leaves.

Other Names: Bilberry, Whortleberry, Blueberry, Burren Myrtle, Dyeberry, Hurtleberry, Wineberry, Black Whortles, Hurts, Bleaberry, Airelle, Trackleberry

{mospagebreak title=Potential Uses}

Potential Uses:

- For vascular and blood disorders, showing positive effects when treating varicose veins, thrombosis, and angina
- As a remedy for poor vision and "night blindness." It may help with eye diseases such as retinitis, glaucoma, and myopia, since it improves microcirculation
- As a treatment for mild inflammation of the mucous membranes of the mouth and throat
- To treat diarrhea and soothe the digestive tract, Bilberry tea is administered
- Leaves and berries are used in the homeopathic treatment of Diabetes Mellitus (attributed to the chromium content found in Bilberry)

{mospagebreak title=Presumed Mechanism}

Presumed Mechanisms:

- Bilberry contains flavonoids and anthocyanin which help prevent capillary fragility, thin the blood, and stimulate vasodilator release.
- Anthocyanin (an antioxidant) may lower blood pressure, reduce clotting, and improve blood supply to the nervous system.

{mospagebreak title=Precautions}

Precautions:

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Bilberry contains glucoquinine, which may lower blood sugar.

Bilberry is also high in tannin content.

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