

# Arctostaphylos uva-ursi

**Arctostaphylos uva-ursi**, commonly known as Bearberry or Uva Ursi, is a low-growing evergreen shrub native to Europe, Asia, and North America. It has been traditionally used in herbal medicine for urinary tract support and antimicrobial wellness applications. Today, Uva Ursi remains widely utilized in herbal supplements and urinary-support formulations worldwide.

## Key facts

- **Scientific name:** *Arctostaphylos uva-ursi*
- **Common names:** Bearberry, Uva Ursi
- **Family:** Ericaceae
- **Active compounds:** Arbutin, tannins, flavonoids
- **Typical forms:** Teas, capsules, extracts, tinctures

## Botanical characteristics

*Arctostaphylos uva-ursi* is a creeping evergreen shrub with leathery leaves and bright red berries. The leaves are primarily harvested and processed into medicinal preparations used in traditional and modern herbal medicine.

## Traditional and modern uses

Traditionally, Uva Ursi has been used to support urinary tract health and soothe bladder-related discomfort. In modern herbal medicine, it is commonly promoted for urinary wellness and antimicrobial support formulations.

## Mechanism and research

Research suggests that arbutin may be metabolized into hydroquinone-related compounds with antimicrobial properties in the urinary tract. Clinical studies have explored Uva Ursi for urinary wellness support, although additional research remains ongoing.

## Safety and regulation

Uva Ursi should generally be used only for short-term applications due to the hydroquinone-related compounds it contains. Excessive or prolonged use may contribute to gastrointestinal irritation or liver-related concerns. Pregnant individuals and children should avoid use unless supervised by healthcare professionals.

## Culinary and supplement context

*Arctostaphylos uva-ursi* is primarily utilized in herbal teas, capsules, extracts, and urinary-support products rather than culinary applications. It remains widely recognized within traditional and modern herbal wellness markets.