



Corn silk (Zea mays)

Corn silk is also known as mother's hair, Indian corn, maize jagnog, Turkish corn, yu mi xu, and stigmata maydis.



The Indians of Central and South America, where the food crop is native, praised corn as a gift from the gods. The Incas used corn silk, the soft strands surrounding an ear of corn, as a healing herb, reports Garilasco de la Vega (1539-1610). Some historians believe that corn has grown for more than 7,000 years in North America. The venerable plant's stigmas, the Corn Silk, have long been used in folk medicine to treat urinary conditions including inflammation of the bladder and painful urination.

The urinary system responds very well to corn silk, partly due to the presence of significant amounts of the essential mineral potassium in the corn silk. Also due to its diuretic action - the corn silk can serve as a general remedy for the majority of problems likely to affect the urinary system. The flow of urine and the elimination of toxins are increased by corn silk, while it also relaxes and soothes the muscular lining of the urinary tubules and the muscular urinary bladder itself. This action helps to relieve physical irritation in the bladder and improves the condition. Corn silk works to alleviate irritation at the site or localized area in those cases where a chronic irritation affects the urinary bladder and the urethral walls leading to the frequent urination.

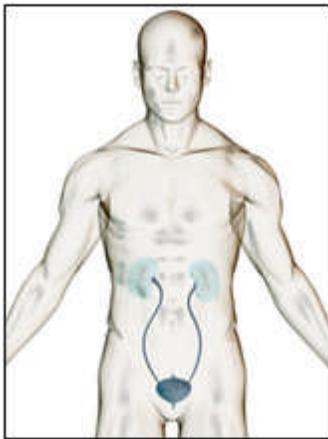
A strong antiseptic and ameliorative action is present in corn silk. At the same time, properties in corn silk remove toxins from the body, in the treatment of congestion and catarrh, in the reduction of deposits and irritants from the kidneys and urinary bladder – the detoxification power of the corn silk is extremely valuable in a variety of ways. Corn silk has been effectively used in the removal of urinary stones and accumulated gravel in the urinary tract. It is also used extensively where chronic bladder irritation and physical bladder weakening have led to the development of a frequent need for urination and perhaps to the display of sudden bedwetting. Corn silk also acts locally on the prostate relating to disorders, which give rise to an inability to pass urine properly.

HOW IT WORKS IN THE BODY

The urinary tract region is the main area where the remedial actions of the corn silk are felt to the greatest extent. Various constituents of the corn silk perform different roles in the body. For example, the compounds called the saponins are said to be mainly responsible for all the anti-inflammatory action of the remedy and the compounds called the allantoin are the main healing agents in the corn silk as a remedy. A soothing effect as well as a demulcent action arises from the abundant mucilage in the corn silk. This serves to heal the irritated tissues and helps in tissue recovery. The overall diuretic effects of the herb is balanced by the presence of abundant quantities of the mineral potassium, the diuretic action affects the conditions of water retention in the body. The combination of an overall diuretic action and the presence of the mineral potassium benefits a variety of urinary tract disorders, and is useful in the treatment of cystitis and prostatitis and all other urinary tract infections. One essential blood-clotting factor in the body is vitamin K, which is a fat-soluble vitamin found in corn. This vitamin is essential for normal clotting of blood and the prevention of excessive bleeding following injuries.

Topical problems and skin irritations as well as inflammation can also be treated effectively and benefit from corn silk's healing and soothing abilities - as an external or topical treatment, corn silk is also excellent for rapidly healing wounds and all types of ulcers affecting the skin.

Corn silk also has served as a remedy for heart trouble, jaundice, malaria, and obesity. It has also been used to treat gonorrhoea. Since corn silk is used as a kidney remedy and in the regulation of fluids, the herb is believed to be helpful in treating high blood pressure and water retention. Corn silk is also used as a remedy for edema (the abnormal accumulation of fluids).



Historically, corn silk has been mainly used for urogenital infections. The active ingredient maizenic acid, is believed to act as a cardiac solution, which stimulates diuretic action in the body. Maizenic acid is known to effect the bladder and kidneys and helps the liver and intestines as well. Corn silk also contains Vitamins B, PABA, K, Silicon, and freed oils, resin, and mucilage.

Corn silk is used to treat urinary conditions in countries including the United States, China, Haiti, Turkey, and Trinidad. Corn silk is also used in the medical system of China, where problems such as internal fluid retention and jaundice are treated using the corn silk. Furthermore, in China, corn silk as a component in an herbal formula is used to treat diabetes. Other medical uses - Temporomandibular joint syndrome or TMJ.

Corn silk has been used for over a century for kidney problems, for acute and chronically inflamed bladder and prostate glands. Corn silk has the ability to remove gravel from the kidneys, urethra, bladder, and prostate gland. Corn silk has a cleansing effect on urea and

will neutralize scalding urine. Corn silk is an herb to turn to for urine retention, catarrh of the bladder, gonorrhoea, is useful in controlling inflammation and relieving pain. Corn silk will help when the urinary tract needs opening up or when there is mucus in the urine.

Physicians have used Corn silk as a diuretic and for conditions of cystitis. Corn silk is valuable in the treatment of renal and cystic inflammation.

CONSTITUENTS

- Flavonoids (maysin)
- Allantoin
- Alkaloids
- Saponins
- Volatile oil (about 0.2%)
- Mucilage
- Vitamins B, C and K
- PABA
- Potassium
- Silicon.
- It also has moderate amounts of Iron, Zinc, Potassium, Calcium, Magnesium and Phosphorus.

Precautions:

Do not use corn silk if you also take Lasix (furosemide).



NSP sells [Cornsilk](#) as well as [Urinary Maintenance](#) which is for urinary system and kidney support.

Yours in Good Health!

Sincerely,

Chris Ritchason
Dr. Jack & Verlyn Ritchason, Founders
The Back to Herbs Team

References

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