Eyebright

This seven-herb blend is built around eyebright, the herb it's named for, and formulated as a gentle eyewash for everyday eye discomfort — pink eye, styes, and the tired, irritated, watering eyes that come from allergies, screen time, or a long day. Each of the other six herbs supports that work in its own way, from soothing and toning the tissue to encouraging the eye's own circulation to carry waste away.

This Herbal Combination



Eyebright Flower and Herb — The formula's namesake and its most direct eye herb, with a long traditional history in eyewashes for pink eye and general eye irritation. It's astringent and anti-inflammatory, and naturally rich in vitamin A — sometimes called the "eye vitamin" — along with vitamin C and trace minerals.



Goldenseal Root — A traditional tonic and antiseptic for mucous membranes throughout the body, long used as an external cleansing agent for the eyes specifically. It brings a toning, cleansing action to the mix that works alongside eyebright's astringency.



Rue Flower — An old-world herb with a long folk reputation for supporting eyesight and easing eye strain — herbalists and herbal traditions going back centuries have paired rue with eye formulas for exactly this reason. It also lends a mild antispasmodic quality to the blend.



Mullein Flower — A soft, mucilage-rich flower known for its soothing, anti-inflammatory action on irritated tissue. In this formula it helps calm the discomfort that comes with pink eye and general eye irritation, balancing the more astringent herbs in the mix.



Red Raspberry Leaf — A gentle astringent and tonic herb, traditionally used to tone and tighten irritated tissue and support healing. It was part of the original eyebright eyewash formulas going back generations,

alongside eyebright and goldenseal.



Fennel Seed — Fennel tea has its own long folk history as an eyewash for irritated, inflamed eyes, valued for a gentle anti-inflammatory and mildly antimicrobial action. Here it adds that traditional eye-soothing quality to the rest of the blend.



African Bird Pepper — Used sparingly, for its traditional role as a circulatory stimulant. It encourages the eye's own tiny blood vessels, no wider than a hair, to flush more actively, which is part of how this formula helps carry waste out of the eye rather than just calming the surface.

How It Works

These seven herbs are chosen to work together rather than as separate remedies. Eyebright and Red Raspberry Leaf bring the astringent, toning action that tightens irritated tissue; Goldenseal adds its traditional cleansing, antiseptic quality; Mullein and Fennel Seed soothe and calm inflammation; Rue contributes its old folk reputation for supporting eyesight; and the small amount of African Bird Pepper encourages circulation into the eye. That last piece matters more than its small quantity suggests — when the eye's circulation is encouraged to flood in and then recede, it carries accumulated waste out with it, which is a large part of why members notice relief after even one flush.

The Traditional Recipe

This blend combines Eyebright Flower and Herb, Goldenseal Root, Rue Flower, Mullein Flower, Red Raspberry Leaf, Fennel Seed, and a smaller supporting amount of African Bird Pepper.

Eye Flush Instructions

Set up both eyecups at the same time, so you're not stopping partway through to prepare the second one. It also helps to have a cold, wet washcloth ready — wring it out from a small bowl of ice water and set it aside on a towel next to where you'll be sitting.

Add 1 to 3 drops of tincture to the eyecup first, then pour in the room-temperature distilled water on top — pouring the water in after the drops agitates the mixture so the tincture doesn't just sit undiluted on the surface.

Always flush both eyes, even if only one feels irritated. It's worth alternating which eye you start with each time — the second eye tends to resist opening a little more than the first, simply because it "noticed" what happened to the first one and shields itself out of habit, not because anything is wrong. Fit the first cup over the eye, tip your head back, and open the eye into the solution. If the eye wants to shut right away the first time, that's completely normal — let it settle for a moment and try again, resting the cold cloth over the eye in between if that helps. Then do the second eye the same way.

Expect a minute or two of noticeable sensation as you flush — more, the more irritated the eye is. That's the circulation flooding into the eye and then receding, carrying waste out with it, and it's exactly what you want happening. Once it settles, the eye feels noticeably better — no more grittiness or soreness. You can see this eye flush demonstrated in detail, step by step, in a video on my blog at www.daradietz.me.

From Dara's Practice

A friend once dropped by on an afternoon when I was deep in edits for my autobiography, nursing a burning case of pink eye she'd caught from her daughter, who had just started school. We went up to my room, where I keep my own bottle of Eyebright, and flushed her eye right there. The discomfort was gone almost immediately, and we went on to spend the next hour working through my manuscript edits together. She never once put that bottle down — held onto it in her hand through the entire conversation, and when I offered to send her home with a fresh one, she wouldn't hear of it. She pulled the cash out of her wallet right there and took the bottle she'd been holding instead. I still laugh about it — you could see exactly how much relief she felt just in how tightly she held on to it.

This information is provided for educational purposes as part of traditional herbal practice and is not intended to diagnose, treat, cure, or prevent any disease. Always consult a qualified healthcare provider regarding any health condition.

For more on this formula, see my blog post "An Herbal Eyewash for Tired, Irritated Eyes" at www.daradietz.me.