

HORSETAIL

(*Equisetum arvense*)

Clinical Summary

Actions

- Diuretic
- Astringent
- Bladder Tonic
- Anti-inflammatory
- Styptic

Indications

- Strengthen the urinary system, urinary tract infections, bladder infection, incontinence and bed wetting
- Support connective tissue and healthy bones, teeth and hair, arthritis, osteoporosis
- Healing wounds
- Enlarged prostate, prostatitis

Traditional Use

Horsetail is an ancient plant that has been around for about 200 million years earning it the title of 'living fossil'. As well as strengthening the urinary system, and supporting connective tissues, it works on the digestive system healing inflammation and ulcers, and in the respiratory tract where it was a traditional remedy for tuberculosis and coughing of blood.

Energetics

Neutral to cooling, drying.

Constituents

Minerals such as silica, potassium, calcium, aluminium, sulphur, magnesium, and manganese; flavonoids including kaempferol, quercetin and isoquercetin; phenolic acids including caffeic acid ester; phenolic petrosins; triterpenoids; pyridine alkaloids; phytosterols; thiaminase; and the saponin, equisetin.

Use in Pregnancy

No adverse effects expected.

Contraindications and Cautions

None known.

Drug Interactions

Caution with antidiabetic and diuretic drugs.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
15 to 80mL weekly