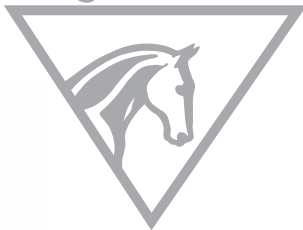


# EQUISTRO®



**Parts used: Flower, leaf**

## Botany

The plant grows wild in most of Europe, central, western and northern Asia. It is perennial growing up to 10 to 30 cm high. The yellow compound flowers are in small, solitary capitula.

## Constituents

Rich in mucilage (alkaloids) and other constituents notably tussilagine which has been reported to be a respiratory stimulant, flavonols, and tannins.

## Possible Interactions

Herbs - Hepatotoxic pyrrolizidine containing herbs. Drugs - Possibly anticoagulant/ antiplatelet drugs.

## Comments

Approved by the German Commission E for common cold, bronchitis and fever. Coltsfoot preparations have long been used to soothe sore throats. The mucilage is most likely responsible for the demulcent effect of the plant. Coltsfoot components have been found to increase the cilia activity in the frog oesophagus, and this action may contribute to the plant's expectorant effect. Coltsfoot polysaccharides and flavonoids have anti-inflammatory actions which are thought to result from the blocking of arachidonic acid metabolim.

## COLTSFOOT *TUSSILAGO FARFARA*

➔ Pharmacopoeia and Other Monographs  
The German Commission E, BHP 1983, BHC 1992

# Vétoquinol



*Signe de Passion*