

EQUISTRO®



Parts used: **Stems**

The name Equisetum is derived from equus, «horse,» and seta, «bristle.»

Botany

Grows throughout Europe and in Asia as far as Turkey and Iran.

Constituents

Contains more than 10% inorganic compounds, two-thirds of which are silicic acid and potassium salts. Also contains significant levels of selenium, manganese and magnesium. Flavonoids are also abundant including: apigenin, luteolin, quercetin and

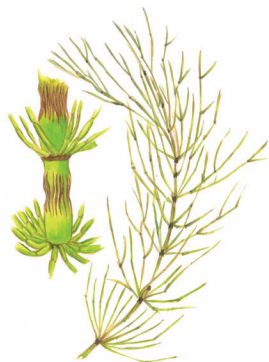
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Possible Interactions

Herbs - Possible with Areca (betel) nuts due to Increase in thiamine deficiency. Drugs - None known.

Comments

The Commission E approved internal use of horsetail herb in irrigation therapy for post-traumatic and static oedema and for bacterial infections and inflammation of the lower urinary tract. Horsetail extract is used medicinally to stimulate healing of broken bones, treat connective tissue injuries and to promote healthy eyes, hair, skin and nails. The essential element, silicon, is present in very large amounts in horsetail. Because silica is essential for growth and healing and is a major constituent of bones, cartilage, connective tissue and skin, horsetail is recommended to prevent and treat disorders pertaining to these areas of the body.



HORSETAIL *EQUISETUM ARVENSE*

➔ Pharmacopoeia and Other Monographs
German Commission E, BHP 1996

Vétoquinol
Signe de Passion

