

QUICK REFERENCE SHEET

HORSETAIL

Equisetum arvense



Part Utilized:
Aerial portion



PROPERTIES:

Astringent, Antilithic, Emmenagogue, Vulnerary, Hemostatic (stops bleeding), Tonic (glandular, skeletal, urinary)

SYSTEMS AFFECTED:

Respiratory, Circulatory, Integumentary, Structural, Liver, Glandular, Urinary

POSSIBLE USES:

kidney ailments and stones, healing of sprains and fractures, internal bleeding, brittle nails, skin rashes, nosebleeds

INGREDIENT IN:

EUST, KB, MIN, PRT, VIB

GENERAL INFORMATION:

Horsetail is one of the best diuretic and kidney support herbs available. Besides strengthening and toning the urinary tract, Horsetail is listed as one of those herbs that helps to prevent, or even dissolve, kidney stones. Being both astringent and hemostatic, Horsetail is particularly indicated when there is bleeding within the urinary system. Horsetail is also known to staunch the bleeding of external wounds, stop nosebleeds, and reduce the coughing up of blood when that is necessary. While handling the bleeding, Horsetail speeds the repair of damaged connective tissue, improving its strength and elasticity.

Horsetail is most noted for its silica (silicon) content, which is very high and remarkably soluble. Recent studies in Europe have found that broken bones do not heal well, even in the presence of high levels of calcium, if there is insufficient amounts of silicon available in the blood. This interaction between calcium and silicon makes this herb valuable to strengthen hair and nails, and to prevent the formation of gallstones and kidney stones. There are many great diuretic herbs, but none with the other benefits of Horsetail. Horsetail strengthens hair, nails, bones, and teeth.

Horsetail also has an effect on the liver and gallbladder. Horsetail is high in vitamin E and selenium, and is certainly much cheaper than taking a supplement of vitamin E. Other rather unusual nutrients found in Horsetail include both iron and iodine, as well as cobalt, copper, and manganese.