



# Willow Moon Herbals



## Horse Chestnut

**Latin binomial:** *Aesculus hippocastanum*, L.

**Description:** Horse Chestnut is a very large tree with palmately compound leaves, five coarsely-toothed leaflets and long spikes of fragrant pinkish-white flowers. The two-inch nuts are harvested and extracted to produce liquid extracts, standardized capsules, and in creams for external use.

**Etymology:** Horse-chestnut **is not related** to the Chestnuts (*Castanea*), which are members of the Beech family (*Fagaceae*). The Horse-chestnut is in the Buckeye family (*Hippocastanaceae*) and is in the same genus as other buckeyes, *Aesculus*.

**Uses:** Internally, Horse Chestnut tinctures or standardized extracts in capsules are popular for treating varicose veins, hemorrhoids, and sports injuries. It also helps to strengthen capillary cells and reduce fluid leakage.

Externally, Horse Chestnut creams are effective for easing the pain and swelling of sports injuries, sprains, strains, bruises and varicose veins.

**Dosage:** You **MUST** obtain a standardized extract and follow package directions if you are going to use Horse Chestnut as a healing herb. It's simply not safe to use otherwise.



**Caution:** Do NOT exceed the recommended dose. The raw nuts of the Horse Chestnut tree are irritating to the gastrointestinal tract and are considered toxic if not processed. Commercial preparations are safe when the label instructions are followed.

*Sources: The Green Pharmacy, Herbal Remedies for Dummies, A Modern Herbal,*

*Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.*

[www.willowmoonherbals.com](http://www.willowmoonherbals.com) email: [willowmoonherbals@gmail.com](mailto:willowmoonherbals@gmail.com)

po box 85 ☪ mendham, nj ☪ 07945