



Willow Moon Herbals

Horsetail

Latin binomial: *Equisetum arvense* L.

Description: *Equisetum* is the only living genus in the Equisetaceae, a family of vascular plants that reproduce by spores rather than seeds. They are commonly known as **horsetails**. *Equisetum arvense* is commonly known as the **Field Horsetail** or **Common Horsetail**, is a rather bushy perennial with a rhizomatous stem formation native to the northern hemisphere. Horsetail is a non-flowering plant that looks a little like an uncombed horse's tail. Branchless shoots are often capped with an arrowhead-shaped cone at the top that produces an incredible amount of spores.



Uses: Horsetail was traditionally taken internally for cystitis, prostatitis and to strengthen and regenerate and regenerate connective tissue. Since the herb is high in organic silica, it is useful for strengthening bones, hair and nails. In Europe, horsetail is used for easing inflammation and to speed healing of rheumatism and arthritis. The tincture or tea is a useful diuretic and helps cleanse the urinary tract and remove excess mucus. Horsetail is a longtime folk remedy for fractures, torn ligaments and related injuries. French research suggests that silica helps prevent osteoporosis as well as helpful for bone fractures. Horsetail is among the richest plant sources of this mineral, in the form of the compound monosilicic acid, which the body can readily use.

Caution: Consult with an herbalist before taking horsetail if you have chronic heart or kidney problems.

Sources: Herbal Remedies for Dummies (C. Hobbs), The Green Pharmacy (J. Duke); Wikipedia.

Note: Any remedies listed on this web site are from historical references and used for teaching purposes only.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.

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