

<http://www.raysahelian.com/luteolin.html>  
Very technical article

Horsetail - *Equisetum arvense*  
Listed in Guide to Medicinal Plants under  
Plants containing Flavonoids (Ch 7)  
by Paul Schauenberg & Ferdinand Paris  
Active Constituents

and rose  
hedge  
saw  
leafing

1. Rich in Silica (<http://www.friedli.com/herbs/>)

2. Contains glycosides (phytochem/glycosides.html)

Isouqueretin a strong diuretic - also in  
bearberry (<http://www.wrc.net/content/herbal>)  
Luteolin (resources/matervamedica)

Quercetin bioflavonoid - brain anti-inflammatory

Kaempferol antioxidant flavonoid found in

berries, endive, tea, cranberries - technical through article

<http://www.raysahelian.com/kaempferol.html>

3. Contains ~~quercetin~~ equisetin (a saponoside)

4. Has traces of alkaloids (nicotine)

Diuretic, haemostatic, ~~is~~ vulnerary  
Rich source of minerals

Applications: Used as a decoction as a source of  
minerals to treat TB? also as a diuretic

Homeopathy - tincture is used for cystitis  
anuresis + TB (pulmonary)

Gargle + mouthwash for mouth infections  
also used for nasal + internal bleeding

(<http://jashbotanicals.com/articles/silica-and-your-body>  
Silica - helps create collagen .html.)

human body holds about 7g

essential for ongoing body processes

ongoing need - wrinkles, brittle hair, nails etc  
can be stopped or reversed.

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Horse tail - cont

Listed in Los Remedios - Traditional Herbal Remedies of the Southwest by Michael Moore.

Hispanic Name Cañutillo del Llano  
(Cola de Caballo)

Taken as a tea 4x a day (up to)  
Cautions, to be careful where you pick it.  
must be from clean land not used for  
commercial growing. (inorganic nitrogen  
fertilizers can make it toxic)

Says used in similar ways to  
Ephedra - (Mormon Tea)

diuretic - for mild kidney infections,  
weak kidneys, & weak lungs. Formerly  
used to relieve the painful urination of  
sonarrhea.

## Horsetail Cont...

Listed in Ethnobotany of Western WA.  
The knowledge + use of indigenous plants by native Americans,  
by Erna Gunther  
Also called Scouring Rush

Equisetum Hyemale L. Common Scouring  
Equisetum Telmalek aka Rush  
Giant Horsetail

Used for Food - early green shoots peeled + raw  
~~also~~  
Cone like top was dried, mashed + mixed w  
salmon eggs

Small bulbs on root stock are eaten  
after being cooked

### Other uses

for polishing arrow shafts  
Used w dogfish skin as Sandpaper  
Horse fodder  
Use of root (black) for imbrication on  
the coiled basket.

### Medicinal

Swimmers rub down for strength  
Wash hair w decoction of the stalks  
to get rid of vermin.  
to regulate menses (orally) not for abortion  
mix juice of giant Horsetail + mix w  
human milk as an eyewash or use juice  
of root straight. eat heads of reproductive shoots  
for diarrhea.

may have been used ceremonially  
(under dispute)

Horse tail contains  
Potters New Cyclopedia of Medicinal  
Herbs + preparations  
by R. W. Wren (Britain)

Also called Shavegrass, Bottlebrush +  
Feuterwort

Culpepper stated that it belonged to  
Saturn + recommended it to staunch bleeding  
(internal or external)

Gerard quoting Dioscorides says  
"Horse tail being stamped on and laid to  
doth perfectly cure wounds, yes tho the  
sinues be cut asunder, as Galen added  
It is of so great + singular virtue  
in healing wounds as that it is thought  
and reported for truth; to cure wounds  
of the bladder and other bowels +  
helpeth ruptures + burstings."

In modern times Horse tail has been used  
as a diuretic and astringent, and is  
said to be of use in dropsy, gravel +  
kidney conditions. The ashes of the plant  
are said to be useful for acidity of  
the stomach + dyspepsia taken in doses  
of 3-10 gr.

Fetch  
used  
Young shoots treated like asparagus  
or boiled then bestewed w flour +  
fried to be eaten  
used to polish hardwood, brass, ivory, etc +

## Herbs + things - Jeanne Rowe's Herbal

History - This plant is a relic of a dominant group of land plants of the mid Paleozoic era which were once quite tall + tree like. They were in their prime some 330 million years ago. They are older than cockroaches. (300 million)

Ashes of dried plant used for some months.

Nevada Indians made whistles from the stalks + drank a decoction to cleanse the urinary tract.

Contains Aconitic Acid and is drunk + used locally to stop bleeding

Young shoots were eaten by Romans of the 17th century + by American Indians of 15th + 20th centuries.

Aconitic acid

<http://www.freepatentsonline.com/6066670.html>

Virucidal product having virucidal and/or germicidal properties

used for treating various conditions mixed in w other similar compounds, viral infections, acidosis, tumors, bacterial + fungal infections

