

Horse Chestnut

Botanical name: *Aesculus hippocastanum*

Energetics/Actions: Bitter, cool, astringent, circulatory tonic, anti-inflammatory

Description

The First Peoples of North America prepared Horse chestnuts by slow roasting the nuts, slicing them and then rinsing them in a stream for 2-5

days. The bark of the tree and outer covering of the nuts are toxic. It is the seeds of the Horse chestnut that are generally used as medicine.



Uses

Varicose veins: Improves strength of veins.

Hemorrhoids: Effective as a suppository.

Leg edema (swelling): Decreases swelling in legs due to venous insufficiency along with other symptoms of itching, pain and fatigue.

Skin eruptions, blemishes, frostbite: Decoction or tincture works well.

Dose

Tea: Dried plant 0.2-1 gm 3 times a day.

Tincture: 1-4 ml 3 times a day.

Standardized Extract: 300 mg horse chestnut seed containing 50 mg aescin 2 times a day.

Safety Information

The bark and outer covering of the nut is toxic. The seed must be properly heated before use. Not for use in people taking blood thinners or aspirin. Talk to your health care provider before taking if you have diabetes. Consult on use during pregnancy. Not generally used long term.