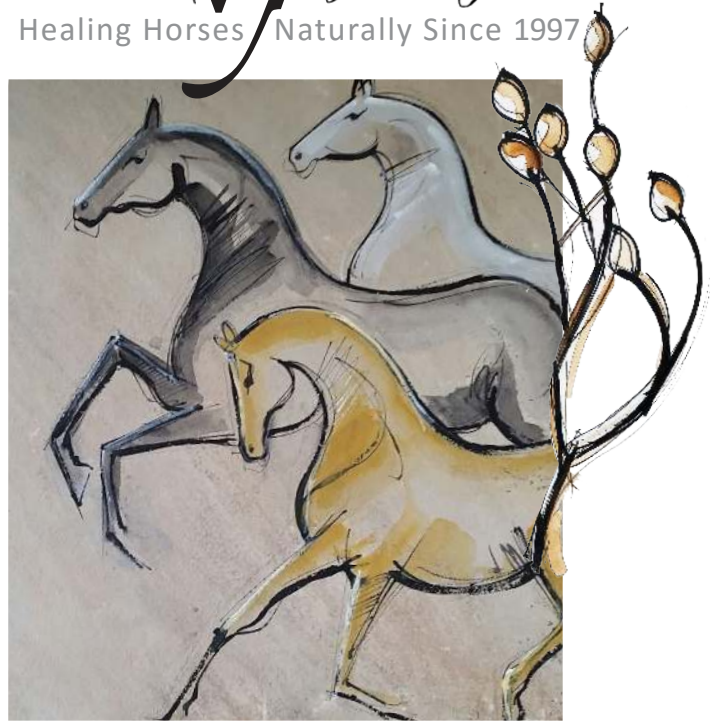


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## **Equine Materia Medica**

Victoria Ferguson

Diploma Herbal Medicine

Member Australian Traditional Medicine Society  
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## **ALOES**

*Aloe vera* (Linnaeus), *A. barbadensis* (Miller)

### **Uses**

Hydrating to skin and bowel, healing gut and skin ulceration, healing burns, sunburn, bites, stings, blisters, welts, reversing dehydration and improving water intake, as part of a worming mix.

### **Actions**

Anodyne, anti-bacterial, anti-amoebic, anti-fungal, anti-inflammatory, anti-parasitic, anti-viral, bitter, demulcent, emollient, healing to skin and intestinal mucosa, laxative, vermicide, vermifuge.

### **Major Constituents**

Resins, anthraquinone glycosides (Aloin and Barbaloin), a polysaccharide (Acemannan); 8 minerals, vitamins including B12, 18 amino acids, glucose, protein, cholesterol, triglycerides, salicylic acid and enzymes.

### **Parts Used**

There are two main parts used, the juice obtained from the cells beneath the skin of the fleshy leaves and the whole leaves including the bitter yellow substance just beneath the surface of the leaf which is laxative. The juice is for oral dosage, or when dried into a powder and mixed with a natural gum produces a gel for topical use. The author makes extracts from the gel specifically for healing gut ulceration and improving water intake, and extracts from the whole leaf specifically used as part of anti-parasite mixtures. The plant must be two to three years old before it yields juice.

The anthraquinones, chiefly present in aloin, the yellow sap lining the leaf, have an anaesthetic effect which may explain its ability as a vermicide, and does explain its laxative effect, and if used in large doses is a purgative. The gel contains approx 96% water, which acts as a carrier, taking the myriad of nutrients into body tissue, increasing cell regeneration and enhancing phagocytosis. It also dilates capillaries increasing the blood supply and therefore the healing rate.

### **Cautions and Contra/Indications**

If buying commercial aloe gel for topical use, only buy clear gel, green is not the natural colour, and ensure it only contains natural preservatives. Grow aloe vera plants as part of your kitchen or stable herb garden, so the gel can be used from the freshly picked leaf.

Aloes are not an abortifacient but the Aloin does stimulate muscular and peristaltic movements in the lower bowel, more so in large doses, which may also stimulate the uterus, so do not administer whole leaf extracts or powdered aloes to pregnant mares.

Not to be confused with Agave, which is not an Aloes.

**ARNICA***Arnica montana***Uses**

Number one anti-bruising remedy, a must for the first aid kit.

For topical use as an ointment, cream or lotion in conjunction with ice therapy or for *internal use only as a homeopathic preparation*. For topical treatment of bruises, strains, sprains where the skin is NOT broken. Systemic treatment using homeopathic preparation potency 6X for sore muscles or traumas caused by accident, post-operatively and for symptomatic treatment of laminitis. Arnica infused in olive oil can be used topically on corns and is part of a healing oil for joints and hooves affected by degenerative joint disease.

Arnica is rapidly absorbed through the skin at an injury site, and if applied immediately, especially in conjunction with ice therapy, the entire process of bruising may be avoided altogether. Crushed small blood vessels seal off very quickly, so swelling and pain is minimised and the risk of haematoma greatly reduced. Bruising requires quick treatment to repair the area and prevents the possibility of weakness or becoming a site for tumours or cysts many years later.

Empirical observation suggests homeopathic Arnica is useful in rehabilitating muscle memory pathways, and therefore has a role as an adjunct to body therapies and chiropractic treatments.

**Actions**

Vulnerary, astringent, anti-bruising, anti-shock, analgesic, anti-inflammatory.

**Major Constituents**

Essential oils, flavonoids, tannin, bitter glycosides, sesquiterpene lactones.

**Parts Used**

Flowers and rhizomes

**Cautions and Contra Indications**

Arnica should not be used topically on broken skin as it may cause irritation and is not used internally as it causes extreme gastric irritation.

**BALM, LEMON BALM***Melissa officinalis***Uses**

Chiefly as a diaphoretic to promote sweating in horses showing early signs of anhidrosis, also tonic to the digestive system.

**Actions**

Carminative, diaphoretic, febrifuge, tonic, major vaso-dilator of the peripheral blood vessels

**Major Constituents**

Bitter principles, flavones, resin, essential oils

**Parts Used/Dosage Rates**

One handful of dried or fresh herb (aerial parts) made into an infusion, and added to the feed, twice daily. Or as an extract in a formula or prescription .

**Historical Uses/Notes of Interest**

The name is from the Greek word signifying bees which have a great attraction to its flowers. Many virtues have been ascribed to the plant. The great medieval herbalist, Paracelsus, considered that Balm prolonged the life of man and animals.

**BARBERRY**

*Berberis vulgaris*

**Uses**

Liver disease, jaundice, liver congestion, biliary disease

**Actions**

Bitter tonic to remedy dysfunction of the liver, promote the flow of bile and bilirubin secretion, and regulate digestion

**Major Constituents**

Alkaloids, berberines, tannin, resin, fat, wax, albumin, gum, starch

**Parts Used**

Extract of the bark from roots, stems as part of a formula or prescription

**Cautions & Contra Indications**

Pregnancy

**Historical Uses/Notes of Interest**

Mrs Grieve observed that horses refused to eat it due to its acidity.

Barberry has been the subject of considerable scientific investigation, indicating much wider applications for its use, among them as an antibiotic against *Staphylococcus aureus* and as an anti-protozoal against *Leishmania* and *Giardia*.

**BEARBERRY***Arcostaphylos uva-ursi***Uses**

Urethritis, urinary tract infections, urinary calculi, infections and inflammation of bladder and kidneys

**Actions**

Urinary antiseptic, diuretic, anti-bacterial, demulcent, astringent, tonic and stimulant to the urinary system

**Major Constituents**

Glycosides, flavonoids, organic acids, resin, tannin

**Parts Used**

Extract of the leaf as part of a formula or prescription

**Cautions & Contra Indications**

There seems to be a preoccupation with regular flushing of equine kidneys, which is unwarranted. Bearberry or any other herb with diuretic actions should not be used habitually, instead causes should be identified for any ongoing problems in the urinary system so they can be treated.

**BILBERRY***Vaccinium myrtillus***Uses**

All eye ailments and injuries including uveitis and ulcers

**Actions**

Astringent, anti-oxidant, vaso-protective

**Major Constituents**

Flavonoids, tannins, vitamins, sugars, pectins

**Parts Used**

Extract of the fruit as part of a formula or prescription

**Cautions & Contra Indications**

None known

**Historical Uses/Notes of Interest**

According to James Duke, Bilberry helps strengthen blood vessels leading to the eye, improving circulation to the retina, which, in turn enables it to function better and can also slow down macular degeneration, cataracts, retinopathy caused by diabetes and help to prevent glaucoma.

“The fruits are much sought by all wild animals”

**BLOODROOT***Sanguinaria canadensis***Uses – FOR TOPICAL USE ONLY**

For topical use as a cream or ointment, in the treatment of warts and for the treatment of sarcoids and tumours mixed with other herbs such as Red Clover and Chaparral

**Actions**

Escharotic to abnormal tissue and tumours

**Major Constituents**

Alkaloids, red resin, starch

**Parts Used**

Rhizome

**Cautions & Contra Indications**

Not to be used internally, poisonous, due to the presence of protopine, also found in opium.

**Historical Uses/Notes of Interest**

An ingredient in commercial “black salves” anti-tumour ointments.

**BUCHU***Agathosma betulina***Uses**

Kidney dysfunctions from damage, shock, chronic infection, irritations of bladder and urethral tracts

**Actions**

Adrenal stimulant, urinary antiseptic, promotes diuresis, soothes irritated mucous linings

**Major Constituents**

Flavonoids, mucilage, resin, volatile oils

**Parts Used**

Extract of the leaves as part of a formula or prescription

**Cautions & Contra Indications**

Pregnancy

**BURDOCK***Arctium lappa***Uses**

Treatment of anhidrosis, rheumatism, sciatica, kidney stimulant, skin breakouts including sarcoids, tumours

**Actions**

Alterative, counter irritant, diaphoretic, diuretic

**Major Constituents**

Inulin, mucilage, sugar, resin, volatile oils, tannin, starch, glucoside

**Parts Used**

Extract of the root in a formula or prescription

**Cautions & Contra Indications**

None known

**Historical Uses/Notes of Interest**

Research suggests that Burdock possesses free radical scavenging activity. It is an ingredient in the Essiac anti-cancer mix.

**CALENDULA***Calendula officinalis***Uses**

For topical use as a wash by using diluted extract or an infusion to disinfect, cleanse, soothe, oxygenate, prevent infection and heal wounds of **all** kinds, including serious wounds to the bone. As an ointment or cream for lesser wounds. Emollient to drying wounds. Encourages hair growth and prevents scar tissue. Promotes normal granulation in open wounds, while inhibiting excess granulation as in proud flesh.

The extract combined with Golden Seal extract and Rescue Remedy makes a soothing and healing eye wash for all eye ailments.

**Actions**

Antiseptic, anti-bacterial, anti-fungal, anti-inflammatory, astringent, tissue and nerve restorative, vulnerary

**Major Constituents**

Carotene, flavonoids, mucilage, saponins, essential oils

**Parts Used**

Petals – dried or fresh made into an infusion or diluted extract for use as a wash. Petals made into an ointment or extract made into a cream.

Extract of the petals and flower heads as part of a formula or prescription

## **Cautions & Contra Indications**

The ornamental cultivar Marigold is not the medicinal species. Confusion arises as the common name for Calendula is Marigold.

## **Historical Uses/Notes of Interest**

“For the herbalist, it replaces iodine tincture and those proprietary anti-septics which can be harsh to the skin and even harsher to eyes..”

The species Calendula is a beautiful and useful addition to the stable and kitchen garden.

## **CELERY** *Apium graveolens*

### **Uses**

Azoturia, osteo-arthritis, kidney stimulant, alkalising

### **Actions**

Acid-alkali balancing, improves fluid circulation, carminative, diuretic, changes insoluble calcium deposits in joints allowing excretion; in partnership with Juniper stimulates sodium/potassium pump at the cellular level

### **Major Constituents**

Silica, volatile oil, sodium chloride, potassium chloride, magnesium chloride, pectin

### **Parts Used**

Seeds made into a tea or an extract as part of a formula or prescription

### **Cautions & Contra Indications**

None known

## **CHAMOMILE** *Chamomilla recutita, Matricaria recutita, Matricaria chamomilla, Anthemis nobilis*

### **Uses**

Prevention and treatment of osteo-arthritis, spasmodic colic, scours, gut ulceration, respiratory and skin allergies, digestive disturbances, nervousness manifested by loose, or repetitive manure or respiratory distress. Calming, balancing and soothing to the central nervous system so very useful to support horses in new experiences such as weaning, travelling, starting and showing. For topical use as a wash to reduce inflammation from allergic skin reactions.



**Actions**

Anti-inflammatory, anti-spasmodic, anti-allergy, anti-oxidant, healing, nervine, sedative, tonic

**Major Constituents**

Volatile oils, flavonoid glycosides, magnesium phosphate, calcium phosphate, potassium phosphate, bitter principles

**Parts Used**

Flower heads, dried or fresh, added to the feed, or made into a tea for topical or oral use, or as an extract to be used alone or as part of a formula or prescription.

**Cautions & Contra Indications**

None known

**Historical Uses/Notes of Interest**

Chamomile is an indispensable herb for horses due to its reliability in the prevention and treatment of many common ailments. Self seeds easily in paddocks, lawns and garden.

**CHAPARRAL**

*Larrea tridentata*

**Uses FOR TOPICAL USE ONLY**

For the topical treatment of sarcoids in an ointment or cream combined with other herbs such as Bloodroot and Red Clover.

**Actions**

Analgesic, anti-oxidant, anti-tumour, anti-carcinogenic

**Major Constituents**

Essential oils, nordihydroguaiaretic acid (NDGA), resin, lignans

**Parts Used**

Leaf

**Cautions & Contra Indications**

Not to be used internally due to possible liver toxicity in some individuals

**Historical Uses/Notes of Interest**

Traditionally used by the American Indians for a wide range of conditions including snake bite and chicken pox, the white settlers used it for arthritis venereal disease and cancer. It is an ingredient in "black salve" anti-tumour ointment.

**CHASTETREE***Vitex agnus-castus***Uses**

Cushings disease, reduces hormonal behaviour in some mares during oestrus

**Actions**

Anaphrodisiac, hormonal balancer

**Major Constituents**

Essential fatty acids, flavonoids, volatile oil

**Parts Used**

Dried fruits added to the feed, or as an extract as part of a formula or prescription

**Cautions & Contra Indications**

No indications for use during pregnancy

**Historical Uses/Notes of Interest**

Widely used as a remedy for PMT in women

The British equine herbalist Hilary Page Self conducted successful trials in 2003 into the use of Chastetree to reduce common symptoms of Cushings disease

**CLIVERS or CLEAVERS***Galium aparine***Uses**

Urethritis, bladder and kidney infections in geldings or stallions, solvent for treatment of urinary calculi, lymphadenitis, lymphangitis

**Actions**

Astringent, anti-lithic, anti-neoplastic, lymphatic alterative, urinary antiseptic, tonic

**Major Constituents**

Coumarins, flavonoids, glycoside, organic acids, silica, mucilage, tannin

**Parts Used**

Aerial parts

**Cautions & Contra Indications**

None known

**CLOVES***Syzgium aromaticum***Uses**

As part of an anthelmintic mixture

**Actions**

Aromatic, carminative, vermicide, local anaesthetic

**Major Constituents**

Essential oils, fibre, gum, organic acids, resin, sterol

**Parts Used**

Extract of the dried flower buds as part of a formula or prescription

**Cautions & Contra Indications**

None known

**Historical Uses/Notes of Interest**

Used in human worming mixes specifically acting against worm eggs, also for topical use for toothache.

**COMFREY***Symphytum officinale***Uses**

Healing of fractures, bone, tissue, tendon and ligament damage of all kinds, and necrosis, promotes cartilage repair in early arthritic and rheumatoid disease, healing of epistaxis, gut ulceration, scours. Topical use as a fresh leaf poultice; as an infused oil made from the root for bony swellings and sore ligaments, for laminitic hooves, applied to coronet bands to stimulate rapid hoof growth, as a cream or ointment for soft tissue and tendon swellings.

**Actions**

Anti-arthritic, anti-inflammatory, anti-rheumatic, anti-ulcer, cell proliferant, demulcent, vulnerary.

**Major Constituents**

Allantoin (cell proliferant), mucilage, alkaloids, Vitamin B12

**Parts Used**

Roots and leaves, both dried and fresh. Extract of the root as part of a holistic prescription for short to medium term use.

**Cautions & Contra Indications**

Not to be used for wound healing until the risk of infection is over, to prevent encapsulation of any infection especially in a deep wound due to the accelerated healing effected. Not for long term oral use.

## **Historical Uses/Notes of Interest**

Comfrey is famous for its unique ability to aid the body in the speedy and firm uniting of fractures. Research confirms that it stimulates formation of bone cells, connective tissue matrix and collagen precursors and cartilage matrix cells.

Pyrrrolizidine alkaloids which can cause liver toxicity are present in comfrey and this is the reason why this most useful of herbs remains controversial. Their toxicity is highly variable due to the changes in distribution between root and leaf, between and within species as well as individuals of those species. For example the young shooting leaves are higher than mature leaves, and the effects lessen with drying so only mature leaves which have been dried should be selected for use.

Comfrey is easily grown, shooting from the tiniest piece of fresh root, but prefers a shady position, with plenty of moisture, dies back in winter, and cannot tolerate frost.

## **CORNSILK *Zea mays***

### **Uses**

Cystitis – especially for mares

### **Actions**

Urinary demulcent, diuretic, tonic, anti-lithic

### **Major Constituents**

Organic acids, flavonoids, mucilage, salts of sodium & potassium, calcium & magnesium phosphates, tannin, volatile oils

### **Parts Used**

The tassel of “silk” at the end of the ripened cob, made into a tea or an extract on its own or part of a formula or prescripion

### **Cautions & Contra Indications**

None known

## **COUCHGRASS *Agropyron repens***

### **Uses**

Tones and strengthens bladder sphincters, soothes irritation and inflammation in bladder and ureters

### **Actions**

Urinary antiseptic, diuretic, demulcent

**Major Constituents**

Carbohydrate (triticin) resembling inulin, mucilage, potassium, glycoside

**Parts Used**

Rhizome

**Cautions & Contra Indications**

None known

**Historical Uses/Notes of Interest**

Couch grass is a favourite pasture grass for horses, during dry times they will dig up the rhizomes to eat. Dogs self medicate on Couchgrass.

**CRAMPBARK**

*Viburnum opulus*

**Uses**

For relief of uterine and ovarian muscle cramps in mares during oestrus

**Actions**

Anti-spasmodic, sedative, astringent

**Major Constituents**

Bitter glucoside (viburnum), resin, tannin, valerianic acid

**Parts Used**

Dried bark made into an extract as part of a formula or prescription, and/or as an emergency dosage

**Cautions & Contra Indications**

Valerianic acid is one of only four herbal constituents on the list of FEI prohibited substances, so would return a positive swab

**DANDELION***Taraxacum officinale***Uses**

Detoxification, liver cleanser (specific for jaundice), travel sickness, azoturia, electrolyte, gut ulcers, rehabilitation after illness or injury and to improve general health and wellbeing. Topically for the treatment of warts

**Actions**

Alterative, liver tonic, cholagogue, digestive, balances metabolism, tonic for kidneys, spleen and bladder.

**Major Constituents**

Bitter principles, inulin, glycosides, choline, saponins, fatty acids, flavonoids, sodium, potassium, magnesium, calcium

**Parts Used**

Extract of root as part of a formula or prescription. Extract of the leaf for use as an electrolyte. The fresh sap from the roots for topical use on warts.

**Cautions & Contra Indications**

None

**Historical Uses/Notes of Interest**

“ .. one of the most valuable known to the herbalist. The great Arabian physician and herbalist, Avicenna (all the great Arabian doctors are herbalists) praised the dandelion highly. The herb is blood-cleansing and tonic. It has an important effect upon the hepatic system and is a supreme jaundice curative herb.”

Not to be confused with the false dandelion, also known as flatweed and cat's ear.

**DEVIL'S CLAW***Harpogophytum procumbens***Uses**

Rehabilitation of bone, ligament, tendon and muscle injuries, developmental abnormalities such as osteo-chondrosis and epiphysitis, rheumatism, joint ill, viruses, laminitis, chronic osteo-arthritis

**Actions**

Analgesic, anti-inflammatory, anti-arthritic, anti-rheumatic, anti-pyretic

**Major Constituents**

Bitter principles, glycosides, organic acids, polysaccharides

### **Parts Used**

Extract of root as part of or together with a formula or holistic prescription. It is emphasised that this herb is only an adjunct to treatment with other applicable herbs and must not be considered as a healer on its own.

A decoction must be made from the dried root, or added to feed as a powder.

### **Cautions & Contra Indications**

Gut ulceration, pregnancy

### **Historical Uses/Notes of Interest**

Trials have shown the analgesic and anti-inflammatory effects to be comparable with cortisone and phenylbutazone, without the attendant side effects

## **DOGROSE , ROSEHIPS                      *Rosa canina***

### **Uses**

Capillary stimulant, immune protectant, rehabilitation from injury and disease, blood flow and tissue damage restorative, hoof growth stimulant, anti-arthritis, epistaxis, laminitis, respiratory infections, whenever high dosage Vitamin C is required, eg post-surgery, snakebite, nutrient, tonic

### **Actions**

Powerful anti-oxidant, mildly astringent, apparently derives its considerable protective and restorative powers from its extremely high mineral, vitamin and flavonoid content

### **Major Constituents**

Vitamin C (highest natural source up to 2000 mg per 100 gram), A, D, E (total vitamins 14), minerals iron, copper, cobalt, calcium, silica (total minerals 18) carotene, flavonoids, pectin, tannin, fruit acids, essential oil

### **Parts Used**

Dried fruit (hips) and seeds added to the feed or made into a tea for emergency use. Extract of the hips as part of a formula or prescription.

### **Historical Uses/Notes of Interest**

The dog rose *Rosa canina* and the field rose *Rosa arvensis*, are the two wild roses which sadly are declared weeds in some parts of Australia . The field rose is more of a trailing rose, with white flowers with little or no scent, occurring singly or in small bunches. The flowers of the dog rose vary from almost white to a very deep pink, and have a delicate fragrance.

The hips of both are scarlet and globe to flask shaped.

**Uses**

Acute and chronic infections of **all** kinds, coughs, colds and influenza, hoof abscesses, wound healing, immune system boosting, post-viral syndrome, balances white cell counts, prophylactic to prevent infection from contagious viral and bacterial infections, detoxification of resistant infections which have not responded to veterinary antibiotics, anaemia, viral infections including Ross River Fever, skin allergies including Queensland Itch (Sweet Itch), sinusitis

**Actions**

Antiseptic, alterative, immune protective, stimulant, anti-bacterial, anti-viral, anti-fungal

**Major Constituents**

Flavonoids, essential oils, organic acids, phyto-steroids, copper, cobalt, iron, essential fatty acids, inulin

**Parts Used**

Extract of whole plant from both species, as part of a formula or prescription

**Cautions & Contra Indications**

The author has received three reports of horses with reactions to the introduction of dried Echinacea to the feed, from which they recovered quickly with treatment. In dried or fresh plant form, there is a temporary numbing effect on the tongue caused by the presence of alkylamines. Echinacea is best given in extract form, as a tea of the herb does not extract all the constituents.

**Historical Uses/Notes of Interest**

Research into *E. angustifolia* by The Equine Research Centre in Canada confirmed it to be an effective immune system stimulant in horses, significantly increasing the number of lymphocytes, as well as the size and number of red blood cells and haemoglobin levels in blood.

The Dakota tribe used the plant in smoke treatments for horses with strangles.

The two species are not identical, but very similar and are used together, or interchangeably. A relatively modern herb with the early usage dating back to the 1880s.

Some herbals recommend against long term use of Echinacea, reasoning that the immune system may become resistant. Due to its plethora of constituents this is virtually impossible, and Echinacea's unique ability to quickly and completely heal infections, medium to long term use is not necessary.



**ELECAMPANE***Inula helenium***Uses**

All pulmonary infections, acute or chronic, epistaxis, all respiratory allergies, coughs, to improve breathing ability and lung capacity post-virus including equine influenza, by healing scarring and lifting old mucus wastes

**Actions**

Alterative, astringent, respiratory antiseptic, expectorant, demulcent, tonic, stimulant, anti-bacterial

**Major Constituents**

Allantoin, inulin (up to 40% highest plant source), mucilage, bitters, essential oil (helenalin)

**Parts Used**

Extract of the root as part of a formula or prescription

**Cautions & Contra Indications**

None known

**Historical Uses/Notes of Interest**

Historically Elecampane was used to treat tuberculosis. "One authority, Korab, showed in 1885 that the active, bitter principle, helenin, is such a powerful antiseptic and bactericide, that a few drops of a solution of 1 part in 10,000 immediately kills the ordinary bacterial organisms, being peculiarly destructive to the Turbercle bacillus."

Due to migration, tuberculosis is now on the rise again, and although rare in horses, it is a disease that horses can catch from humans.

**FENNEL***Foeniculum vulgare***Uses**

Appetite balancer, balances feed conversion, reduces flatulence, gut ulceration, all gastro-intestinal tract disturbances, treatment of gas colic

**Actions**

Carminative, pancreatic stimulant, digestive, metabolic balancer

**Major Constituents**

Essential oils, coumarins, organic acids, flavonoids

**Parts Used**

Extract of the fruit as part of a formula or prescription

Seeds added to the feed – 2 tablespoons per day for an average sized horse

## **Cautions & Contra Indications**

None

## **FENUGREEK**

*Trigonella foenum-graecum*

### **Uses**

Anhydrosis, appetite stimulant, gut ulceration, liver tonic, lymphangitis, lymphadenitis, sinusitis, allergic rhinitis

### **Actions**

Alterative, febrifuge, lymphatic cleanser, carminative, demulcent, galactagogue, nutritive, diaphoretic, mucous membrane protectant

### **Major Constituents**

Vitamins E, A & D, lecithin, choline, mucilage (to 30%) protein (to 20%) high in lysine & L-tryptophan, phytosterols, pungent fixed oil, very similar in composition to cod liver oil.

### **Parts Used**

Powdered seeds or seeds softened in water, added to the feed as an appetite stimulant or to get mares to let their milk down. Half a metric cup dry measure per day for an average sized horse. Extract of the seeds as part of a formula or prescription.

### **Cautions & Contra Indications**

Pregnancy, mares with hormonal imbalances, due to its oestrogen type compounds.

### **Historical Uses/Notes of Interest**

Horses find the aroma and flavour of Fenugreek appealing and the Greeks used it as a conditioning hay for their horses. A spice ingredient in curries the seeds are sprouted for salad greens, they can also be used for sprouting fresh green feeds for horses too. It is a legume.

## **GARLIC**

*Allium sativum*

### **Uses**

Prevention & treatment of all viral and bacterial respiratory infections; preventing & treating infection in wounds, resolution of abscesses, sinusitis and most -itises, preventive nutrition, blood cleanser, deters biting insects

## **Actions**

Alterative, antibiotic (only kills pathogens), anti-bacterial (Staphylococcus, Streptococcus, Brucella, Salmonella}, anti-fungal (ringworm), anti-parasitic (roundworms, pinworms, tapeworms) carminative, mucolytic, immuno-stimulant, anti-viral, anti-oxidant, improves oxygenation of blood.

## **Major Constituents**

Rich in compounds containing sulphur especially allicin, amino acids, glycosides, minerals, vitamins, trace elements including selenium, fructans

## **Parts Used**

Organic bulb, freshly crushed, for use in the feed. Extract of organic Garlic as part of a formula or prescription.

## **Cautions & Contra Indications**

Scouring, however if the horse will accept garlic offered by hand, it can be added to the feed or prescription

Generic Garlic granules widely available on line and in feed stores should not be fed to horses, as it is all imported from China, and is contaminated with the toxic chemical dioxin which bleaches it.

## **Historical Uses/Notes of Interest**

“Garlic is older than recorded history. It was there when the Egyptians built the pyramids.... A manual from the time lists 22 medicines containing garlic.” “Few herbs have more folklore attached to them than garlic, and few herbs have more phytochemicals that can give reason to the folklore. All in all, the roster of garlic’s biologically active compounds reads like a pharmacists’ shelf – approximately 70 compounds have been identified so far.”

## **GENTIAN**

*Gentiana lutea*

## **Uses**

Liver and gastro-intestinal tract detoxification especially in cases of poisoning and chronic debility

## **Actions**

Alterative, antiseptic, cholagogue, febrifuge, stomach tonic, appetite restorative, promotes salivation

## **Major Constituents**

Bitter glycosides, essential oils, mucilage, tannin, sugars

**Parts Used**

Dried root made into an extract as part of a holistic prescription

**Cautions & Contra Indications**

Should only be used under professional guidance due to its intensely bitter properties, so is often partnered with aromatic herbs

**GINGKO**

*Gingko boloba*

**Uses**

Navicular disease, respiratory allergy, laminitis

**Actions**

Anti-oxidant, anti-allergy, anti-histamine, anti-inflammatory, circulatory stimulant, vaso-dilator, improves blood flow through the capillaries

**Major Constituents**

Flavonoids, organic acids, tannins, lignans, unique terpene lactones

**Parts Used**

Extract of the leaf as part of a holistic prescription

**Cautions & Contra Indications**

Should not be given with anti-coagulant drugs, due to its inhibition of platelet aggregation

**GINSENG (SIBERIAN)**

*Eleutherococcus senticosus*

**Uses**

Cushings Disease, restorative after chronic illness, to improve energy in managing chronic conditions, adrenal exhaustion

**Actions**

Adaptogen, tonic, pituitary gland stimulant, immune stimulant, revitalises, reduces fatigue, improves stamina

**Major Constituents**

Essential oil, starch, gum, resin, saponins, iodine compounds

**Parts Used**

Human medicinal quality extract or tincture of dried rhizomes and/or roots as part of a holistic prescription

## **Cautions & Contra Indications**

Requires professional prescribing as dosage rates and periods of treatment vary according to each case, and it is contra-indicated for over-active thyroid or pituitary glands.

## **Historical Uses/Notes of Interest**

The dried root is frequently adulterated with inferior material or other look alike roots, which is why it is essential that human medicinal quality extracts are used.

## **GOLDEN SEAL**

*Hydrastis canadensis*

### **Uses FOR TOPICAL USE ONLY**

Conjunctivitis, uveitis, eye ulcers, eye injuries, irritation from flies, dust, smoke, allergies, uterine douche, infected skin sores, lumps or itchy rashes

### **Actions**

Antiseptic, anti-bacterial, anti-inflammatory, soothing, cleansing, restorative, drawing

### **Major Constituents**

Alkaloids, berberine, carotene, resin, starch, fat, sugar, essential oil, lignin

### **Parts Used**

Root and rhizome made into extracts or tinctures and diluted as a wash especially for eyes; creams and ointments for use on skin.

## **Cautions & Contra Indications**

Pregnancy. For topical use only. To be used internally only under professional guidance as it has an extremely bitter taste, dosage rate is critical being poisonous in large doses. Has very specific use as an amoebicidal

## **Historical Uses/Notes of Interest**

The medicinal worth of Golden Seal was discovered by the American Indians who initially used it as war paint, and then found its exceptional value as a herb for eyes, nose, ears, mouth, mucous membranes and skin. Due to its being endangered in the wild, and difficult to cultivate, it is an expensive herb.

**GOTU KOLA***Centellia asiatica***Uses**

To accelerate healing of wounds and injuries to soft tissue as well as ligaments and tendons, tumours

**Actions**

Adaptogen, connective tissue regenerator, alterative, anti-tumour, anti-oxidant

**Major Constituents**

Triterpenes, glycosides

**Parts Used**

Extract of the whole herb as part of a formula or prescription

**Cautions & Contra Indications**

None known

**Historical Uses/Notes of Interest**

“The plant contains 0.1% betulinic acid, recently touted as a promising antimelanomic phytochemical, and has reported anticarcinomic, anti-HIV, anti-inflammatory, antitumour and antiviral activities as well.”

“In vitro, Gotu Kola extract and purified extracts destroyed cultured cancer cells, retarded the development of solid and ascites tumours, and extended the life span of tumour-bearing mice. Practically no toxic effects were observed in normal human lymphocytes at effective concentrations (Babu, 1995).”

**GUAIAECUM***Guaiacum officinale***Uses**

Septic arthritis, Ross River Fever, joint ill, epiphysitis, rheumatism, osteoarthritis, whenever joints are hot and swollen.

**Actions**

Alterative, anodyne, joint lubricant, synovial membrane/fluid stimulant, anti-inflammatory, anti-rheumatic, anti-arthritic, improves joint mobility

**Major Constituents**

Resin, essential oil

**Parts Used**

Extract of the bark & wood as part of a formula or prescription

**Cautions & Contra Indications**

None known

**HAWTHORN***Crataegus monogyna***Uses**

Cardiac tonic, cardiac protective, epistaxis, laminitis, navicular disease, performance restorative, stabilises arrhythmia, heart strain, prevention & treatment of travel sickness, rehabilitation, stimulates hoof growth

**Actions**

Stabilises heart rhythm, vasodilatory, strengthens blood vessels, improves coronary blood supply, anti-edemic

**Major Constituents**

Numerous flavonoids including rutin, glycosides, saponins, oligomeric proanthocyanidins

**Parts Used**

Dried berry powder added to the feed, 2 tablespoons per day for an average sized horse. Extract of the berry as part of a formula or prescription

**Cautions & Contra Indications**

Should not be used with blood thinning drugs

**Historical Uses/Notes of Interest**

“I have known horses and ponies that were suffering from conditions such as navicular and laminitis, to repeatedly seek out hawthorn and pick off the sprouting leaf tops whenever they could.”

**HOREHOUND (WHITE)***Marrubium vulgare***Uses**

Symptomatic treatment of dry and phlegm producing coughs, colds, influenza, pneumonia, bronchitis

**Actions**

Expectorant, demulcent, febrifuge, bitter tonic, anti-tussive

**Major Constituents**

Bitter principle, volatile oil, resin, tannin, mucilage, Vitamin C

**Parts Used**

Extract of dried leaves and flower tops as part of a formula or prescription

## **Cautions & Contra Indications**

None known

## **Historical Uses/Notes of Interest**

According to Veterinary Herbal Medicine, Wynn/Fougere, it has potential for treatment of chronic obstructive pulmonary disease.

## **HORSERADISH**

*Amoracia rusticana*

### **Uses**

Allergic rhinitis, sinusitis, upper respiratory infections and allergies, inner ear infections, hypo-active digestion

### **Actions**

Carminative, digestive stimulant, antiseptic, diuretic, diaphoretic, aperient, stimulates pancreatic enzymes, expectorant

### **Major Constituents**

Acetic acid, resin, enzymes, sugar, starch, albumin, iron, silica, sulphur, glucoside, volatile oil

### **Parts Used**

Powdered root added to the feed as a preventative for seasonal allergies, 2 tablespoons per day for an average sized horse. Extract of the root as part of a formula or prescription

## **Cautions & Contra Indications**

Do not use the powdered root if ulceration is present anywhere in the digestive tract, as it may cause irritation due to its heat

## **HORSETAIL**

*Equisetum arvense*

### **Uses**

Tonic and protective to skeletal, integumentary and nervous systems, strengthens bones, repair of bone and structural faults such as spurs, chips, bone cysts, strengthens hooves, osteo-arthritis

### **Actions**

Alterative, anit-lithic, anti-arthritis

### **Major Constituents**

Highest plant source of silica compounds, flavonoids, saponins, phytosterol



**Parts Used**

Cold percolated extract of dried sterile stem as part of a holistic prescription.

**Cautions & Contra Indications**

Must be used under professional guidance due to its potency

**Historical Uses/Notes of Interest**

“Horsetail contains significant thiaminase activity. A horse that consumes hay that is contaminated with 20% or more of horsetail plants will show signs of thiamine deficiency in 2 to 5 weeks (Mayer, 1989). Therefore, one should not use unheated or unprocessed horsetail powder orally. Because alcohol, heat, and alkalinity neutralize thiaminase, tinctures, fluid extracts, or preparations of the herb subjected to 100c temperature during manufacturing are preferred for medicinal use (Fabre, 1993).”

If your foals or horses are eating other horses' tails, they need Silica!

Not to be used as a dried herb for the reasons outlined above.

**HYDRANGEA**

*Hydrangea arborescens*

**Uses**

Gradual elimination of bone chips, spurs, urinary calculi, kidney stones & gravel

**Actions**

Anti-lithic, anti-spasmodic to kidneys

**Major Constituents**

Calcium sulphate, magnesium phosphate, sodium phosphate, glucoside, resins, gum, sugar, starch

**Parts Used**

Extract of bark and root bark as part of a holistic prescription

**Cautions & Contra Indications**

Must be used under professional guidance

**Historical Uses/Notes of Interest**

“The decoction is said to have been used with great advantage by the Cherokee Indians, and later, by the settlers, for calculous diseases.” (17)

Not to be confused with the garden hydrangea. Not to be used as a dried herb.

## **JUNIPER**

*Juniperus communis*

### **Uses**

Azoturia, osteo-arthritis, kidney tonic, pH balancer, fluid retention

### **Actions**

Kidney tonic, stimulant, diuretic, carminative, anti-oedema, anti-arthritic, urinary antiseptic, the potassium side of the sodium/potassium pump at the cellular level

### **Major Constituents**

Volatile oil, flavonoids, resin, tannins, bitter principles, sugars (>30%), organic acids, potassium

### **Parts Used**

Extract of the dried berries as part of a holistic prescription, partnered with Celery as the sodium side of the sodium/potassium pump at the cellular level

### **Cautions & Contra Indications**

Not to be used if urinary calculi or kidney stones are present or suspected, as they could be dislodged causing pain and tissue damage

## **LIME FLOWERS**

*Tilia cordata*

### **Uses**

Nervous tension or anxiety, especially with elevated heart rate, Headshaking Syndrome

### **Actions**

Sedative, nervine

### **Major Constituents**

Volatile oil, mucilage, flavonoids, glycosides, tannins, saponins, manganese salts, sugars

### **Parts Used**

Infusion of dried flowers for symptomatic use or extract as part of a formula or prescription

### **Cautions & Contra Indications**

None known

## **LINSEED (FLAXSEED)**

*Linum usitatissimum*

### **Uses**

Essential nutrient, patella lock, preventive nutrition against degenerative diseases, conditioner, impaction colic, prevents accumulation of sand in the gut, excess acid buffer

### **Actions**

Demulcent, tonic, nutritive, laxative, conditioner, lubricant, emollient, digestive, beneficial gut flora nutrient, anti-viral, anti-bacterial, anti-cancer

### **Major Constituents**

35% oil made up of 55% on average linolenic acid LNA (omega 3 essential fatty acid) richest known source < 20% linoleic acid LA omega 6 essential fatty acid  
26% protein 14% fibre 12% mucilage 4 % minerals 9% water, lignans, essential amino acids, vitamin E, B1, B2, C, carotene, lecithin, phytosterols

### **Parts Used**

Seeds boiled into a porridge either alone or with French white millet and/or the cold pressed oil, as part of the VF Natural Diet.

The oil used as a drench to relieve impaction.

Topical Uses – the oil either alone or combined with Comfrey Oil as an everyday hoof dressing or sparingly as a massage oil to restore flexibility to ligaments and tendons which have been strained or sprained or are too relaxed or too tight.

### **Cautions & Contra Indications**

Scouring, or very loose manure – due to its laxative properties, however once the gut is healthy, linseed can be added into the diet.

Never use raw linseed oil, its only use is as a wood protectant

Never use linseed oil sold in feed stores as it is chemically extracted, contains chemical residues and has all beneficial properties destroyed by exposure to heat and light, due to the fact it is sold in non light proof containers with no use by date.

### **Historical Uses/Notes of Interest**

“Flax has been used since antiquity to maintain healthy animals. Its uses include ... treating respiratory problems in horses (reported by my father, born in 1907) ... making horses’ coats glossy; and show animals’ coats, fully, shiny and luxuriant and improving the general health and disposition of animals.”

“Lignans are cyclic molecules with anti-viral, anti-fungal, anti-bacterial and anti-cancer properties. Flax contains 100 times the quantity of lignans as the next best source, which is wheat bran. Lignans must be differentiated from lignins, which are a kind of insoluble fibre.”

## **LIQUORICE**

*Glycyrrhiza glabra*

### **Uses**

Adrenal imbalances, gut ulceration, respiratory and skin allergies, colic, prevention of adhesions after colic surgery, constipation, bloat, coughing, bronchitis, Queensland (sweet) itch, dry manure

### **Actions**

Alterative, demulcent, tonic, laxative, stimulatory, expectorant, adrenal tonic, stimulates production of cortisol, nutritive, anti-inflammatory, anti-spasmodic

### **Major Constituents**

Starch (30%), sucrose & dextrose (5 – 10%), calcium & potassium salts of glycyrrhizic acid (5 – 10%), protein, fat, resin, flavonoids, glycosides, saponins, volatile oil

### **Parts Used**

Dried root powdered and added to the feed, 2 tablespoons per day for an average sized horse. Extract as part of a formula or prescription

### **Cautions & Contra Indications**

Scouring, gut ulceration with persistently loose manure or scouring, due to laxative properties in some individuals,

### **Historical Uses/Notes of Interest**

“This is rightly one of the world’s most famous herbs.”

Horses adore the taste of liquorice although it should not be given to them in the confection form made for humans, as this is mostly aniseed. The real thing stains the tongue a yellowish-black colour.

## **MARSHMALLOW**

*Althaea officinalis*

### **Uses**

Digestive, relieves inflammation and irritation of the mucous membranes throughout the digestive tract, upper and lower respiratory tracts as well as the urinary tracts, ulcer healing, relieves bloat, wind and scouring, relieves coughing

### **Actions**

Demulcent to mucous membranes in the digestive, respiratory and urinary systems

### **Major Constituents**

Mucilage, albumin, lecithin, pectin, starch

### **Parts Used**

Root, powdered and added to feed, 2 tablespoons per day for an average sized horse. Extract as part of a formula or prescription

### **Cautions & Contra Indications**

None known

### **Historical Uses/Notes of Interest**

Not to be confused with the paddock weed known as mallow or common mallow, which is actually *Malva sylvestris*, which contains constituents poisonous to horses. It grows mainly on compacted and imbalanced soils.

## **MEADOWSWEET**

*Filipendula ulmaria*

### **Uses**

Gut ulceration, scours, osteo-arthritis, gastritis, gastro-enteritis

### **Actions**

Anti-ulcer, astringent, anti-emetic, antacid, anti-inflammatory, anti-rheumatic, anti-arthritic, anti-pyretic, analgesic, digestive

### **Major Constituents**

Salicylates including salicylaldehyde and methyl salicylate, volatile oils, tannins, glycosides, flavonoids

### **Parts Used**

Extract of the aerial parts and flowers as part of a formula or prescription.

### **Cautions & Contra Indications**

Due to the significant proportion of salicylates, would return a positive swab

### **Historical Uses/Notes of Interest**

An excellent example of synergistic action of a herb is provided by Meadowsweet. "It is the herbal aspirin – but better, & without any of the side-effects! Meadowsweet contains a substance called salicylic acid which is found in the flower buds; the same substance is also found in the bark of the willow – *Salix alba*. In the late 1890s the pharmaceutical company Bayer formulated a new drug called acetylsalicylic acid, which we know better as aspirin. It is the salicylates in meadowsweet that have the anti-inflammatory action on rheumatic pain & fever, as well as being antiseptic & diuretic. They are balanced by the other constituents in the plant, such as the tannins & mucilage. The salicylates in isolation can cause gastric bleeding – a now well-known possible side-effect of aspirin. However when the plant is left whole, in balance with its other constituents, then you have the opposite effect – a herb which is actually used to heal gastric bleeding & ulceration! Thus meadowsweet is an excellent example of the whole being better than its isolated components, & an example



## **Major Constituents**

Chlorophyll (very rich source), formic acid (causes stinging), histamine, iron, vitamin C, minerals – calcium, chromium, magnesium, zinc, cobalt, manganese, phosphorous, potassium, selenium, silica.

## **Parts Used**

Dried leaf or fresh leaves boiled for a few minutes or wilted to remove the stinging action, for use as a spring tonic or nutrient feed supplement.

Extract of the leaf (often partnered with Rue, which is stimulant to the venous circulation) as part of a formula or prescription.

## **Cautions & Contra Indications**

Nettles being strengthening and tonic to the whole body may produce a very lively response! Can occasionally cause an itchy skin rash known as urticaria or nettle rash, from contact with the fresh plant.

## **Historical Uses/Notes of Interest**

Because of it's amazing nutrient profile, dried Nettle can be added to the feed as part of the VF Natural Diet, ½ cup per day for an averaged sized horse (450 kg).

## **OATS**

*Avena sativa*

### **Uses**

Nervous system restorative, muscle wastage, improves muscle bulk, nervousness with elevated heart rate

### **Actions**

Nervine, muscle stimulant, heart tonic, anti-spasmodic (heart), strengthening to muscles, bones, teeth, hooves, hair

### **Major Constituents**

High mineral content silica, potassium, phosphorous, magnesium, calcium, Vitamins B & E, phytosterols, flavonoids

### **Parts Used**

Whole oats a strength giving cereal feed, oaten chaff and hay a roughage feed. Green oats or oat stubble for grazing.

Extract of the seed as part of a formula or prescription

### **Cautions & Contra Indications**

None known

### **Historical Uses/Notes of Interest**

The extract of oats is very useful for helping to build muscle bulk in performance horses which cannot tolerate oats in their feed.

Green oats contain a veritable multitude of minerals, vitamins, amino acids as well as fibre, fat, organic acids and sugars.

Oats have been cultivated for food and medicine for over 4,000 years.

## **OLIVE LEAF** *Olea europaea*

### **Uses**

Immune system stimulant, respiratory infections, equine influenza

### **Actions**

Anti-bacterial, anti-viral, anti-fungal, anti-oxidant, antiseptic, astringent, febrifuge

### **Major Constituents**

Bitter principle oleuropein, elenolic acid

### **Parts Used**

Extract of the leaf as part of a formula or prescription

Cold pressed olive oil is good for extracting medicinal properties of herbs for topical use, eg. Comfrey or Hypericum

### **Cautions & Contra Indications**

None known

### **Historical Uses/Notes of Interest**

Even though olive leaf has only been in use in human herbal medicine since 1995, considerable research has been conducted, which outlines an impressive number of disease fighting and protective roles. The most important one from the equine perspective at this stage is its ability as an anti-bacterial and anti-viral especially in respiratory infections. The author used this herb during the Australian equine influenza outbreak in 2007, with good results.

## **PARSLEY** *Petroselinum crispum*

### **Uses**

Stimulates milk production in nursing mares, combined with Sage and Yarrow to boost energy and life force in severely debilitated or injured horses, or for stamina in performance horses



**Actions**

Tonic, diuretic, digestive, carminative, anti-anaemia, anti-rheumatic, nutritive, galactagogue

**Major Constituents**

Vitamins A B1 B2 C K , minerals copper, iron, volatile oils, terpenes, flavonoids, coumarins

**Parts Used**

Dried leaf, roots and seeds, or fresh leaf  
Extract of dried leaf as part of a formula or prescription

**Cautions & Contra Indications**

Not to be used with pregnant mares. Can cause photosensitivity (sunburn type lesions especially on the areas of pink skin underneath white hair) Not to be used if kidney function impaired as it irritates the epithelial tissues of the kidneys.

**Historical Uses/Notes of Interest**

According to Homer the Greek charioteers fed Parsley leaves to their horses to increase their stamina and energy.

**PASSION FLOWER**

*Passiflora incarnata*

**Uses**

Nervous behaviour manifested by restlessness, inability to relax, pacing fence lines, especially mares

**Actions**

Nervine, sedative, anti-spasmodic, anodyne, anti-insomnia

**Major Constituents**

Flavonoids, Vitamin C, fixed oil, alkaloids, glycosides

**Parts Used**

Extract of the dried fruiting & flowering tops as part of a formula or prescription

**Cautions & Contra Indications**

None known

**Historical Uses/Notes of Interest**

Not to be confused with the cultivated edible passion fruits which are different species. Widely used as a symptomatic for insomnia in humans, an approved for that use by the German Commission E.

**PEPPERMINT***Mentha piperita***Uses**

Colic, flatulence, improves appetite in fussy eaters

**Actions**

Aromatic, carminative, appetite stimulant, anti-spasmodic

**Major Constituents**

Numerous volatile oils, especially menthol, tannins, bitters

**Parts Used**

Dried leaf as a feed supplement, 1 tablespoon per day for an average sized horse. Essential oil 3 drops **only** diluted in honey water to dampen down feed once or twice daily, as a gas colic treatment and preventative.

Extract of the leaf as part of a formula or prescription

**Cautions & Contra Indications**

None known

**Historical Uses/Notes of Interest**

There are many varieties of mint including water mint and apple mint, garden mint (*Mentha spicata*) is the culinary herb, spearmint (*Mentha viridis*) has similar uses to peppermint.

**POKEROOT***Phytolacca decandra***Uses**

Lymph stasis, enlarged glands, hormone imbalances, rheumatism

**Actions**

Endocrine system balancer, glandular tonic, lymphatic cleanser

**Major Constituents**

Alkaloid, resins, tannin, organic acids, saponins

**Parts Used**

Extract of the dried root as part of a holistic prescription

**Cautions & Contra Indications**

Must be used under professional guidance as dosage rates are critical.

**Historical Uses/Notes of Interest**

The berries from an Australian relative *Phytolacca octandra* made into a tea were an old bush remedy for the relief of rheumatoid—arthritis

**PULSATILLA**

*Pulsatilla vulgaris, Anemone pulsatilla*

**Uses**

Hormone imbalances in mares, erratic behaviour when in season, irregular cycles, ovarian cysts, pain in reproductive organs

**Actions**

Hormone balancing, nervine, sedative; analgesic and anti-spasmodic to reproductive organs

**Major Constituents**

Fresh plant contains glycoside, rannunculin. This is converted via proto-anemonine to anemonine on drying. Action due to anemonine.

**Parts Used**

Extract of the aerial parts as part of a holistic prescription

**Cautions & Contra Indications**

Highly toxic when fresh, therefore must only be professionally prescribed in extract form as part of a holistic prescription

**RASPBERRY**

*Rubus idaeus*

**Uses**

Supreme female reproductive herb – aids conception, strengthens and tones the endometrium, assists contractions during foaling, encourages quick and complete expulsion of the afterbirth, checks haemorrhage during labour, tones uterine muscles, prevention of abortion especially in cases where cause is not obvious, support for older mares who have had many foals or having their first foal

**Actions**

Astringent, uterine tonic, parturient

**Major Constituents**

Folic acid (highest plant source), vitamins C, P,K, iron, fruit sugar, organic acids, volatile oil, pectin

### **Parts Used & Dosage Rate**

Dried leaf – one big handful per day added to the feed, for an average sized mare (450kg), commencing one to two months prior to joining and continuing until one to two months pregnant, **and** one to two months prior to foaling continuing until the foal is 2 weeks old, if mare is to be rejoined on first true heat, continue until she is one or two months pregnant.

Extract of the dried leaf as part of a formula or prescription – important for any mare with breeding difficulties.

### **Cautions & Contra Indications**

No need to continue use for the whole pregnancy

## **RED CLOVER**

*Trifolium pratense*

### **Uses**

Abscesses, sinusitis, sarcoids, tumours, ethmoid haematoma, viruses, post-viral syndrome, joint infections, tendon sheath infections, blood cleanser, anaemia

### **Actions**

Alterative, anti-spasmodic (cough), anti-cyst, anti-fungal, anti-viral, anti-bacterial, anti-tumour, anti-anaemia, anti-oxidant, anti-abscess, expectorant, tonic

### **Major Constituents**

Coumarins, flavonoids, glycosides, copper, phyto-oestrogens, volatile oil, salicylic acid

### **Parts Used**

Extract of dried flower heads as part of a formula or prescription.

### **Cautions & Contra Indications**

A very stirring herb which can produce uncharacteristic behaviour in a small number of horses. Whilst a small percentage of clover (of all kinds) in hay or pasture is most beneficial to horses, it can affect behaviour, due to the presence of phyto-oestrogens. Long term intake of a monoculture of white clover has been known to cause infertility.

## **RHUBARB**

*Rheum palmatum*

### **Uses**

Anthelmintic, sarcoids, tumours

### **Actions**

Astringent, bitter, mild purgative, vermifuge, anti-emetic

### **Major Constituents**

Tannins, aromatic bitter, anthraquinones

### **Parts Used**

Extract of the root as part of a formula or prescription

### **Cautions & Contra Indications**

Not to be confused with the garden rhubarb, which is a different species, all parts of which are toxic to horses. Causes oxalate poisoning leading to kidney damage. Scours is a sign, immediately dose with Slippery Elm bark powder.

### **Historical Uses/Notes of Interest**

Rhubarb is one of the herbs in the Essiac anti-cancer mix.

## **ROSEMARY**

*Rosmarinus officinalis*

### **Uses**

Blood cleanser and circulatory stimulant for internal use in the treatment of mud fever, greasy heel, skin infections, joint infections, infected wounds, cellulitis

### **Actions**

Antiseptic, anti-bacterial, anti-fungal, circulatory stimulant, blood cleanser, anti-oxidant, capillary protective, anti-oxidant

### **Major Constituents**

Volatile oils, tannins, resins, bitter, flavonoids, organic acids

### **Parts Used**

Extract of dried leaf as part of a formula or prescription. Infusion of fresh leaves diluted into a wash or **3 drops only diluted in 1 litre** of water for topical treatment of bacterial and fungal skin infections.

### **Cautions & Contra Indications**

Not for use in pregnant mares