



**HORSETAIL (*Equisetum arvense*), Dr. Abhay Kumar Pati, Best Nutrition, Hayward, CA  
USA**

*The essential element, silicon, is present in very large amounts in horsetail grass. Dr. Abhay Kumar Pati, CEO Best Nutrition, Hayward, CA USA*

**July 10, 2010** - [PRLog](#) -- HORSETAIL, Dr. Abhay Kumar Pati, CEO, Best Nutrition, Hayward, USA, & Biotechayur, Orissa, India (Equisetum arvense)

**ORIGIN**

Europe

**PART OF PLANT USED**

Herb (above ground portion)

**DESCRIPTION**

Horsetail grass is a plant made up of bunches of leafless tubular stems or rushes. The plant grows in moist soil and concentrates minerals, particularly silica. The plant is also valued for its astringent and antibiotic properties. In folklore practices, horsetail grass was used to accelerate the healing of broken bones and connective tissue injuries and to promote healthy eyes, hair, skin and nails.

The essential element, silicon, is present in very large amounts in horsetail grass. The element is present in the plant in its organic forms, silicon dioxide (SiO<sub>2</sub>) or silicic acid/silicate (Si(OH)<sub>2</sub>). Silica is essential for growth and healing, being a major constituent of bones, cartilage, connective tissue and skin. In the body silica makes up part of the mucopolysaccharides (glycosaminoglycans), which play critical structural roles in bone and cartilage. The degeneration of tissues with age corresponds with decreasing levels of silica in the tissue. Silicic acid also stimulates an increase in white blood cells, helping to increase resistance to infection. In the past a tea of horsetail grass was frequently given to tuberculosis patients. The second major class of ingredients of horsetail grass is the saponins. These compounds have a mild diuretic effect.

Horsetail is widely used for genitourinary problems including inflammations, kidney or other stones, enuresis, nephritis, gout and prostate problems.

**TRADITIONAL AND OTHER THERAPEUTIC USES**

- mild diuretic
- improves broken nails, lifeless hair, hair loss, and skin disorders
- treats anemia
- useful for general debility
- helps to stop bleeding
- useful for stomach ulcers
- shrinks inflamed or enlarged prostate
- cystitis and urinary stones
- lung complaints
- arteriosclerosis
- pulmonary tuberculosis
- strengthens the immune system

- used as an ingredient in shampoos and cosmetics

#### TOXICITY, CAUTIONS AND CONTRAINDICATIONS

Horsetail has no known toxic effect with normal use. Avoid its use with antihypertensive drugs, digitalis, corticosteroids, heparin or lithium.

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Dr. Abhay Kumar Pati, Best Nutrition Products, Inc. Hayward, California, USA and Biotechayur, Odisha, India manufacturer of a large number of bestnutrition, glutathione, ashwagandha, gymnema, diabotica, gugal, psyllium, boswella, vitamins, minerals, Chinese and Ayurvedic herbal, nutritional supplements, phytochemicals, raw materials of standardized molecules of plants and fruit extracts. Dr. Abhay Kumar Pati, is a physician, author, entrepreneur and industrialist based in the United States, having ventures across the globe. Dr. Pati states that many of our health problems and diseases can be prevented, treated well with lifestyle, food habits and nutritional supplements. Most of the fruit contain ascorbic acid, enzymes, bioflavonoids, rich in minerals like chromium, potassium, and magnesium etc as well as B vitamins to amino acids.

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Source	Dr. Kumar Pati, CEO Best Nutrition Products
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