

Herbs for horses

A list of herbs and what they are traditionally used for and known as



ALFALFA

This herb is high in nutrients and traditionally known for being beneficial for over-acid conditions, stomach and digestive ailments, a blood purifier and as an appetite stimulant.

ASHWAGANDHA

Traditionally used for stress and anxiety. Studies have shown it can help support thyroid function help stabilise blood sugar & regulate insulin. Immune support and reduce inflammation.



BURDOCK ROOT

Traditionally used for joint support and skin conditions. It is known as a powerful blood cleanser & promotes perspiration. It is a diuretic herb and helps to maintain digestive health and function.

CALENDULA

Traditionally used for skin complaints. Also known to aid gastric problems, act as a blood tonic and has anti-fungal properties. Can be used internally or externally.



CELERY SEED

Traditionally used for arthritis and other joint complaints. It is also known as a digestive tonic. Also used as a diuretic and for its anti-inflammatory properties.

CHAMOMILE

Traditionally known as a soothing and calming herb, beneficial for digestive weaknesses, headaches, colic, and inflammatory bowel conditions.



CHASTE TREE BERRY

Traditionally known as a hormonal balancer for mares. Also supports horses with Cushings syndrome.

CLIVERS

Traditionally known for its soothing anti-inflammatory properties for the urinary system and lymphatics. Not recommended for diabetics.



DANDELION

Traditionally known as a great liver tonic and beneficial kidney tonic due to its gentle diuretic action. Also known to be used for digestive disturbances and poor appetite.

DEVILS CLAW

Traditionally known as an excellent anti-inflammatory with analgesic properties beneficial for the muscular & skeletal system. Also known as an effective alternative to 'bute'.





ECHINACEA

Traditionally used for viral and bacterial infections or a weakened immune system. It is also known to help prevent infections.

EYEBRIGHT

Traditionally used as an eye tonic, this herb may be used as an eye bath for eye irritations and internally helps to relieve mucous conditions.



FENNEL

Traditionally used to soothe the digestive tract. May help reduce flatulence and helps to maintain digestive health and function.

FENUGREEK

Traditionally known as an appetite stimulant and its benefits on gastric disorders.

Known to increase milk production during lactation. The seeds are high in soluble fibre which is known to help lower blood sugar by slowing down digestion and absorption of carbohydrates. A valuable source of nutrients and combines well with garlic. Best avoided for mares with hormonal imbalances.



GARLIC

Traditionally known for its antiseptic, expectorant, and antibiotic qualities. It is known to help guard against infections and worm infestations. Also traditionally used for respiratory health.

GINGER

Traditionally used to help stimulate circulation. It is also known as a diaphoretic – promotes perspiration. Ginger is also known as a digestive aid and may help to relieve flatulence and colic.



GINKGO

Traditionally known to improve circulation, especially poor circulation to the brain – Assists poor memory.

GOTU KOLA

Traditionally known as the 'rejuvenator' herb and it's effects on helping to improve memory & concentration. Also known to benefit skin problems and arthritis.



HAWTHORN BERRY

Traditionally used as a major heart and circulatory tonic.

HORSETAIL

A rich natural source of silica, it also contains magnesium, calcium and phosphorus. Traditionally known to aid bone and joint repair. The name says it all - If your horses are eating other horse's tails, they need silica.



LICORICE ROOT

Traditionally known to have oestrogenic action on females, so avoid during pregnancy. Has been used for thousands of years with many therapeutic uses. Is known to aid gastric ulcers and coughs, beneficial for the liver, adrenal glands and much more. Should not be used in large quantities or for longer than 6 weeks. Best used under supervision.



MARSHMALLOW

This herb is known for its soothing properties for the entire digestive tract and has been traditionally used to help aid gastric complaints such as ulcers, colitis, bloat and inflammation. Its healing properties are also helpful for the urinary tract.



MEADOWSWEET

Traditionally known as one of the best digestive remedies available. It is soothing to the mucous membranes of the digestive tract. It is also known as an anti-inflammatory and contains pain-relieving compounds. May help to ease nausea. Combines well with Marshmallow for digestive disturbances. It should not be used for felines.



MILK THISTLE

Traditionally known as an excellent herb to help strengthen the liver. Seeds from Milk Thistle are high in linoleic acid which is known to help to regulate female hormonal balance.



NETTLE

Traditionally known as a nutrient herb as well as being beneficial for the whole body, including the skin. Combines well with other herbs to help chronic skin conditions.



OLIVE LEAF

Traditionally used to help lower blood pressure and its benefits for the immune system.



PARSLEY

Traditionally known as a powerful diuretic & tonic herb. It is rich in vitamin C, iron & copper being ideal for anaemia. Should not be used in large quantities. Has uterine stimulating properties, so avoid during pregnancy.



PASSIONFLOWER

Traditionally used with other nervine herbs to help calm nervousness.



PEPPERMINT

Traditionally known as an excellent digestive tonic that can help to relieve flatulence, stimulate poor appetite, ease nausea and vomiting or colic. It can also be combined with other herbs for fevers, colds and flu.



PSYLLIUM HUSKS

Traditionally used for horses prone to sand colic, constipation and to cleanse the colon.





RASPBERRY LEAF

Traditionally used as a reproductive tonic to strengthen and tone the uterus. It can be taken prior to conception or routinely throughout the pregnancy to help prevent complications. It has also been used in the treatment of diarrhoea due to its astringent properties.

RED CLOVER

Traditionally known as a powerful blood purifier and is especially beneficial for skin conditions. It also has expectorant properties making it beneficial for coughs and bronchitis. This wonderful herb is best used under supervision of a qualified practitioner. It is also known for its oestrogenic effects, which may affect those with hormonal imbalances.



ROSEHIPS

Traditionally known as one of the best natural sources of vitamin C along with other minerals such as copper and cobalt. It is known as a great general tonic, immune system booster and circulatory herb. Can be used as a regular addition to the diet. May help to prevent colds & flu

SLIPPERY ELM

An excellent nutrient herb, traditionally used for its benefits for inflammation anywhere in the digestive tract. Known to benefit diarrhoea (scouring), especially for the young & elderly. Can also be used externally as a healing poultice.



UVA URSI

Traditionally known as a urinary antiseptic and diuretic herb. May be used to assist with inflammation and infections of the bladder and kidneys. This herb should not be used long-term.

VALERIAN

Traditionally known as one of the best nervines available. It is a gentle yet effective sedative or calming herb. Helps those suffering from insomnia or for nervous animals.



VERVAIN

Traditionally known as an antispasmodic and good for nervous behaviour especially when due to skin reactions, after illness or injury. Was considered a 'cure all' by the Greeks and American Indians.

WHITE WILLOW BARK

Horses will often eat this when needed. It is known for its anti-inflammatory properties to assist with pain relief. Combines well with meadowsweet for pain. (Not suitable for cats).



YARROW

Externally this herb is traditionally used to help heal wounds. It is also known to be used in the treatment of fevers and may help to lower blood pressure.



REFERENCES