



Walkenny Park Equine Herbs

OUR SELECTED HERBS

Burdock (*Arctium lappa*)

Blood cleanser, kidney tonic, anti-rheumatic. Research suggests free radical scavenging ability - an ingredient in the Essiac anti-cancer formula, also used for treatment of skin breakouts including sarcoids and tumours.

Carob (*Ceratonia siliqua*)

The pods are highly nutritious and are used to treat diarrhoea and gently cleanse and relieve irritation within the gut.

Celery (*Apium graveolens*)

Kidney tonic, mildly diuretic, balances pH, improves fluid circulation, anti-arthritis. The sodium side of the sodium/potassium pump at the cellular level. Used to treat azoturia, osteo-arthritis with it's metabolic partner Juniper.

Comfrey (*Symphytum officinale*)

Demulcent, vulnerary, anti-arthritis, anti-rheumatic. Traditionally used to help repair cartilage, bone, tendon, ligament and soft tissue injuries. The *allantoin* content is considered to be a cell proliferant.

Calendula (*Calendula officinalis*)

Antiseptic, anti-bacterial, anti-fungal, anti-inflammatory, lymphatic cleanser (incl gut associated lymph tissue), traditionally used systemically to treat gut ulceration and colitis, soothing to digestive mucosa.

Chamomile (*Chamomilla recutita*, *Matricaria recutita*)

Digestive, nervine, anti-spasmodic, anti-allergy, tonic. Calming, balancing & soothing to the central nervous system, the digestive system and the respiratory system.

Chastetree (*Vitex Agnus-castus*)

Hormonal balancer for mares, anaphrodisiac. British equine herbalist Hilary Page Self conducted successful trials in 2003 into its use to reduce common symptoms of Cushing's disease - (PPID).

Dandelion (*Taraxacum officinale*)

Blood cleanser, liver detoxifier, tonic to kidneys, spleen & bladder, digestive, metabolic balancer, traditionally used to treat gut ulcers, travel sickness, azoturia & rehabilitation after illness, injury. Leaves are a natural electrolyte.

Devils Claw (*Harpogophytum procumbens*)

Analgesic, anti-inflammatory, anti-arthritis, anti-rheumatic, used to rehabilitate musculo-skeletal injuries, osteo-arthritis, laminitis, joint ill, osteo-chondrosis & epiphysitis. *Contains the prohibited substances Harpogoside which may produce a positive swab.*

Elecampane (*Inula helenium*)

Respiratory antiseptic, expectorant, demulcent, anti-bacterial, traditionally used to treat all upper & lower respiratory infections, respiratory allergies, coughs, epistaxis (bleeding from the lungs), post-viral healing to lungs.

Fenugreek (*Trigonella foenum-graecum*)

Alterative, lymphatic cleanser, liver tonic, demulcent, nutritive, mucous membrane protective, traditionally used to treat gut ulceration and improve appetite.

Ginger (*Zingiber officinale*)

Carminative, digestive, anti-spasmodic, anti-inflammatory, traditionally used to relieve flatulence and most digestive disorders.

Hawthorn (*Crataegus monogyna*)

Heart tonic, heart protective, improves coronary blood supply, strengthens blood vessels, performance restorative. Traditionally used to treat arrhythmia, epistaxis, all hoof problems, heart strain, travel sickness and rehabilitation from illness or injury.

Hops (*Humulus lupulus*)

Nervine, mild sedative, tonic to the nervous system. Traditionally used to promote relaxation in horses with entrenched nervous habits or who have to be confined due to injury.

Juniper (*Juniperus communis*)

Kidney tonic, pH balancer, diuretic, urinary antiseptic, the potassium side of the sodium/potassium pump at the cellular level, used to treat azoturia (tying-up), osteo-arthritis. with it's metabolic partner Celery.

Lavender (*Lavandula angustifolia*)

Well known for its soothing and calming effect on the nervous system, combines well with other nervine herbs to relieve irritability and muscle tension.

Lemon Balm (*Melissa officinalis*)

A relaxing tonic for anxiety, restlessness and irritability, and will often quieten a racing heart, so is a valuable remedy for palpitations of a nervous origin and when anxiety causes digestive problems such as colicky pains. Perfect for hormonal mares.

Liquorice (*Glycyrrhiza glabra*)

Alterative, adrenal tonic, demulcent, anti-inflammatory, anti-spasmodic, nutritive, traditionally used to treat gut ulceration as well as adrenal imbalances, colic, respiratory & skin allergies. Stimulates the production of cortisol.

Marshmallow (*Althea officinalis*)

Digestive, demulcent, relieves inflammation and irritation of the mucous membranes of the digestive tract, as well as the upper and lower respiratory system. Traditionally used to relieve coughs, bloat, gas and scouring and treat gut ulceration.

Meadowsweet (*Filipendula ulmaria*)

Analgesic, anti-inflammatory, anti-rheumatic, anti-arthritis, astringent, antacid and anti-ulcer. Traditionally used to assist in the treatment of gut ulceration, scouring, osteo-arthritis, gastritis and gastro-enteritis. Contains salicylates which may produce a positive swab.

Mugwort (*Artemisia vulgaris*)

Nervine, strengthens transmission of nerve signals. Traditionally used to treat nervous tension caused by sensitivity to sight, sound, touch, noise as well as nerve damage and Stringhalt.

Mullein (*Verbascum thapsus*)

Expectorant, reduces mucus formation, used to treat coughs, catarrh and bronchitis and improve breathing capacity.

Nettles (*Urtica dioica*)

Blood cleanser, anti-histamine, spleen tonic, raises red cell count, improves oxygenation of the blood, stimulates arterial circulation, nutritive. Traditionally used to treat anaemia, arthritis, rheumatism, laminitis, cellulitis, skin allergies. Spring tonic to hasten shedding of winter coat. Impressive mineral profile.

Passionflower (*Passiflora incarnata*)

Nervine, sedative, anodyne, anti-insomnia, anti-spasmodic. Traditionally used to soothe and calm mares in season, and balance nervous behaviour shown by restlessness, fence pacing and inability to relax, especially mares.

Peppermint (*Mentha piperita*)

Aromatic, appetite stimulant, warming, mild anti-spasmodic. Traditionally used to improve appetite in fussy eaters, relieve flatulence and gas and to prevent colic.

Psyllium (*Plantain ovata*)

A natural source of soluble fibre from the Plantain ovata plant, used as a preventative for the build up of sand in the hind gut, which is a cause of colic and/or scours.

Raspberry (*Rubus idaeus*)

Astringent, uterine tonic, supreme female reproductive herb. Traditionally used to aid conception, strengthen and tone the endometrium, assist contractions during foaling, encourages complete expulsion of the afterbirth, tones uterine muscles and aids easy foaling. Highest plant source of Folic Acid.

Rosehips (*Rosa canina*)

The considerable nutrient, protective and restorative powers of Rosehips derive from its extremely high mineral, vitamin and flavonoid content – highest natural source of Vitamin C (up to 2000 mg per 100 grams), 14 vitamins, 18 minerals, anti-oxidants, pectin and fruit acids. Traditionally used as an immune protectant, hoof growth stimulant and an anti-arthritis.

Rosemary (*Rosmarinus officinalis*)

Blood cleanser, circulatory stimulant, antiseptic, anti-fungal, anti-oxidant, capillary protective, used in the treatment of mud fever, greasy heel, skin infections, cellulitis and laminitis.

Sarsaparilla (*Smilax officinalis, Smilax ornata*)

Reproductive hormone balancer, alterative, used to treat performance and breeding mares with disordered hormones, irregular cycles and irritable behaviour when in season.

Shepherds Purse (*Capsella bursa-pastoris*)

A common weed in Australian pastures, which horses will eat when it is young, it is one of the best remedies for staunching blood flow, especially for uterine bleeding.

St Mary's Thistle (*Silybum marianum*)

Liver protective, regenerates liver cells, increases bile secretion and improves liver function. Traditionally used for liver detoxification and liver damage from all causes of poisoning.

Slippery Elm (*Ulmus fulva, ulmus rubra*)

Astringent, demulcent, emollient, nutritive, anti-inflammatory to mucous membranes. Traditionally used to treat scouring, gut ulceration and gas as it is credited with absorbing toxins from the gut, enhances colonic bacteria and balances bacterial fermentation.

Thyme (*Thymus vulgaris*)

This well known culinary, aromatic herb also has valuable healing properties for respiratory infections, coughs and sinusitis.

Valerian (*Valeriana officinalis*)

Nervine, anti-spasmodic, anodyne, sedative, laxative, muscle relaxant. Traditionally used to treat nervousness shown by tight muscles, high heart rate and small/hard manure, colic, nerve damage, neuralgia, stringhalt and tying up. A constituent, Valerianic acid, is a prohibited substance, so may return a positive swab.

Vervain (*Verbena officinalis*)

Nervine, tonic, sedative anti-spasmodic to the peripheral circulation. Traditionally used to treat nervous behaviour shown by itchy skin, irritability, fidgeting, scratching, pawing, pacing, also skin allergies and a restorative from illness or injury.

White Horehound (*Marrubium vulgare*)

Expectorant, demulcent, febrifuge, anti-tussive, used to treat coughs, colds, bronchitis and pneumonia and COPD. (Chronic Obstructive Pulmonary Disease)

White Willow (*Salix alba*)

Analgesic, anti-inflammatory, anti-rheumatic, astringent, febrifuge. Traditionally used to treat osteoarthritis and rheumatism. Horses enjoy snacking on the fresh shoots of these trees. See Equi-Vital label. A constituent Salicylic Acid is a prohibited substance so may produce a positive swab.

Yarrow (*Achillea millefolium*)

Astringent, styptic, vulnerary, restorative, tonic, stimulates red and white cell production in bone marrow. Traditionally used to stop bleeding from wounds (internally as well as externally), wound healer, musculo-skeletal injuries, nosebleeds and anaemia.

Yucca (*Yucca baccata*)

Contains bitter compounds that enhance the absorption of nutrients and promotes the growth of friendly colonic bacteria, and is used to treat arthritis, rheumatism and liver congestion.

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