

Horsetail Benefits – Mineral-Rich Tissue Repair, Bone Strength & Urinary Tonic

Botanical Profile

- Latin Name: *Equisetum arvense*
- Alternative Names: Shavegrass, Scouring Rush
- Plant Family: Equisetaceae (Horsetail family)
- Parts Used: Aerial parts (sterile stems)
- Origin: Native to North America, Europe, and Asia; one of the oldest plants on Earth

Horsetail is a living fossil—a deeply ancient plant packed with bioavailable minerals, particularly silica. It has a long tradition of use in supporting bone, skin, hair, nails, and connective tissue health. At Peridotflow Wellness Centre, we see Horsetail as a quiet ally of strength and structure—helping to knit together what is fragile, weak, or in recovery.

Supports Bone Health and Tissue Repair

Rich in silica and minerals like calcium and potassium, Horsetail helps support the structure and integrity of bones, tendons, and ligaments. It aids in healing fractures, osteoporosis, or connective tissue injuries by promoting collagen formation and calcium absorption.

Strengthens Hair, Nails, and Skin

Horsetail is one of the best herbs for beauty and structural resilience. Its silica content supports the growth of strong nails, glossy hair, and firm skin. It can be taken internally or used topically as a rinse or compress for fragile nails and thinning hair.

Tones and Heals the Urinary Tract

As a mild astringent and diuretic, Horsetail tones the bladder and supports the resolution of urinary tract irritation or infection. It is particularly useful for bedwetting, weakened pelvic tissues, or post-UTI recovery, and works well alongside soothing herbs like Marshmallow or Cornsilk.

Supports Joint and Cartilage Health

Horsetail aids joint integrity by supporting connective tissue renewal and reducing mineral depletion. It is a helpful addition for arthritis support formulas, particularly when joint stiffness is related to degenerative wear.

Promotes Wound Healing and Recovery After Injury

Its ability to knit together tissues extends to skin, fascia, and internal wounds. Used both internally and externally, Horsetail can accelerate healing and help reduce scarring in long-term recovery processes.

Folklore & History

Horsetail has existed for over 100 million years and was once as tall as a tree. It was traditionally used by herbalists and craftsmen to polish metal and wood due to its high silica content. In European folklore, it was believed to enhance inner strength and was associated with Saturn—ruler of structure, time, and bones. Native American tribes used it for urinary and skin complaints.

Traditional Usage

Taken as a strong tea, tincture, or decoction. Used in protocols for bone healing, urinary incontinence, brittle nails, and skin repair. External use includes compresses or rinses for wounds, fungal infections, and hair strengthening.

Herbal Actions

Astringent, Diuretic, Tissue tonic, Mineral-rich, Vulnerary, Connective tissue restorative

Energetics & Tissue States

Temperature: Cooling

Moisture: Drying

Tissue States: Atrophic, Lax, Damp, Deficient

Active Compounds

- Silica – Structural support for hair, skin, bones, and nails
- Flavonoids – Antioxidant and anti-inflammatory
- Saponins – Soothing and mildly antimicrobial
- Minerals – Calcium, potassium, magnesium

Dosage & Preparation

- Tea: 1–2 tsp dried herb per cup, simmer 15–20 mins; drink up to 2x daily
- Tincture: 1–3 ml up to 3x daily
- External: Rinse, soak, or compress
- Best used in short courses or paired with nourishing herbs

Safety & Contraindications

- Avoid long-term high-dose use due to potential thiaminase content
- Not recommended during pregnancy
- May irritate kidneys in high doses or with pre-existing kidney conditions
- Ensure correct species—*Equisetum arvense* is safest for internal use

Herbal Pairings

- Nettle – for joint, bone, and hair support
- Marshmallow Root – to soothe urinary tract and balance drying effects
- Solomon’s Seal – for connective tissue and ligament support
- Comfrey (external only) – for wound and bone healing
- Gotu Kola – for skin and tissue regeneration

Peridotflow Perspective

Horsetail embodies the quiet endurance of nature. It teaches us to strengthen from the inside out—rebuilding what’s been weakened and restoring natural structure. At Peridotflow, we turn to Horsetail when integrity needs repair—be it bones, tissues, or energetic boundaries. It is a plant of restoration, resilience, and deep mineral nourishment.