

Horse Chestnut Seed

Latin name: *Aesculus hippocastanum*

Family: Hippocastanaceae

Miscellaneous:

- Large, brown seeds.
- Native to Europe.

Uses:

Horse chestnut seed is approved by the German Commission E for feelings of pain and heaviness in the legs and chronic venous insufficiency.¹ It is therapeutically effective for the treatment of varicose veins and related circulatory disturbances.

Mechanism:

A conglomeration of active constituents are responsible for this supplement's MOA, including: quercetin, triterpenoid saponin glycosides, kaempferol, and aesculetin (a coumarin). Aescin is an active principal that reduces lysosomal activity by stabilizing the cholesterol containing membranes of lysosomes and limiting the release of enzymes. In addition to this, aescin is useful in edema prophylaxis due to its ability to reduce transcapillary filtration of water and protein.¹ Aescin's mechanism increases vein tonus, and in doing so, improves blood flow. Horse chestnut seed is high in rutin, also. This compound aids capillary structural support.

Dosage:

Initial oral dosage = 90-150 mg/day of aescin.

Following noticeable improvement based on initial oral dosage, reduce to = 35-70 mg/day aescin.

*The lack of standardization greatly contributes to difficulty in meeting dosage requirements

Contraindications/Side effects:

GI, anaphylaxis, renal and hepatic toxicity, pregnancy/breastfeeding. Dangerous with regards to toxicity if not used accurately/appropriately. Possible interaction with Coumadin® and other anticoagulants.

*Classified by the FDA as an unsafe herb due to potential toxicity.

Citation References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 147-149.

General References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 147-149.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 126-127.
3. Duke, J.: *Dr. Duke's Essential Herbs*: 1999, pp. 157-170.
4. Duke, J.: *The Green Pharmacy*: 1997, pp. 539-540.