

About Aesculus



Uses:

- Varicose veins
- Piles (haemorrhoids)
- Phlebitis (inflammation of veins)

Description:

The use of Aesculus in venous disorders has been recognised for a long time. It has been used as a treatment for various venous conditions since the 19th Century.

It is the seed of the Horse Chestnut tree, instantly recognisable to many children as the conker, that is used medicinally.

How it works:

The constituent of Aesculus which has been most studied is aescin. It has the ability to improve the tone of veins, reducing leakage into the surrounding tissue.

Often varicose veins are more troublesome in warmer weather and starting a course of Aesculus during the early summer can prevent the distressing symptoms emerging. For best results, I find that a three to four month course is advisable. Those suffering from varicose veins will also benefit from ensuring that constipation is not a factor.

Additional advice:

Best taken with food. Do not use alongside blood-thinning medicines such as low-dose aspirin or anticoagulants such as warfarin.