

Horse Chestnut *Aesculus hippocastanum*

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USES: Post-operative or post-traumatic swelling (H), varicose veins (H), chronic venous insufficiency (CVI) (H), hypercholesterolemia (A), diuretic (A-aesculin).

PART USED: Seed.

CONTRAINDICATIONS: Bleeding disorders, open wounds on skin, liver disease. Safety in pregnancy and lactation not established.

SAFETY: Consumption of large quantity of seeds has led to death. Use only products that have had esculin removed.

ADVERSE REACTIONS: Allergic response, anaphylaxis, bleeding, cholestatic liver disease (after IM extract), depression, diarrhea, dilated pupils, GI distress, hepatic injury, incoordination, muscle twitching, muscle weakness, N&V, nephropathy, paralysis, pruritus, stupor, urticaria.

INTERACTIONS:

Alcohol⁵⁵⁰ Aescine, a component of horse chestnut, is protective against ethanol-induced gastric ulcers.

Anticoagulants and drugs that increase the risk of bleeding⁵⁴⁹ (see Appendix 8) Esculetin, a component of horse chestnut, inhibits platelet aggregation, which may increase the risk of bleeding.

Diuretics⁵⁵¹ (see Appendix 11) Aesculine, a component of horse chestnut, has diuretic activity. The renal excretion of sodium, chloride and potassium is increased.

Insulin/Oral hypoglycemic agents^{546,547,548} (see Appendix 24) Escins Ia, Ib, IIa, and IIb, components of horse chestnut, have hypoglycemic activity. It is not known if effect is additive with medications used for diabetes. Components of herb may delay gastric emptying and decrease intestinal absorption of sucrose.

[Excerpt from Herb-Drug Interactions 2nd edition, by Sharon M. Herr, RD, CDN](#)