

Lai-utong



Common Name

English :Horse-tail

Hindi :

Manipuri :Lai-utong

Scientific Name

Group :Pteridophyte

Family :Equisetaceae

Genus :Equisetum

Species :debile Roxb.

Habit :Slender silicate herb

Parts Used :Stem

Mode of Preparation :Stem is crushed for decoction. Stem crushed & steam heated for local application. The plant along with the leaf of 'Dryopteris marginata' are boiled in water for external use.

Mode of use :Decoction & Local Application

Ingredients :Leaves contain polyphenolic acids. Stems contain protocatechuic and caffeic acids.

Ailment Treated:Stem decoction paste is used for local application on body in dropsy and hysteria by the hill people. Steam heated packet containing the plant is good for local application on back ache. Plant is boiled in water and the soup is used to take bath against skin diseases.

Source:Wildly grown in hills and plains specially in moist and

shady areas.