

Clinical Research finds Horsechestnut Complex Improves Lymph Flow

by Michelle Morgan

A pilot study undertaken by the Charles Sturt University investigated the effect of Horsechestnut Complex tablets on lymphatic flow in 15 female volunteers aged between 50 and 60 years. The participants had no history of lymphoedema or breast cancer.

Measurements (lymphoscintigraphy) were taken at baseline (prior to treatment) and after 3 month's treatment with Horsechestnut Complex (supplied by MediHerb, one tablet twice daily after a meal). Lymphoscintigraphy uses imaging to trace small radioactive particles after they are injected and as they pass through the lymphatic vessels. After injection in both the left and right hands, images were taken of the hand and forearm for up to 3 hours.

There was an increase in the percentage of activity that migrated away from the injection site for the follow up results compared to baseline. After the 3-month herbal treatment there was an increase in percentage migration of 1.56% (measured over a 2-hour period). This was statistically significant ($p = 0.017$). The 1.56% improvement in lymphatic flow demonstrated over a 2-hour period, if sustained over an entire day for 3 months or more would translate to a substantial physical volume. The results of this clinical study affirm the principle that Horsechestnut Complex supports the gradual return to normal lymph flow.

With these encouraging results the authors suggest that a randomised, controlled trial to evaluate the potential clinical benefits in breast cancer patients with post-treatment lymphoedema may be warranted.

The trial has been published in the *Australian Journal of Medical Herbalism* 2009; **21**(3): 66-70, with Kerry Bone as a contributing author.

Key Finding: Horsechestnut Complex was found in a pilot trial to improve lymphatic flow.