



by Katharine Lark Chrisley, NHC, RMT

Rosemary

One of my all time favorite herbs for horses is rosemary.

Rosmarinus officinalis - a plant that loves the heat and can grow in sand or soil, it has healing properties internally and externally. This herb is an effective insect repellent and a safe addition to pots or beds around the stable yard. The volatile oils create an aromatic deterrent to insects. I have used ground or powdered rosemary leaf as a "tick or lice" treatment simply dusted onto the horse's coat and brushed in to reach the skin.

As a fly repelling, antiseptic "scab" on wounds it has no equal. I simply press the pure powdered leaf into a wound to protect it and allow healing from the inside.

The essential oil of rosemary can be added (by the drop – 10 to 40 drops to the quart) to natural fly sprays. A decoction of boiled leaves, strained well, makes a nice body rinse that is repellent and antiseptic.

Feeding rosemary leaves fresh or the dried powder added to a bucket feed (that is dampened with water) will have an internal vermifuge effect and, much like garlic, will come through the pores of the skin to make the horse less appealing to external parasites. Only a small spoonful is needed – but be cautious with any animal having circulatory problems. Rosemary is a circulatory stimulant.

The powdered herb can be sprinkled into horse-wear and tack that are stored for any length of time to repel insects and decrease mold. Sprigs can be bundled and tied into shed or stable rafters to add their pleasant fragrance and repel flying bugs. A fresh bundle of twigs/leaves can be used to groom a sweating horse and actually has a cooling effect.

Rosemary is called "the dew of the sea". Its captivating scent after a rain is distinctive and "reviving" to the senses.

Rosemary flower essence (energetically made through sunlight infusion into pure water) is used for forgetfulness.

I have used this wonderful herb to infuse oil for rubbing into sore joints and I have used the strong herbal oil mixed with melted beeswax to create an antiseptic salve for wounds and rashes.

These statements have not been evaluated by the FDA or USDA.

About the author:

Katharine maintains an "herbal" stable yard. Her company is Dharmahorse where the dharma (sacred path) for horses is a nature based one. www.dharmahorse.com