

YARROW

ACHILLEA MILLEFOLIUM



Botanical Name: *Achillea millefolium*

Family: Asteraceae

Parts Used: Aerial portions and root

Actions: Alterative, Anti-inflammatory, Antimicrobial, Anodyne, Antiseptic, Astringent, Diaphoretic, Diuretic, Tonic, Styptic

Energetics: variable

USES & INDICATIONS

Yarrow is a beautiful and abundant plant whose virtues are vast. Because of its astringent nature Yarrow is often recommended in conditions where tissues are lax and need tone. In this case we might think of conditions such as varicose veins, hemorrhoids, prolapses, urinary incontinence, diarrhea, atonic and swollen tissues.

Combined with the fact that Yarrow is astringent it also has various other constituents and actions which influence its ability to regulate blood either by increasing or decreasing its flow.



HERB TIP

“THE SOLDIER'S WOUNDWORT WAS DEDICATED TO THE MIGHTY ACHILLES, WHO, IT IS SAID, MADE USE OF THIS PLANT AT THE SIEGE OF TROY TO HEAL THE WOUNDS OF HIS SOLDIERS.”

- STACKS

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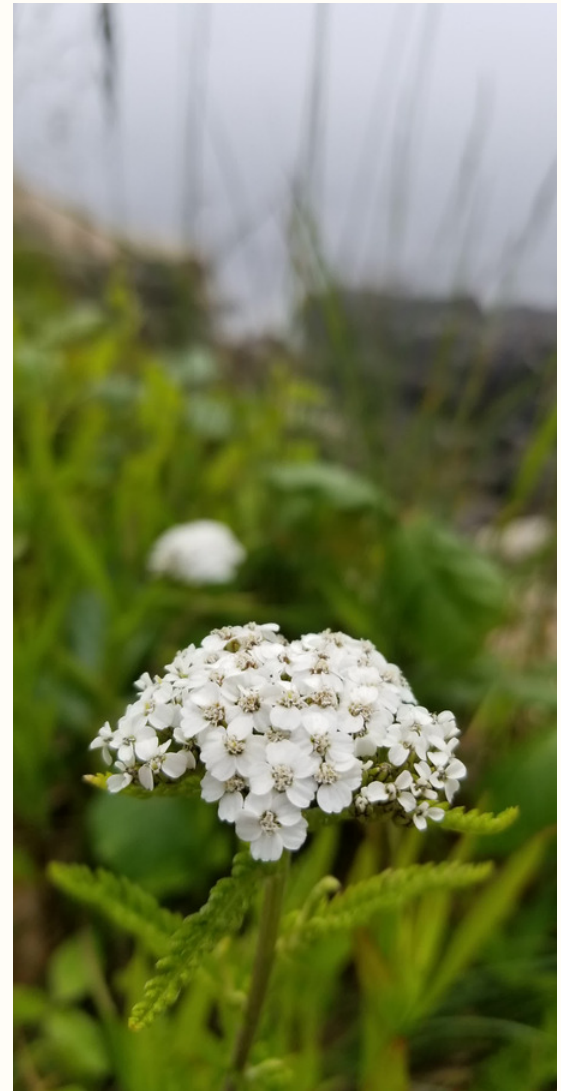
USES & INDICATIONS

This makes Yarrow a good choice in conditions where there is excess or insufficient blood flow such as with cuts, wounds, nose bleeds, hematuria (blood in urine), blood in the stool, menorrhagia/amenorrhea and when blood has stagnated (bruising).

Poultices of the herb can be applied topically to stop bleeding, reduce inflammation, cleanse a wound and to prevent infection.

When consumed as a warm infusion Yarrow influences circulation and opens the pores of the skin. This is a wonderful option for fevers when the skin is warm and dry. A traditional cold and flu tea includes equal parts of Yarrow, Peppermint and Elderflower.

Over the years there have been numerous variations of this formula.



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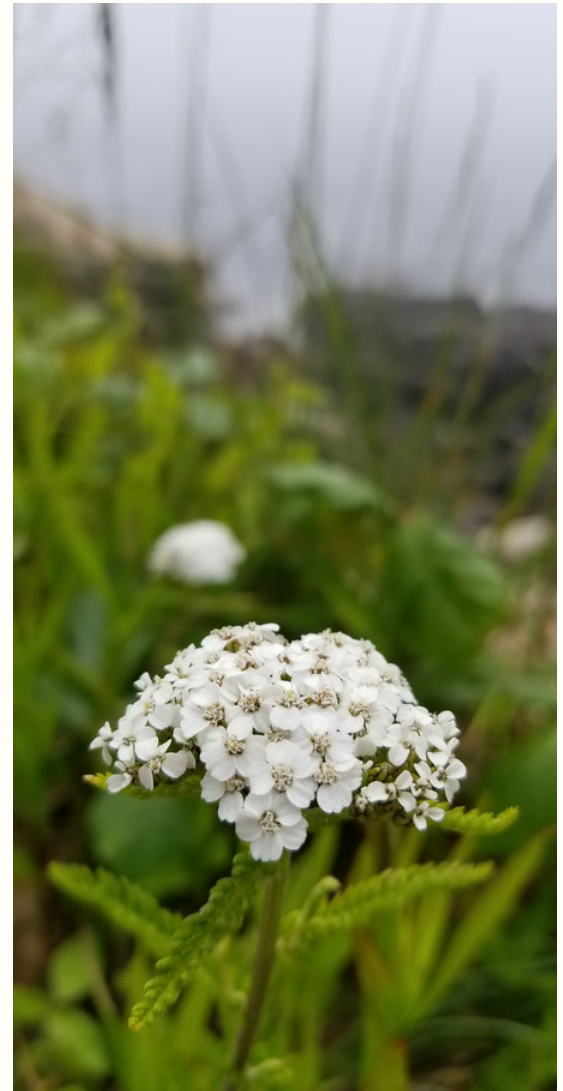
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USES & INDICATIONS

On the other hand, when consumed as a cool infusion Yarrow acts as a diuretic assisting conditions where urine is suppressed. Yarrow can benefit the urinary system acting to disinfect, tone, ease irritation and increase urination.

Because of its versatility and abundance, Yarrow is a wonderful “first aid” herb. As mentioned, when applied topically Yarrow not only helps to stop bleeding and disinfects the wound but it is also acts as a bug repellent to keep those pesky critters away. Another benefit of Yarrow as a “first aid” herb is that it is a mild anodyne which helps to relieve pain and was often chewed to help relieve the pain of toothaches.



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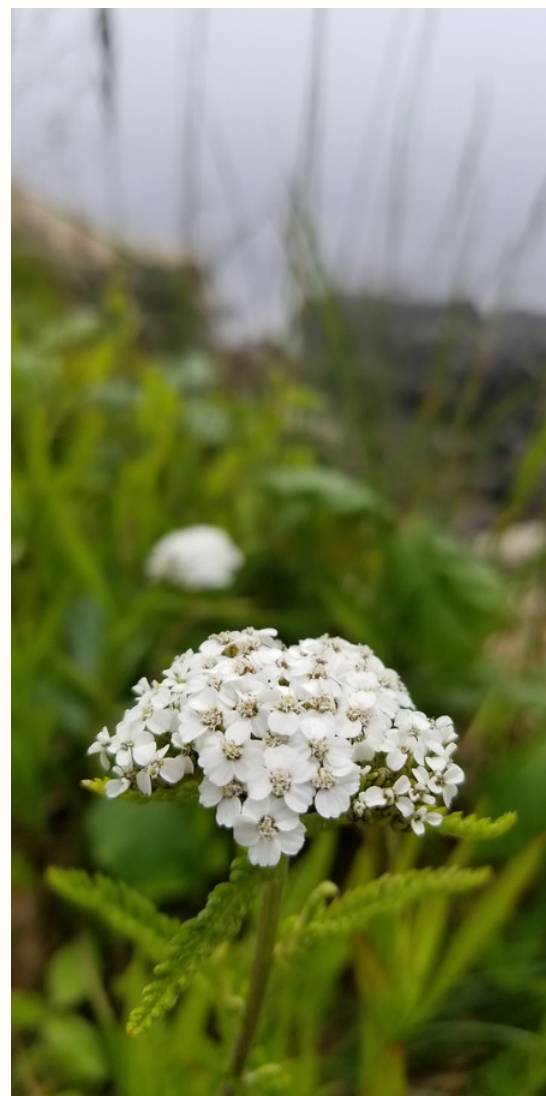
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USES & INDICATIONS

Historically much has been written about the “folklore” associated with Yarrow. Here are some excerpts from Fredrick William Stacks book (1909), “Wildflowers Every Child Should Know”.

- “The Soldier's Woundwort was dedicated to the mighty Achilles, who, it is said, made use of this plant at the siege of Troy to heal the wounds of his soldiers.”
- “Timid people believed that when this plant was carried about the person, it would drive away fear and, on this account, it was frequently worn in times of danger.”
- “The leaves and flowers have been used for almost every ill that flesh is heir to.”



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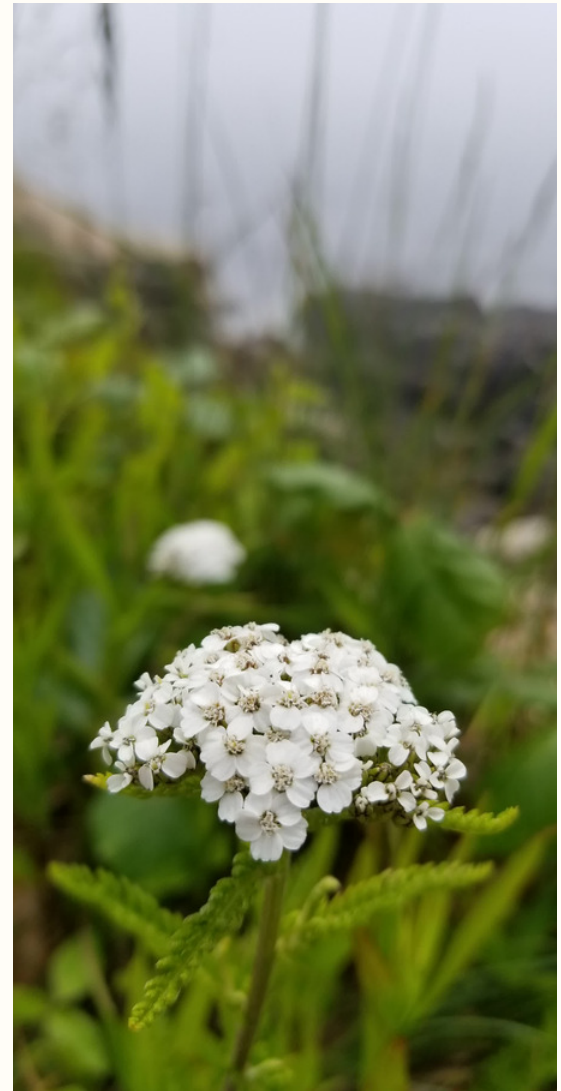
Infusion: 4 – 8 ounces/3-4 x/day

Tincture: (1:4, 75% freshly dried) (10-30 drops/3x/day)

Contraindications:

Yarrow contains the constituent thujone which at high doses can potentially become toxic. Yarrow is a very safe herb when used in moderate doses for short periods of time. (Bone)

Avoid during pregnancy because of Yarrows ability to increase bleeding.



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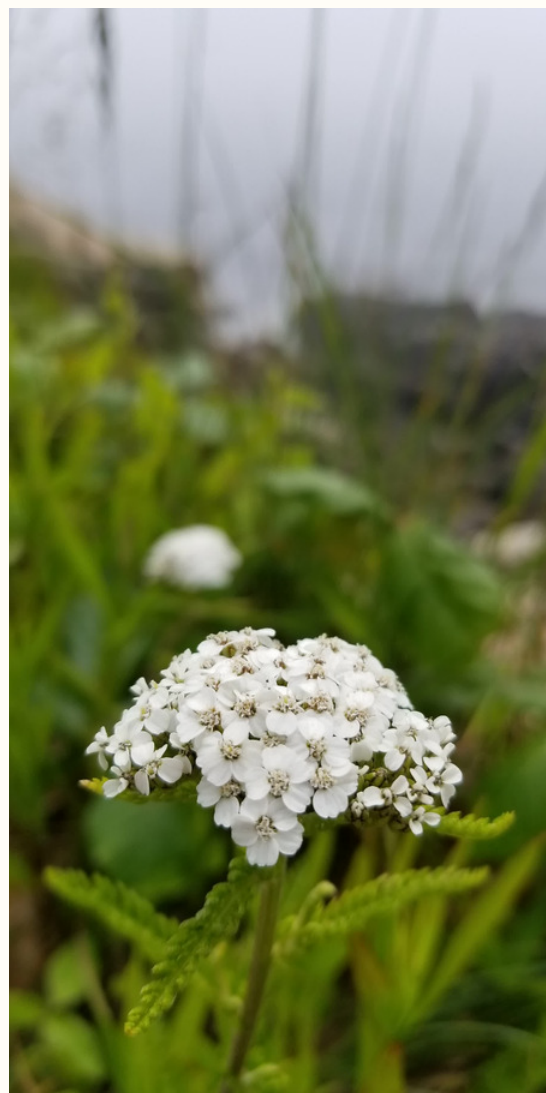
References:

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Stack, F.W. (1909). Yarrow. Milfoil. Sanguinary. Nosebleed. Old Man's Pepper. Soldier's Woundwort. Achillea Millefolium. Thistle Family. Accessed online 04/12/2014; <https://chestofbooks.com/flora-plants/flowers/Wild-Flowers-Child-Should-Know/Yarrow-Milfoil-Sanguinary-Nosebleed-Old-Man-s-Pepper-Soldier-s-Woundwort-A.html>

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