

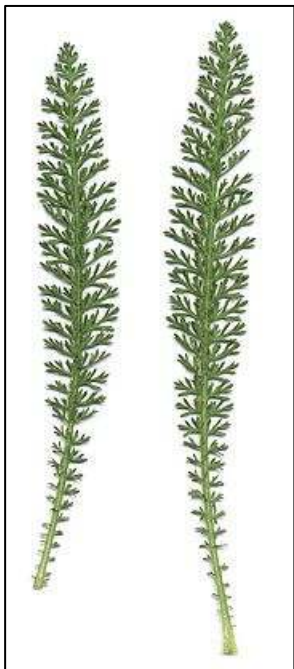


Willow Moon Herbals

Yarrow

Latin binomial: *Achillea millefolium*

Description: The name "yarrow" is a corruption of the Anglo-Saxon name for the plant ~ *gearwe*; the Dutch *yerw*. It's specific name, *millefolium*, is derived from the many segments of its foliage, hence also its popular name, Milfoil and Thousand Weed. It flowers from June to September, the flowers, white or pale lilac, being like minute daisies, in flattened, terminal, loose heads, or cymes. The whole plant is more or less hairy, with white, silky appressed hairs. Yarrow is diaphoretic, astringent, tonic, stimulant and mild aromatic. The parts used are the whole plant: stems, leaves and flowers ~ collected when in flower.



Uses: Yarrow Tea is a good remedy for severe colds as it helps ease mucus congestion and inflammation, and this herb is most useful in the commencement of fevers, and in cases of obstructed perspiration. It opens the pores freely and purifies the blood, and is recommended in the early stages of children's colds, and in measles and other disruptive diseases. Historically, a decoction of the whole plant has been used for bleeding piles due to its astringent nature. Yarrow is also useful for relieving painful menstrual cramps as it contains a number of antispasmodic constituents. Additionally, yarrow has also been used as one of many herbs that help relieve amenorrhea as it helps regulate blood flow throughout the body, thus aiding pain relief from arthritis and rheumatism. Since Yarrow helps relieve spasms and inflammation, it may be helpful for irritable bowel complaints, colic and intestinal cramping as well. Yarrow also acts as a bitter tonic, and is recommended with other digestive herbs like gentian or centaury to help relax the bowels and improve digestion, as well as help prevent and treat gallstones and gallbladder inflammation. The best form of yarrow is the fresh herb right from a wild place or garden.

Caution: Avoid use during pregnancy.

Sources: Herbal Remedies for Dummies (C. Hobbs); The Green Pharmacy (J. Duke); A Modern Herbal (Mrs. M. Grieve)

Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.