

## YARROW

**Botanical Name:**

*Achillea millefolium*

**Common Names:**

Milfoil, Old Man's Pepper, Soldier's Woundwort, Knight's Milfoil, Carpenter's Weed, Devil's Nettle, Thousand Seal, Yarroway

**Parts used:**

The dried flower clusters and above-ground parts of the herbs are used medicinally.

**Active Components:**

Volatile oil (chiefly chamazulene, camphor, and beta-pinene); lactones; alkaloids; flavonoids

**Looks like:**

It is a perennial plant that grows as a simple stem that can reach a height of 1.5 m; it is frequently found in meadows and alongside roadsides or sunny slopes. The plant has white, pink or purple composite flowers.

**Where it's grown:**

There are numerous subspecies of the *Achillea millefolium* group that are found in various parts of Europe and North America.

**History:**

According to the legend, yarrow (*Achillea millefolium*) was named after Achilles, the Greek mythical figure who used it to stop the bleeding wounds of his soldiers. It was one of the herbs used for divination in spells, hence Devils' Nettle. In European folk medicine, yarrow has been used to treat wounds, menstrual ailments, and bleeding hemorrhoids. Its traditional uses also included the treatment of colds and fever, and relief of intestinal and stomach upset.

**Use:**

Yarrow is recommended in loss of appetite and mild, spastic gastrointestinal discomfort. It is also used in many other preparations such as cough treatments, gynecological agents, cardiac agents, and varicose veins remedies.

