

YARROW

(Achillea millefolium)

Clinical Summary

Actions

- Antiseptic
- Bitter
- Antimicrobial
- Astringent
- Antispasmodic
- Carminative
- Peripheral Vasodilator
- Diuretic
- Anti-inflammatory
- Diaphoretic
- Styptic
- Vulnerary
- Antipyretic

Indications

- Wounds, bleeding wounds, infections, circulatory problems, varicose veins, haemorrhoids
- Urinary tract infections
- Cold and flu symptoms, fevers, sore throat
- Menstrual irregularities, dysmenorrhea, amenorrhea, menorrhagia
- To support healthy digestion, dyspepsia, diarrhoea, irritable bowel syndrome

Traditional Use

Yarrow is a panacea herb, a veritable herbal first aid kit, and has a myriad of uses. It can be used to heal wounds and was famously used on Roman battlefields so has long been thought of as a soldier's herb.

Energetics

Cooling, warming, drying.

Constituents

Volatile oils, sesquiterpene lactones, tannins, flavonoids, alkaloids, phenols, coumarins. resin, bitters.

Use in Pregnancy

Not recommended.

Contraindications and Cautions

Known allergy.

Drug Interactions

Caution with barbiturates, lithium and anticoagulant/antiplatelet (such as warfarin) drugs. Monitor with acid reducing drugs such as antacids, H2 antagonists and proton pump inhibitors.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
15 to 80mL weekly