

Yarrow_1993.txt
YARROW

LATIN NAME: <i>Achillea millefolium</i> (Linn.)	1
COMMON NAMES: Yarrow	1
PLANT DESCRIPTION:	2
GENERAL	2
LEAVES	2
FLOWERS	2
FRUITS/SEEDS	2
HABITAT	2
RANGE	2
OTHER SPECIES AND SUBSPECIES	2
(1) <i>Achillea millefolium</i> subsp. <i>lanulosa</i> (Nutt.) var. <i>lanulosa</i>	2
(2) <i>Achillea millefolium</i> subsp. <i>lanulosa</i> (Nutt.) var. <i>alpicola</i> (Rydb.)	3
(3) <i>A. borealis</i> Bong.	3
(4) <i>Achillea sibirica</i> Ledeb.	3
(5) <i>Achillea ptarmica</i> L.	3
CLASSIFICATION	3
CLASS: Angiospermae (Flowering Plants)	3
SUBCLASS: Dicotyledoneae (Dicots)	3
SUPERORDER: Asteridae	3
ORDER: Asterales	4
FAMILY: Compositae (Daisy, The Sunflower Family), Asteraceae	4
SUB-FAMILY: Asteroideae	4
TRIBE: Anthemideae	4
GENUS: <i>Achillea</i>	4

	Yarrow_1993.txt	
PLANT CHEMISTRY		4
CONSTITUENTS:		4
TOXICITY		5
FOOD USES		6
NATIVE FOOD USES		6
EUROPEAN FOOD USES		6
RECIPES		7
(1) YARROW SOUP		7
(2) YARROW AS A VEGETABLE		8
(3) YARROW LEAVES IN A WHITE SAUCE		8
MEDICINAL USES OF YARROW		8
NATIVE MEDICINAL USES		8
EUROPEAN MEDICINAL USES		12
RUSSIAN MEDICINAL USES		19
CHINESE MEDICINAL USES		19
INDIAN (AYURVEDIC) MEDICINAL USES		20
PREPARATIONS		20
COLLECTING AND DRYING		20
MATERIAL USES		21
SNUFF & TOBACCO:		21
DIVINATION ARTICLE:		21
COSMETICS:		21
INSECT REPELLANT:		22
DYEING:		22
CULTIVATION		22

FLOWER ARRANGEMENTS	22
HISTORY/BELIEFS	22
HISTORICAL RECORDS	22
NOMENCLATURE	22
SPIRITUAL BELIEFS	23
RELATIONSHIP TO NATURE AND OTHER LIFE-FORMS	24
ILLUSRATIONS:	24

LATIN NAME: *Achillea millefolium* (Linn.)

COMMON NAMES: Yarrow, Milfoil, Oldman's Pepper (141-863); Wu-sung Ts'ao (Centipede grass, China), Fei-t'ien wu-sung (sky-flying centipede), Luan-t'oufa (Unkempt Hair), (88-192); Thousand-leaved Nosebleed; Bloodwort, woundwort, Nosebleed Weed, Thousand-leaved clover, Thousand-seal, Dog Daisy; Knight's Milfoil, Soldier's Woundwort, Devil's Plaything, Toothache Weed (222-92), Herba Militaris, Thousand Weed, Bad Man's Plaything, Devil's Nettle, Yarroway (141-863); Field Hop (Swedish), Gearwe (Saxon), Yerw (Dutch); Staunchweed, Noble Yarrow, Sanquinary, Plumajillo (Little Feather, 113-342), Ladies' Mantle, Herbe a'Dindes, Green Arrow, Ha'dzapam'l (Kwakiutl), K'ets'yu7a7-lhep (Shuswap, 148-52), Xil-squn-xul (Haida, 148-59), yaanaang-xilgaa (Haida-S, 148-49), A'djidamo'wano (Squarrel-tail, Chippewa), Millefoil; Yarra grass, Angel Flower, Traveller's Ease, Bunch of Daisies, Hemming & Sewing (117-100); Carpenter's Grass, Herbe aux charpentier, Stench Grass, Girs, Sneezewort; Gordaldo, Gordoloba, Cammock, Woolly Yarrow, Tansy (England) (201-316); Shih (Chinese, 343-5); Clary herb (118-77); Carpenter's Weed (272-143); Sneezeweed (342-887); Stanchgrass (272-350); Kwayu'hayipsnl (Chehalis, squirrel tail), Wepenwe'pen (Cowlitz), S'qwuntayiltc (Klallam), Telai'uqwa'pl (Lummi), K!astub'bupt (Makah), Sisiba'xiwuput (Quileute, For smelling leaves), Leko'stap (Quinault), Si'colts (Skagit), Kekedo'xub (Snohomish, little squirrel tail), Sqikdzu'xap (Squaxin, squirrel tail), Ci'ciltsats (Swinomish, 46-49);

PLANT DESCRIPTION:

GENERAL: Yarrow has straight, single, tough & fibrous, rough and angular, pithy stems, that grow from from 6" to 2 feet (15 to 60 cm) tall. It is a very hardy perennial, often growing in bushy clumps. It has Light-brown

creeping rootstalks that travel underground.

LEAVES: Yarrow leaves are narrow, feathery, multi-toothed, grey-green, and grow from the main stem. The leaves are alternate, 3-4 inches long & one inch broad, and clasp the stem at the base. Each leaf is covered with whitish hairs. The segments are very finely cut, giving the leaves a feathery appearance. The leaves give off a pleasant smell when crushed.

FLOWERS: Yarrow flowers in its second year, blooming from June to September. There are two kinds of flowers: The ray-flowers ringing each cluster have a conspicuous 2-notched lip at the top of the tube, whereas the tube of the disk-flowers is evenly notched to form 5 short teeth. If the corollas are plucked off, you can see they grow from a sort of platform (the receptacle) on which are many short, chaffy scales. The flowers, white or pale lilac, look like miniture daisies (with white rays and yellow disks), and grow in flattened, terminal, loose heads from 2" to 4" across.

FRUITS/SEEDS: Both the white 'ray' flowers and the yellow 'disk' flowers produce seed. The seeds are flattened with slightly thickened margins, are grayish in color, and have whitish margins.

HABITAT: Yarrow prefers dry locations, but generally grows everywhere, in the grass, in meadows, pastures, and by the roadside. It is found on the Coast at sea level, and in alpine meadows.

RANGE: Yarrow grows across Europe, Asia, and North America, from Alaska to Iceland, south to California, Mexico, Texas, and Florida. It is also found in Australia and New Zealand.

OTHER SPECIES AND SUBSPECIES:

(1) *Achillea millefolium* subsp. *lanulosa* (Nutt.) var. *lanulosa* (287-478): Syn: *Achillea lanulosa* Nutt. (287-478, 342-889)

Lowland to midmountain series of ecotypes, 3-10 dm; margins of invol bracts pale to brownish; double less further divisible when better understood. (287-478) Similar to *A. borealis*, but involucral bracts with light-brown or yellowish margin; leaves narrow; ray flowers on the whole shorter. (342-889)

(2) *Achillea millefolium* subsp. *lanulosa* (Nutt.) var. *alpicola* (Rydb.) Garrett (287-478): Syn: *Achillea alpicola*, *Achillea subalpina* (287-478).

Alpine and subalpine ecotype, 1-3 dm; margins of invol bracts dark brown to nearly black. (287-478)

(3) *A. borealis* Bong. (287-478): Syn: *Achillea millefolium* (Linn.) var. *californica* (Pollard) Jeps. (287-478); *Achillea nigrescens* (E. Mey.) Rydb.; *A. millefolium* var. *nigrescens* E.Mey., *A. millefolium* subsp. *borealis* (Bong.) Breitung. (342-888);

Hexaploid, maritime and up the Canadian Rockies to Bonneville; invol to 6 mm and rays to 4 mm; leaves larger, with slender ultimate segments longer and less crowded than in ssp *lanulosa*. (Var. perhaps to be associated with other coastal hexaploids, such as the northern *A. borealis* Bong., as a ssp.) (287-478) More or less lanate; leaves 2-3 times pinnately dissected, the upper sessile; heads many; corymbs convex; involucral bracts obtuse or rounded, dark-margined; ray flowers white, 3-4 mm. long. Meadows, sandy slopes, in the mountains to at least 1,800 meters. Highly variable in width and dissection of the leaves. (342-888)

(4) *Achillea sibirica* Ledeb. (Siberian Yarrow, Shih, 343-5): Syn: *Achillea multiflora* Hook. (342-887)

This is a common plant in the mountains of Northern China, and is so identified by the Japanese. (343-5) Stem branching above from long rootstock; leaves lanceolate, pectinate-pinnatifid, serrulately lobed, sessile, pubescent and often with fine, glandular dots above; heads many, in corymbiform panicles; involucral bracts broadly lanceolate, green in center, with light to dark brown, hyaline margin, lanate in apex; ligule white, 3-toothed in apex, glandular. Meadows, woods, to at least 600 meters. Highly variable. (342-887)

(5) *Achillea ptarmica* L. (Sneezeweed) 342-887):

Stem from creeping, woody rootstock, glabrous below, hairy above; leaves linear-lanceolate, sessile, acute, sharply serrulate, serrulations with cartilaginous and denticulate margin; heads in lax corymb; involucral bracts lanceolate to oblong, blunt, with green center and reddish-brown, scarious margins; ray flowers white, disk flowers greenish-white. (Alaska plant) (342-887)

CLASSIFICATION:

CLASS: Angiospermae (Flowering Plants) [118-10]

SUBCLASS: Dicotyledoneae (Dicots) [118-10]

SUPERORDER: Asteridae (118-15)

ORDER: Asterales (118-15)

FAMILY: Compositae (Daisy, The Sunflower Family), Asteraceae (EB X-803)

- The Compositae or Asteraceae is one of the largest families of flowering plants, with about 1,100 currently accepted genera and 25,000 species. (118-263)
- The classification of the Compositae is in a state of transition. The arrangement into twelve tribes, which has been generally accepted for the last 20 years, is now seen to be in need of modification, in the light of recent discoveries in biochemistry, pollen analysis, micromorphology, anatomy and cytology. Not a few genera have been shown to be misplaced, while others require segregation into distinct tribes. (118-265)

SUB-FAMILY: Asteroidae (118-267)

- 9 tribes: Senecionaeae, Tageteae, Heliantheae, Inuleae, Anthemideae, Ursinieae, Calenduleae, Cotuleae, and Astereae. (118-268)

TRIBE: Anthemideae (118-267)

- Perhaps four subtribes, 75 genera, 1,200 species, mostly northern hemisphere. (118-268)

GENUS: Achillea

- 75 species worldwide (6-187)
- 100 species (18-139)
- 5 species in Alaska. (342-887)
- About 80 species worldwide (EB X-803)FOOD:

PLANT CHEMISTRY:

CONSTITUENTS:

- 1931 M. Grieve, A Modern Herbal, 864. "A dark green, volatile oil, a peculiar principle, achillein, and achilleic acid, which is said to be identical with aconitic acid, also resin, tannin, gum and earthy ash, consisting of nitrates, phosphates and chlorides of potash and lime." (141-864)
- 1973 Donald Kirk, Wild Edible Plants of the Western United States, 139. "Achilleine used in acute suppression of the menses." (5-139)
- 1974 Francis Densmore, How Indians use Wild Plants for food, Medicine and Crafts, 303. "A blue volatile oil containing Cineol, and a bitter principal, achillein." (211-303)
- 1975 Stary & Jirasek, Herbs, 48. "Has an essential oil content of up to 0.5 percent, which among other substances contains chamazulene, which is therapeutically the most effective constituent. The drug stimulates the flow of gastric secretions and has a beneficial effect on the blood circulation. Its action is anti-inflammatory and is thought to check internal bleeding." (38-48)
- 1975 Stary & Jirasek, Herbs, 48. "Yarrow contains chamazulene, which is its most effective therapeutic constituent. Some plants lack this substance, which is found in the flowering tops. They should be dried during the flowering period for less than 40 degrees C. The drug is helpful drunk as an infusion for lung or kidney hemorrhage and excessive menstrual flow. It helps the circulation of the blood and stimulates the flow of gastric juices. Externally it is used for rashes and as a gargle in inflammation of the gums." (369-401)
- 1976 Mark Bricklin, Natural Healing, 176. "Yarrow is valued in fevers because it causes the pores of the skin to dilate and produces copious sweating." (162-176)
- 1977 Bianchini & Corbetta, Health Plants of the World, 224. "Yarrow contains an essential oil which contains the blue compound 'azulene', also polyphenols and sesquiterpene lactones." (90-224)
- 1979 Ingrid Gabriel, Herb: Identifier & Handbook, 240. "Blue-green essential oil with azulene and cineole content; a bitter principle achilleine, tannin, aconitic acid, resin, inulin, asparagine, gum, acetic and malic acids, silicic acid, an exceptional quantity of potassium, and sulphur." (145-240)

- 1979 William Emboden, Narcotic Plants, 100. "Analyses show the presence of 1-betonicine, an alkaloid also found in the genus Achillea....It would seem that this alkaloid is working in tandem with others, as it has not been demonstrated that betonicine is in itself psychotropic." (138-100)
- 1980 David Spoerke, Herbal Medications, 181. "MODE OF ACTION: The mechanism is unknown, but the alkaloid reduces the clotting time in rabbits, the action lasting for about 45 minutes, without noticeable toxic aftereffects." (135-181)
- 1980 Pamela Michael, All Good Things Around Us, 13. "The dried flowering tops which contain aconitic acid, achilleine, ivain, tannin, and a volatile oil obtained as a liquid extract, are still used in modern medicine as a stimulant, to promote perspiration, and as a haemostatic." (266-13)
- 1980 David Spoerke, Herbal Medications, 181. "Yarrow is reported to contain a volatile oil, an alkaloid, tannins, achilleine, achilleic acid, and the bitter caledivain." (135-181)
- 1984 Malcolm Stuart, The Encyclopedia of Herbs & Herbalism, 143. "Volatile oil containing azulene; and a glycoalkaloid, achilleine." (272-143)

TOXICITY:

- 1974 John Lust, The Herb Book, 602. "Extended use of milfoil may make the skin sensitive to light." (195-272)
- 1975 Bohumil Slavik, Wild Flowers, Ferns & Grasses, 130. "Yarrow silicon can also cure inflammation, but excessive use is not advised, as it can sometimes cause headaches and dizziness." (52-130)
- 1977 John Tampion, Dangerous Plants, 161. "Yarrow may cause dermatitis when crushed on skin." (120-161)
- 1978 Turner & Szczawinski, Edible Garden Weeds of Canada #1, 170. "It contains strong-smelling volatile oils, and has been widely used as a medicine by Indian peoples and Europeans, but it has a reputation of toxicity. In fact, according to one report, a calf died within 45 minutes of consuming a single

yarrow plant." (97-170)

- 1980 David Spoerke, Herbal Medications, 181. "No toxic ingestions are reported in current literature." (135-181)

FOOD USES:

NATIVE FOOD USES:

- 1934 Leslie Haskin, Wild Flowers of the Pacific Coast, 387. "Among the Klamaths, a bunch of yarrow was placed inside each drying salmon to promote quick curing." (335-387)

- 1979 Nancy J. Turner, Plants In B.C. Indian Technology, 272. "The HAIDA used the stems to string butter clams on for drying; the clams were then eaten right off the stems. They imparted a pleasant taste to the food." (137-272)

EUROPEAN FOOD USES:

- 1931 M. Grieve, A Modern Herbal, 864. "On account of the pungency of its foliage. Both flowers and leaves have a bitterish, astringent, pungent taste." (141-864)

- 1931 M. Grieve, A Modern Herbal, 864. "In the seventeenth century Yarrow was an ingredient of salids." (141-864, 272-143)

- 1931 M. Grieve, A Modern Herbal, 864. "In Sweden it is called 'Field Hop' and has been used in the manufacture of beer. Linnaeus considered beer thus brewed more intoxicating than when hops were used. It is said to have a similar use in Africa." (141-864)

- 1973 Donald Kirk, Wild Edible Plants of the Western United States, 139. "The plant imparts an unpleasant flavor to the milk of cattle that have eaten it." (5-139, 18-139)

- 1975 Eliot Wigginton, Foxfire 3, 341. "Leaves brewed into a bracing, not unpleasant tea, good and warming in cold weather. Yarrow is also used as a flavouring or as a potherb." (227-341)

Yarrow_1993.txt

- 1975 Bohumil Slavik, Wild Flowers, Ferns & Grasses, 130. "Yarrow is useful when added to fodder, as it helps digestion, but only young shoots should be used for this purposes, and only in small quantities." (52-130)
- 1975 Eliot Wigginton, Foxfire 3, 342. "YARROW TEA: Place dry or green leaves in a cup, pour hot water over them, steep only until color shows. Drink without sweetening." (227-342)
- 1975 Eliot Wigginton, Foxfire 3, 342. "FRIED YARROW: Fry in butter until brown and serve hot, sprinkled with sugar and the juice of an orange." (227-342)
- 1975 Eliot Wigginton, Foxfire 3, 342. "YARROW SALIDS: Use very young leaves; mix sparingly with cress, sorrel, or violet leaves. Add oil and vinegar, salt & pepper." (227-342)
- 1978 V.H. Heywood, Flowering Plants of the World, 77. "Yarrow, or Clary herb, was formerly used to give an intoxicating quality as well as a bitterness to beers." (118-77)
- 1979 Nelson Coon, Using Plants for Healing, 46. "Old man's pepper refers to its mildly pungent taste and smell." (134-46)
- 1986 Reader's Digest, Magic and Medicine of Plants, 417. "YARROW TEA: An aromatic, tangy tea. Pour boiling water over 1/2 cup of fresh flowers and leaves. Steep for 3 minutes. Serve with honey or sugar." (372-417)
- The flavour of yarrow leaves is pleasantly strong though a little bitter. A few chopped leaves put inside a cream cheese sandwich give it a delicious bite.

RECIPES:

(1) YARROW SOUP: (266-15)

Yarrow Leaves	1 Colander
Butter	2 tablespoons
Onion	1 small
Flour	1 tablespoon

Yarrow_1993.txt

Stock, soup	2 1/2 cups
Milk	1 1/4 cups
Cream, thick	1 tablespoon
Nutmeg, Salt & Pepper	

Wash the leaves and put them in a saucepan containing 3 or 4 tablespoons boiling water. Cook gently for 10 minutes, drain the leaves and reserve the cooking water, if using instead of stock. Melt the butter in the saucepan, add the finely sliced onion and saute' until soft. Shake in the flour, stir to blend, and gradually add the stock or vegetable water, keep stirring while the soup thickens, then add the yarrow leaves and a seasoning of salt and pepper. Cover the pan and simmer gently for 15 minutes. Rub the soup through a sieve or food mill, and return to the pan. Heat the milk until nearly boiling and stir into the soup, add a good grating of nutmeg, and, just before serving, stir in the cream. Serves 4.

(1980 Pamela Michael, All Good Things Around Us, 15.)

(2) YARROW AS A VEGETABLE: (266-15)

Yarrow Leaves	1 Colander
Water	
Butter	
Salt & Pepper	

Soak the leaves for ten minutes and then wash them thoroughly. Put the leaves in a saucepan with 3-4 tablespoons of water and a pinch of salt. Cook briskly for 10 minutes. Drain, and return to the pan with a knob of butter and a good grinding of freshly milled black pepper. Serve hot. Note: Yarrow was used in salads in the 17th century, but it is rather bitter and hairy to eat raw. However, it makes a pleasant vegetable when cooked as spinach. Pick the younger leaves from the middle and top of the plant, the leaves near the base are coarse.

(1980 Pamela Michael, All Good Things Around Us, 15.)

(3) YARROW LEAVES IN A WHITE SAUCE: (266-15)

Yarrow leaves	1 Colander
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FOR THE SAUCE:

Yarrow_1993.txt

Butter	2 tablespoons
Flour	1 tablespoon
Milk	1 1/4 cups
Salt & Pepper	

Soak the yarrow leaves in water for 10 minutes, then wash them thoroughly and cook damp in a covered saucepan for 5-7 minutes. Drain well and chop the leaves thoroughly. Melt the butter in a small pan, shake in the flour and stir to blend, add half the milk stirring all the time until the sauce thickens smoothly, then add

as much milk as you need to make a medium thick sauce, it may not take the full quantity. Tip the cooked yarrow leaves into the sauce and re-heat. Serve hot as a vegetable. Note: Yarrow has a faintly aniseed taste, which is pleasant, but can be avoided by those who dislike aniseed by blending the cooked leaves into a little buttery white sauce. It is then very similar to creamed spinach. Avoid picking the lower leaves which have a tough mid-rib.

(1980 Pamela Michael, All Good Things Around Us, 15.)

MEDICINAL USES OF YARROW:

NATIVE MEDICINAL USES:

- 1704 Anon ILLINOIS-MIAMI mss. 224. "The plant of a thousand leaves for all sorts of cuts." (369-400)
- 1915 Frank G. Speck, Medicine Practices of the Northeastern Algonquians, MONTAGNAIS 315. "Yarrow is steeped for fever medicine ..319. MOHEGAN. Tansy and Yarrow are soaked together in cold water and taken as an appetizer and for the stomach." (369-400)
- 1916 F.W. Waugh, Iroquois Foods and Food Preparation, IROQUOIS 148. "Yarrow was used for medicine, or as a medicinal ingredient, formed a very agreeable drink when an infusion of suitable strength was made." (369-400)
- 1922 W.D. Wallis, Medicines used by the Micmac, Indians MICMAC 25. Boiled the plant one hour and drank in warm milk to cure colds as a sweat herb. (369-400)

- 1924 H.W. Youngken, The Drugs of North American Indians, 488. "The WINNEBAGO employed an infusion of this herb to bathe swellings. A wad of leaves as well as some infusion was placed in the ear for earache....1925 159. The ZUNI southwestern U.S. ground up the entire plant and mixed with cold water and applied to burns. The secret fraternities who performed with fire chewed the flower heads and roots and rubbed this mixture on their limbs and chests previous to passing hot coals over their bodies. Those who danced in fire employed this same mixture for bathing prior to the exhibition. They also placed some in their mouths before taking live coals. It is said that the medicine enabled them to hold the hot coals in the mouth for as long as a minute. The CHEYENNE tribe drank an infusion of the plant for coughs and a tea made from the leaves for colds and nausea." (369-400)
- 1926-27 Frances Densmore, Uses of Plants by the Chippewa Indians, CHIPPEWA 336. Decoction of the leaves sprinkled on hot stones and the fumes inhaled for headaches...350. A decoction of the root applied externally for eruptions...364. The root was dried, chewed and spit on the limbs for sprains, or strained muscles..366. A decoction of the leaves and stalks was given to a horse as a stimulant. (369-400)
- 1923 Huron H. Smith, Ethnobotany of the Menomini, MENOMINI 29. "This plant is used in the treatment of fevers, a hot tea being steeped from the leaves. The Menomini also used the fresh tops to rub eczema sores to cure them. The leaves were used as a poultice for the rash of children." (369-401)
- 1928 Huron H. Smith, Ethnobotany of the Meskwaki, MESKWAKI 210. "The leaves and flowers are both used to make a tea that cures fever and ague. Specimen 5183 of the Dr. Jones collection is the stem and leaves of A. millefolium...It is boiled and used 'to bathe some place on the body that is ailing.'" (369-401)
- 1932 Huron H. Smith, Ethnobotany of the Ojibwe, OJIBWE 362. "The Flambeau Ojibwe...use the leaves of this plant as poultice to cure the bite of a spider. The dried flowering heads are smoked in mixture with other things, much as kinnikinnik, not for pleasure, but more for ceremonial purposes..The Pillager Ojibwe used the florets for ceremonial smoking and placed them on a bed of coals inhaling the smoke to break a fever." (369-401)
- 1933 Huron H. Smith, Ethnobotany of the Potawatomi, POTAWATOMI 47-8. "The Forest Potawatomi place the flowers upon a plate of live coals to create a smudge which is used for two purposes. First it is to keep any evil spirits away from the patient and second it is to give the proper sort of scent to revive the patient

who may be in a state of coma. The medicine man will sing while he fumigates the patient in a way to suggest that the patient will recover...Among the whites a decoction of the flowers has been used to stop falling hair....117. The Yarrow is one of the plants that is used as a medicine and also as a witch charm. When the seed heads are placed upon a pan of live coals, a smoke is produced which is supposed to keep the witches away." (369-401)

- 1945 Jacques Rousseau, Le Folklore Botanique de Caughnawaga, Jacques Cartier, MOHAWK transl. 64. "For cramps in the stomach drink a decoction of fragments of the plant steeped in cold water. With certain docks it is used for diarrhoea. With meadowsweet it is drunk to prevent nausea and vomiting." (369-401)

- 1945 Marcel Raymond, Notes Ethnobotaniques Sur Les Tete de Boule de Manouan, TETE DE BOULE transl. 118. "The leaves and flowers boiled and the water drunk cures the sickness of the head. The people in the country of Iberville drink the infusion for colds to procure a sweat." (369-401)

- 1945 Erna Gunther, Ethnobotany of Western Washington, 49. "SWINOMISH: Used as a bath for invalids. QUILEUTE: Boiled the leaves in the room where an infant was sick to make it smell pleasantly. Also lay the boiled leaves on rheumatic limbs and reduce fever with them. COWLITZ: Soak the leaves for a hair wash. Believe tea effective for stomach trouble. MAKAH: The women eat the leaves raw to produce sweating at childbirth, boil them and drink the tea to purify the blood, and drink a stronger solution to heal the uterus after the birth. KLALLAM: Use the tea during childbirth similar to the Makah, and for colds, mixing it with wild cherry bark. They chew the leaves and put them on sores. QUINAULT: Boiled the roots for T.B. (So do Russian Herbalist), and use the tea as an eyewash. Boil the roots for a general tonic. COWLITZ AND SQUAXIN: Used the tea for stomach trouble, and smashed the flowers to put on sores. CHEHALIS: Boiled the leaves and drank the tea to stop passage of blood with diarrhoe. Also used for this purpose by the SKAGIT & SNOHOMISH. LUMMI: Boiled the flowers and drank the tea to relieve body aches, and one informant feels she did not get the mumps from her children because of this use. Produces sweating." (46-49)

- 1959 W. H. Mechling, The Malecite Indians with Notes on the Micmacs, MALECITE of maritime provinces of Canada used yarrow for colds, swelling, bruises. (369-401)

- 1970 Robert A. Bye Jr., The Ethnobotany and Economic Botany of Onondaga County N.Y., IROQUOIS mss. Yarrow drunk in infusion for diarrhea and summer complaints. (369-401)

- 1972 Jeanne Rose, Herbs & Things, 116. "The CAHUIILLA Indians used it as a mouthwash for toothache

and pyorrhea." (314-116)

- 1973 Nancy Turner, The Ethnobotany of the Southern Kwakiutl Indians, 278. KWAKIUTL. "The basal leaves were collected before the plant flowered, mixed with fucus and tobacco and used to make a steam bath for a person with rheumatism or general sickness. (Cranmer, 1969) They were chewed and placed on swellings and sores or sometimes they were soaked in water and heated over the fire. (Boas, 1966; Alfred, 1969) For colds or hardened breasts following childbirth, they were mixed with Black Twinberry (Lonicera involucrata), and placed as a poultice on the chest. (Brown, 1969; Roberts, 1969)." (150-278)

- 1973 Nancy Turner, The Ethnobotany of the Southern Kwakiutl Indians, 266. KWAKIUTL. "KWAKIUTL: Sharp yellow cider boughs were rubbed on sores and swellings until the skin was broken, then yarrow was rubbed in." (150-266)

- 1974 Francis Densmore, How Indians use Wild Plants for food, Medicine and Crafts, 337. "CHIPPEWA: Used as a headache medicine. They made the leaves into a decoction and sprinkled it on hot stones and inhaled the fumes." (211-337)

- 1974 John Lust, The Herb Book, 602. "The UTE Indians employed milfoil for healing wounds; the Ute name for milfoil means "wound medicine"." (195-602)

- 1974 Claudine Melgrave, Indian Herbal Remedies, 20. MT. CURRIE RESERVE, ROSIE ROSS. "Make a Tea (of Yarrow) with leaves for mumps. Good for Diabetes and colds. Soothing to womb after childbirth. Builds up health. Quick healer. Cleans up afterbirth. Boiled, it is a good blood cleanser. For afterbirth mix Maple, Yarrow, Raspberry. When bark is boiled it stops hemorrhage. Used as tea. Eat roots for chest problems."

- 1974 Claudine Melgrave, Indian Herbal Remedies, 30. ANNIE LOGAN. "COLDS: Steam Yarrow plant and let children inhale it when they have a cold. Yarrow when burned acts as a mosquito repellent. (30) Gather the leaves and roots of Yarrow. Make into a tea and drink for hemorrhaging after childbirth or strong menstrual flow. From the young roots of the Yarrow plant make tea and drink for colds, ulcers, or rheumatism. (32) Make tea with Young roots of Yarrow and drink for rheumatism. (33)" (357-30)

- 1974 Claudine Melgrave, Indian Herbal Remedies, 37. MAMIE HENRY, LYTON, B.C. "BLADDER INFECTION: Steep roots of Yarrow for tea. Drink for bladder infection or when urination is painful. Mash the

leaves of YARROW with a stone and put on sores and infections." (357-37)

- 1977 Virgil Vogel, American Indian Medicine, 397. "The Ute name of this plant signifies "wound medicine" and they applied it externally on bruises, ect, and used it as a tea in sickness." (146-397)

- 1977 Virgil Vogel, American Indian Medicine, 397. "The WINNEBAGOS used an infusion of yarrow to bathe swellings and treat earache. Among the CHICKASAWS it was a remedy for cramp in the neck. The MESKWAKIS boiled yarrow to bathe 'some place on the body that is ailing', and used the leaves and flowers of the indigenous *A. lanulosa* Nutt., for fevers and ague. The leaves were also used as a poultice for rash in children, and the fresh tops were rubbed on eczema sores. PILLAGER OJIBWAS used the leaves of *A. lanulosa* for a poultice on spider bites. The MONTAGNAIS steeped *A. millefolium* for a fever medicine, and the MICMACS used it as a sweat herb to cure colds." (146-397)

- 1977 Virgil Vogel, American Indian Medicine, 397. "A report dating from 1724 relates that yarrow was used on cuts by the ILLINOIS and MIAMI tribes." (146-397)

- 1977 Virgil Vogel, American Indian Medicine, 397. "PIUTE Indians made a tea of yarrow to be taken internally for weak and disordered stomachs, and their white neighbors used it as a bitter." (146-397)

- 1978 Jackson & Prine, Wild Plants of Central North America for Food & Medicine, 71. "One of the most widely used medicinal herbs of the North American Indian. Flowers were chewed and used as a poultice to ease swellings. Roots, mashed into a pulp, served as a local anaesthetic. Leaves were used to relieve toothache, and boiled leaves and stems made a warm antiseptic wash. Poultices of leaves widely used for sores, boils, rashes, and sprains." (109-71)

- 1978 Bradford Angier, Field Guide to Medicinal Wild Plants, 316. "NEVADA TRIBE: Suffering acutely from a deep thigh wound in which foreign substances had entered the cut. Fresh, scrubbed yarrow roots were crushed to a soft spongy mass and applied gently to the spot. Within half an hour the anesthetic has so dulled the pain that it was possible to expand and clean the wound." (U.S. Dept. of Agriculture, 201-316).

- 1979 Turner & Szczawinski, Edible Wild Fruits & Nuts of Canada #3, 176. "Used by some Indian people (ZUNI) as a local anesthetic for toothache & tooth extraction. Chewing one or more (up to 13) feathery leaves and spitting them out after thorough chewing numbed the mouth." (114-176)

Yarrow_1993.txt

- 1979 Turner & Szczawinski, Edible Wild Fruits & Nuts of Canada #3, 157. "Used by ZUNI Indians as a local anesthetic and antiseptic wash for wounds and ears. The chewed leaves were used to reduce swellings around wounds and to deaden toothache. Oil of Yarrow (Cineol) is a cooling, soothing treatment for burns; it was also used among many Indian Tribes to prevent falling hair but was especially a noted contraceptive and abortive. The leaves steeped in water are a good styptic." (114-157)
- 1980 Michael Weiner, Earth Medicine, Earth Food, 146. "THOMPSON Indians (B.C.) prepared a powder for dusting on skin sores by roasting the leaves or stems until they were dry enough to be pulverized between stones." (147-146)
- 1980 Michael Weiner, Earth Medicine, Earth Food, 32. "The ZUNI used the whole plant ground and steeped in cold water." (147-32)
- 1986 Reader's Digest, Magic and Medicine of Plants, 350. "Yarrow is the "life medicine" and general panacea of the Navajos." (372-350)

EUROPEAN MEDICINAL USES:

- 1526 Grete Herball. "It is good to rejoyne and soudre wounds."
- 1586 Rembert Dodoens, Kruidboeck (Dutch Herbal). "The same (Yarrow) brused and laid upon wounds, stoppeth the bloud and keepeth the same from inflammation and swelling and cureth the same." (345-55)
- 1633 John Gerarde, The Herball or General History of Plants Gathered by John Gerarde of London, Master in Chirurgie, 1073. "The leaves of yarrow doe close up wounds, and keep them from inflammation, or fiery swellings: it staunches bloud in any part of the body, and it is likewise put into bathes for women to sit in: it stoppeth the laske, and being drunke it helpeth the bloody flixie. Most men say that the leaves chewed, and especially greene, are a remedy for the toothache. The leaves being put into the nose, do cause it to bleed, and ease the paine of the megrim...One dram in powder of the herbe given in wine, presently taketh away the paines of the colicke." (369-400)
- 1640 John Parkinson, Parkinson's Theatrum Botanicum. "The oyle made thereof stayeth the shedding of the hair; the decoction thereof made in wine and drunke is good for them that cannot reteine their meate (food) in their stomacke." (345-31)

- 1640 N. Culpeper Culpeper's Complete Herbal. "It is under the influence of Venus. As a medicine it is drying and binding. A decoction of it boiled with white wine, is good to stop the running of the reins in men, and whites in women; restrains violent bleedings, and is excellent for the piles. A strong tea in this case should be made of the leaves, and drunk plentifully; and equal parts of it, and of Toad Flax, should be made into a poultice with pomatum, and applied outwardly. This induces sleep, eases the pain, and lessens the bleeding. An ointment of the leaves cures wounds, and is good for inflammations, ulcers, fistulas, and all such runnings that abound with moisture." (144-398)

- 1799 William Lewis, The New Dispensatory Containing the Elements of Pharmacy and the Materia Medica, Mat. Med. 183. "The leaves are a very mild astringent in haemorrhages both internal and external, diarrhoea, debility and laxity of the fibres and in spasmodic and hysterical affections. It is best given in proof spirits. Plants growing in moist rich soils, give on distillation, an essential oil of an elegant blue colour." (369-400)

- 1830 C.S. Rafinesque, Medical Flora, Vol 2., 185. "Yarrow, common to Europe and America. Whole plant used. Bitter...tonic, restraining, and vulnerary, but subnarcotic and inebriant. Used for hemorrhoids, dysentery, hemotysis, menstrual affections, wounds, hypochondria, and cancer. The infusion and extract are employed. The American plant is stronger than the European, and has lately been exported for use: this often happens with our plants, our warm summers rendering our medical plants more efficacious....Used as an errhine in Europe." (369-400)

- 1859-61 John D. Gunn, New Domestic Physician or Home Book of Health. A Complete Guide For Families, Pointing Out in Familiar and Plain Terms the Causes, Symptoms, Treatment and Cure of the Diseases Incident to Man, Women and Children With Directions For Using Medicinal Plants. pg. 885. "Yarrow...useful in tea or infusion in spitting of blood, bleeding from the lungs, from the urinary organs, in leucorrhoea, diabetes, bleeding piles, and dysentery. Dose of the infusion from a gill to half a pint, three or four times a day." (369-400)

- 1868 Can. Pharm. J. 6; 83-5. Yarrow, the herb, included in list of Can. medicinal plants.

- 1892 Charles F. Millspaugh, American Medicinal Plants, An Illustrated and Descriptive Guide to Plants Indigenous to and Naturalized in the United States Which are Used in Medicine, pg. 85. "Yarrow seems to have a decided action upon the blood vessels, especially in the pelvis. It has been proven

of great utility in controlling haemorrhages, especially of the pelvic viscera...Millefolium causes burning and raw sensations of the membranes with which it comes in contact, considerable pain in the gastric and abdominal regions, with diarrhoea and enuresis." (369-400).

- 1931 M. Grieve, A Modern Herbal, 864. "Yarrow was formerly much esteemed as a vulnerary, and its old names of Soldier's Wound Wort and Knight's Milfoil testify to this. The Highlanders still make an ointment from it, which they apply to wounds, and Milfoil tea is held in much repute in the Orkneys for dispelling melancholy. Gerard tells us it is the same plant with which Achilles stanchd the bleeding wounds of his soldiers, hence the name of the genus, Achillea. Others say that it was discovered by a certain Achilles, Chiron's disciple. It was called by the ancients, the 'Herba Militaris', the military herb." (141-864)

- 1931 M. Grieve, A Modern Herbal, 864. "Diaphoretic, astringent, tonic, stimulant and mild aromatic: Yarrow Tea is a good remedy for severe colds, being most useful in the commencement of fevers, and in cases of obstructed perspiration. The infusion is made with 1 oz. of dried herb to 1 pint of boiling water, drunk warm, in wineglassful doses. It may be sweetened with sugar, honey or treacle, adding a little Cayenne Pepper, and to each dose, a teaspoonful of Composition Essence. 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 eruptive diseases.

A decoction of the whole plant is employed for bleeding piles, and is good for kidney disorders. It has the reputation also of being a preventative of baldness, if the head be washed with it." (141-864)

- 1931 M. Grieve, A Modern Herbal, 864. "An ointment made by the Highlanders of Scotland of the fresh herb is good for piles, and is also considered good against the scab in sheep." (141-864)

- 1931 M. Grieve, A Modern Herbal, 864. "An essential oil has been extracted from the flowers, but is not now in use." (141-864)

- 1931 M. Grieve, A Modern Herbal, 864. "Linnaeus recommended the bruised herb, fresh, as an excellent vulnerary and styptic. It is employed in Norway for the cure of rheumatism, and the fresh leaves chewed are said to cure toothache." (141-864)

- 1931 M. Grieve, A Modern Herbal, 864. "Culpepper spoke of Yarrow as a profitable herb in cramps, and Parkinson recommends a decoction to be drunk warm for ague." (141-864)

Yarrow_1993.txt

- 1931 M. Grieve, A Modern Herbal, 864. "Another popular name for it is Nosebleed, from its property of stanching bleeding of the nose, though another reason given for this name is that the leaf, being rolled up and applied to the nostrils, causes a bleeding from the nose, more or less copious, which will thus afford relief to headache. Parkinson tells us that 'if it be put into the nose, assuredly it will stay the bleeding of it' - so it seems to act either way." (141-864)
- 1931 M. Grieve, A Modern Herbal, 864. "PARTS USED: The whole plant, stems, leaves and flowers, collected in the wild state, in August, when in flower." (141-864)
- 1945 Jacques Rousseau. La Botanique Canadienne a L'epoque de Jacques Cartier, Quebec transl. 103. "For a fever, place the macerated plant with the seeds removed on the limbs of the patient. It is also used in infusion." (369-400)
- 1955 J. Auguste Mockle, Contributions a L'etude des Plantes Medicinales du Canada, Quebec transl. 85. "The plant is used as a bitter tonic, inebriant, and hemostatic in hemorrhages, wounds, hemorrhoids. It is also a vulnerary and anthelmintic. The flowering tops are used as a febrifuge in a concentrated decoction. It has recently been found that an aqueous solution possesses a certain antibacterial activity against Staphylococcus aureus 'in vitro'. Sneezewort yarrow (A. Ptarmica) the tops are used as sternutatory and sialagogue." (369-401)
- 1962 Muriel Sweet, Common Edible & Useful Plants of the West, 61. "They put a handful of the dried material in a small amount of boiling water and used as a tonic for rundown conditions and indigestion. Leaves were used as a poultice for rash. Powdered, dry herb taken with plantain water, will halt internal bleeding." (85-61)
- 1969 Alma Hutchens, Indian Herbalogy of North America, 313. "Achilles informs us the juice put in the eye will take away redness." (215-313)
- 1969 Alma Hutchens, Indian Herbalogy of North America, 313. "Yarrow is most useful in colds, influenza, measles, smallpox, chickenpox, fevers, and acute catarrhs of the respiratory tract. The porperties have the ability to keep up the strength and act as a blood cleanser, at the same time opening the pores to permit free perspiration, taking along with it unwanted waste and relieving the kidneys." (215-313)

Yarrow_1993.txt

- 1970 Virgil Vogel, American Indian Medicine, 397. "Dr. Clapp called yarrow a mild aromatic astringent, the leaves being superior to the flowers, and the American plant more active than the European. It was used in diarrhea, leucorrhea, passive hemorrhages, and dyspepsia. The dried leaves and flowering tops of yarrow, *A. millefolium*, were official in the USP, 1863-82. They were used for tonic, stimulant, and emmenagogue purposes." (146-397)
- 1972 Jeanne Rose, Herbs & Things, 116. "Used as a diaphoretic tonic, stimulant, for women's menstrual and vaginal troubles, bronchitis, flatulence, as a poultice for severe wounds and boils, as a tea internally for venereal disease and externally as a douche. It is powdered and snuffed for headache." (314-116)
- 1974 Francis Densmore, How Indians use Wild Plants for food, Medicine and Crafts, 299. "Slightly astringent and has been used as an alterative, diuretic, and as a stimulant tonic. (211-299)
- 1974 John Lust, The Herb Book, 272. "INFUSION: Use 1 tbsp. dried herb with 1 cup of water. Parboil and steep for 5 minutes. Take 1 cup a day. DECOCTION: For external use, boil 2 tbsp. dried herb in 1 cup of water. JUICE: Take 1 tsp. juice in 2 tsp. cold water, one to four times a day." (195-272)
- 1974 Jethro Kloss, Back to Eden, 333. "Good for dyspepsia and hemorrhages of the lungs and bowels. Most effective remedy for suppressed urine, scanty urine, and where that are mucous discharges from the bladder. Yarrow is more effective than quinine." (161-333)
- 1974 John Lust, The Herb Book, 272. "Antispasmodic, astringent, carminative, cholagogue, diaphoretic, hemostatic, tonic. Milfoil tea has a long history of use for lack of appetite, stomach cramps, flatulence, gastritis, enteritis, gallbladder and liver problems, and internal hemorrhage, particularly in the lungs. It appears to be especially effective in stimulating the flow of bile. Fresh milfoil juice acts as a general tonic and prophylactic by building up the blood. At the same time, it is good for various forms of internal bleeding, as evidenced by nosebleed, coughing or spitting blood, rectal or hemorrhoidal bleeding, bloody urine, and excessive menstrual flow. It can also be taken internally or used as a douche for leucorrhea. The decoction makes a good wash for all kinds of wounds and sores, for chapped hands, and (as may be needed) for sore nipples." (195-272)
- 1975 Dr. Triska, The Hamlyn encyclopedia of Plants, 125. "In Austria & Switzerland it is still an official medicinal plant." (119-125)

Yarrow_1993.txt

- 1977 Bianchini & Corbetta, Health Plants of the World, 166. "Used as tonic, stimulant, and to reduce feverish colds. Antispasmodic properties helpful in epilepsy and hysteria, and it can ease the discomfort of haemorrhoids and boils. In pregnancy yarrow can be comforting when the varices are painful and the temperature is high. The juice of the plant was applied to wounds to combat infection, to stop bleeding and to hasten healing. Also used as a gargle. Herbal teas were made from the leaves for a tonic, and to relieve upsets and coughs." (90-166)
- 1977 Virgil Vogel, American Indian Medicine, 397. "Dr. Clapp called Yarrow a mild aromatic astringent, the leaves being superior to the flowers, and the American plant more active than the European. It was used in diarrhea, leucorrhea, passive hemorrhages, and dyspepsia." (146-397)
- 1977 Virgil Vogel, American Indian Medicine, 397. "The dried leaves and flowering tops of yarrow, *A. millefolium*, were official in the USP, 1863-82. They were used for tonic, stimulant, and emmenagogue purposes." (146-397)
- 1977 Brendan Lehane, The Power of Plants, 173. "Tea made from flowers and leaves allays flatulence and other stomach disorders." (121-173)
- 1977 Bianchini & Corbetta, Health Plants of the World, 224. "The flowering tops are infused as a tonic and febrifuge, and the fresh juice is applied to ulcers, haemorrhoids and boils." (90-224)
- 1978 Jackson & Prine, Wild Plants of Central North America for Food & Medicine, 71. "Whole plant is used for medicine tea. Strong smelling and bitter tasting." (109-71)
- 1978 Jackson & Prine, Wild Plants of Central North America for Food & Medicine, 71. "Tea, taken warm, is an excellent tonic, and for opening the pores and causing sweating, thus helping in the early stages of colds, chills and fevers, as well as in childrens diseases such as measles. Has soothing effect on mucous membranes, and is excellent for infant diarrhea." (109-71)
- 1978 Bradford Angier, Field Guide to Medicinal Wild Plants, 318. "Coagulant, antiseptic, styptic: Reported to heal inflammations, eczema, rashes, infections. The tea is applied to sore nipples, and as a wash for eyes irritated from dust, glare, and snow blindness, to bath swellings, and regions irritated by poison ivy and poison oak and areas where general itching occurs. Also as a wash for fevers. Decoctions are used for gout, sciatica, neuralgia, T.B., neck cramps, abortions. (10 drops of oil of herb for causing abortion).

Yarrow_1993.txt

Strong yarrow tea was favored as a diuretic. Also taken for worms. A poultice of bruised yarrow leaves was laid or bound over the forehead for headaches:

- A weak brew of entire plant used as an astringent gargle and mouthwash.
 - A vaginal douche for leukorrhea.
 - Injected as an enema for hemorrhoids.
 - Tea given twice daily as bloodbuilder following childbirth.
 - Chewing of yarrow root was supposed to help break up cold.
 - Yarrow bath for arthritis, favored liniment for overexerted joints and muscles.
 - Leaves were used for numerous difficulties with the reproductive organs."
- (201-318)

- 1979 Audubon Society, Field Guide to North American Wildflowers, 342. "Spanish Californians once steeped leaves in water to treat cuts and bruises and to stop bleeding." (113-342)

- 1979 Ingrid Gabriel, Herb: Identifier & Handbook, 240. "Stimulates the metabolism, aids the stomach, promotes appetite, stimulates liver action and blood building. Promotes healing of wounds, and has an antispasmodic and anodyne (pain-killing) effect in colics. Decoction used in irregular menses and during menopause." (145-240)

- 1980 Michael Tierra, The Way of Herbs, 121. "Yarrow is a good herb for the early stages of flu and cold. Given to children for measles and other eruptive diseases, as a strong infusion. Relieves cramps and helps to stop excess menstrual bleeding when taken as a warm infusion." (218-121)

- 1980 Pamela Michael, All Good Things Around Us, 13. "A decoction of yarrow was used as a remedy for piles, and the bitter astringency of the plant may have been genuinely effective. In 1810, Robert Thornton wrote in his 'Family Herbal' that Dr. Buchwald had experienced great relief from piles by using yarrow leaves to be applied externally and taken internally for a patient who had fallen from a tree, which 'speedily succeeded in dissipating dreadful bruises arising from the fall'." (266-13)

- 1980 Michael Weiner, Earth Medicine, Earth Food, 145. "During the U.S. Civil War Yarrow become known as soldier's woundwort because of its frequent application to battle wounds." (147-145)

Yarrow_1993.txt

- 1981 Hilary Stewart, Wild Teas, Coffees, & Cordials, 123. "TEA: Steep one or two teaspoons of crushed, dried yarrow per cup of water, adding honey to taste." (198-123)
- 1981 Penny Royal, Herballly Yours, 35. "Yarrow is used for the following illnessess: (234-35)

Appetitie	Colon	Hemorrhoids	Night Sweats
Arthritis	Congestion	Jaundice	Piles
Baldness	Contagious Disease	Kidney	Perspiration
Bladder	Diabetes	Liver	Pleurisy
Bleeding	Ear Infection	Lungs	Skin
Blood Purifier	Fever	Measles	Spleen
Bursitis	Flu	Menstruation	Urination
Colds	Hemorrhage (lungs)	Mucous Membranes	Uterus

- 1982 Mildred Fielder, Fielder's Herbal Helper, 3. "The finely dissected leaves (of *Achillea lanulosa*, Woolly Yarrow) are crushed together and placed over the spider bite to draw out any possible poison in the flesh." (316-3)
- 1982 Mildred Fielder, Fielder's Herbal Helper, 4. "The yellowish yarrow, *A. lanulosa*, was well known in the swamp-lands of Virginia as a toothache treatment, so it must grow in eastern states as well as in western regions. Chew the leaves. Make a poultice of those small leaves and you have something to heal inflammation, to stop bleeding in wounds, or to heal a rash. Smoke the flower heads with other plants for ceremonial purposes. Mix the flower heads and the leaves together, simmer them to make a medicinal brew, and you have a mild laxative, a tonic, and a help for indigestion or a generally rundown condition. White settlers thought it cured menstrual problems or any ailment in the gastrointestinal tract or the reproductive organs. *Achillea lanulosa* is also called 'wild tansy when the blossoms show yellow.' (316-4)
- 1982 Mildred Fielder, Fielder's Herbal Helper, 5. "The Scots believed it (*A. millefolium*) was an effective love charm if put under the loved one's pillow at night. Moisten a wad of leaves with yarrow infusion, then place that wad in your ear to get rid of an earache. Cures for colds, fever, swellings - a mighty power is wielded by the modest yarrow." (316-5)

Yarrow_1993.txt

- 1982 Maria Treben, Health Through God's Pharmacy, 51. "The tea is beneficial for bleeding haemorrhoids, stomach bleeding, indigestion and heartburn. For colds, back or rheumatic pain Yarrow tea is drunk as hot as possible and in large amounts. The tea activates sluggish kidneys, rectifies lack of appetite, dispels flatulence and stomach cramps, is beneficial for liver disorders, inflammation of the gastro-intestinal tract and regulates the movement of the bowels." (249-51)
- 1982 Maria Treben, Health Through God's Pharmacy, 51. "Since the Yarrow helps in circulatory disorders and vascular spasm, it is recommended for angina pectoris." (249-51)
- 1982 Maria Treben, Health Through God's Pharmacy, 51. "Sitz baths or washing with a decoction of Yarrow relieve troublesome itching in the vagina. An ointment is prepared from Yarrow flowers and used for haemorrhoids." (249-51)
- 1982 Boxer & Back, The Herb Book, 211. "Yarrow tea sweetened with honey can be taken as a diuretic to help in a slimming programme and is good for cramp sufferers. Strong yarrow tea is used for reducing fever. Also useful for rheumatism and flatulence." (231-211)
- 1982 Maria Treben, Health Through God's Pharmacy, 51. "Dr. Lutze recommends Yarrow tea for "congestion in the head, accompanied by terrible pain, giddiness, nausea, running and weeping eyes, sharp pain in the eyes and nose bleeding..." Migraine, caused by weather changes, is often relieved after only one cup of Yarrow tea which has to be sipped fairly hot. If the tea is drunk regularly, migraine can disappear completely." (249-50)
- 1984 Malcolm Stuart, The Encyclopedia of Herbs & Herbalism, 143. "(Dried aerial parts, including flowers) Diaphoretic; antipyretic; hypotensive; diuretic and urinary antiseptic. Combines with Elderflowers and Peppermint for colds and influenza. Of use in hypertension and coronary thrombosis, dysentery and diarrhoea. Fresh leaf alleviates toothache. Regulates menstrual periods. Stimulates gastric secretion." (272-143)
- 1986 Reader's Digest, Magic and Medicine of Plants, 350. "An infusion of the leaves and flower tops is drunk to reduce fever and as a mild tonic to stimulate the appetite. A poultice made from the whole plant or a powder of ground-up dried yarrow tops is applied to cuts and wounds. Modern researchers find good experimental evidence for yarrow's use as an anti-inflammatory agent and possibly as an astringent." (372-350)

Yarrow_1993.txt

- 1987 Philippa Back, The Illustrated Herbal, pg. 144. "Yarrow is a useful remedy for a feverish cold, especially if taken as soon as the symptoms appear. Taken in the form of a tea, yarrow increases perspiration, helping to bring down a fever. Combined with elderflower or peppermint the tea can bring speedy relief to the sufferer. To make yarrow tea: Pour 1/2 cup of boiling water over 1 teaspoon of fresh or dried yarrow. Leave to infuse for 5-10 minutes. Strain and add honey to sweeten if preferred. The tea made purely with the flower can be taken in cases of chronic catarrh. It is also beneficial to those with indigestion and flatulence and is a gentle laxative. Taken warm 30 minutes before a meal, yarrow tea will help to stimulate the appetite." (416-144)

- 1987 Philippa Back, The Illustrated Herbal, pg. 145. "For external use, an ointment using the fresh herb will soothe painful haemorrhoids (piles). It can also be used to ease painful joints, and for cuts and abrasions. To make the ointment: Melt 4 heaped tablespoons of white petroleum jelly in an enamel pan. Stir in 1 good handful of chopped fresh herb. Bring it slowly to the boil and simmer gently for 15-20 minutes. Strain and pour into small pots. Cover when cold." (416-145)

- 1987 Philippa Back, The Illustrated Herbal, pg. 145. "A poultice made from fresh yarrow leaves is said to relieve painful rheumatic joints. To make a poultice: Pick and wash enough leaves to make into a pulp, either by hand or in the electric blender. Spread the pulp on to a piece of muslin or cheesecloth and heat it between 2 plates over a pan of boiling water. Place over the affected part as hot as possible and leave until the poultice has cooled. Renew as necessary until relief is felt." (416-145)

- The medicinal values of the Yarrow and the Sneezewort (*A. millefolium* and *A. ptarmica*), once famous in physic, were discarded officially in 1781.

RUSSIAN MEDICINAL USES:

- 1969 Alma Hutchens, Indian Herbalogy of North America, 315. "Russian Clinical: Decoctions and extracts given for stomach sickness, especially ulcers, and for bleeding and gastritis. Also as an appetiser and externally as styptic." (215-315)

- 1969 Alma Hutchens, Indian Herbalogy of North America, 315. "Russian Herbalist: As tea, decoction, Nastoika (with Vodka) for bleeding, stomach sickness, gastritis, ulcers, dysentery,

Yarrow_1993.txt

diarrhoea, female bleeding, inflamed processes, cold, cough, liver, anaemia, headache, T.B. of the lungs, shortness of breath, nervousness, high blood pressure." (215-315)

CHINESE MEDICINAL USES:

- 1973 Li Shih-chen, Chinese Medicinal Herbs, 6. "CHINESE: *Achillea sibirica* Ledeb. The use of this drug is said to benefit respiration, to invigorate the skin and muscular system, to brighten the eye, to promote intelligence, and if taken for a long time to prevent hunger and tissue waste. It is prescribed for dyspepsia and dyspeptic constipation." (343-6)

- 1977 Cloud Burst Press, A Barefoot Doctor's Manual, 192. "CHINESE: *Achillea sibirica* Ledeb. PROPERTIES AND ACTION: Neutral, bitter and sour tasting. Acts as a carminative and stomach tonic, clears meridian passages, reduces inflammation and exerts bactericidal effect. CONDITIONS MOST USED FOR: (1) Stomach ulcers, amenorrhea and abdominal cramps (2) abscesses, snakebites (3) traumatic falls and bleeding. PREPARATION: The whole plant is used, about 2 to 5 ch'ien each time, decocted in brew." (88-192)

INDIAN (AYURVEDIC) MEDICINAL USES:

- 1986 Lad & Frawley, The Yoga of Herbs, 152.

PART USED: Leaves and flower-head

ENERGETICS: Bitter, astringent, pungent/cooling/pungent
(PK- V+ (In excess))

TISSUES: Plasma, blood, muscle

SYSTEMS: Circulatory, respiratory, digestive

ACTIONS: Diaphoretic, astringent, hemostatic, vulnerary, antispasmodic

INDICATIONS: Colds, fever, gastritis, enteritis, measles, menorrhagia,
nosebleed, stomach ulcers, abscesses, hemoptysis.

PRECAUTIONS: High 'Vata'

PREPARATION: Infusion (hot or cold), powder (250 to 500 mg), paste

YARROW is a good cooling diaphoretic and febrifuge, which possesses astringent and antispasmodic properties. It is good for colds, flu and infectious diseases, particularly those in which

Yarrow_1993.txt

fever and inflammation are high. It stops bleeding, both internally and externally. Yarrow reduces excessive menstrual bleeding and helps stop menstrual cramps. As such it is a good general herb for 'Pitta' conditions, though its action is mild and mainly treats superficial conditions. Yarrow reduces excess 'Pitta', bile and inflammation in the gastrointestinal tract and thereby helps strengthen the mucous membranes. It has some calmative, nervine action and promotes clarity and perception.

Yarrow combines well with peppermint as a diaphoretic; with sage as an astringent and nervine; with chamomile (a relative of yarrow), as a stomachic. Externally, the juice or decoction can be used as a wash for wounds and sores - mainly for stopping bleeding and reducing inflammation. (396-152)

PREPARATIONS:

- 1982 Maria Treben, Health Through God's Pharmacy, 51. "INFUSION: 1/4 litre of boiling water is poured over 1 heaped teaspoon of herbs, infused for a short time. TINCTURE: Yarrow flowers, picked in the sun, are placed loosely into a bottle. 38% to 40% spirit is poured over them and the bottle is left in the sun or in a warm place for 14 days. YARROW OINTMENT: 90 gm. unsalted butter or lard are heated, 15 gm. freshly picked, cut Yarrow flowers and 15 gm. finely cut Raspberry leaves are added, stirred till crackling occurs and removed from the heat. The next day it is slightly warmed, pressed through a piece of linen, poured into clear jars and stored in the refrigerator. SITZ BATH: 100 gm. Yarrow (the whole herb) are steeped in cold water overnight. The next day brought to the boil and added to the bath water." (249-51)

COLLECTING AND DRYING:

- 1973 Euell Gibbons, Stalking the Healthful Herb, 34. "Gather while in bloom in warm room." (4-34)

- 1975 R.C. Hosie, Herbs, 48. "The flowering top parts (Herba Millefolii) are collected for the drug market. Cut several cm above ground and spread out thinly to dry, or hung in bunches in a shaded and well-ventilated spot. Must be kept below 40 degree Centigrade." (38-48)

- 1984 Malcolm Stuart, The Encyclopedia of Herbs & Herbalism, 143. "CULTIVATION: Increase by divisions spring or autumn. Grows in any soil in sunny position." (272-143)

MATERIAL USES:

SNUFF & TOBACCO:

- 1931 M. Grieve, A Modern Herbal, 864. "The dried leaves are used as a snuff." (141-864, 119-125)
- 1984 Malcolm Stuart, The Encyclopedia of Herbs & Herbalism, 103. "Yarrow can be used as a herbal tobacco." (272-103)

DIVINATION ARTICLE:

- 1973 Li Shih-chen, Chinese Medicinal Herbs, 5. "The Shuo-wen says: 'The 'Shih' is a kind of Hao (Artemisia). The plant will yield, when a thousand years old, three hundred stalks. The lengths of the stalks used for divination were: for the Son of Heaven, 9 feet; for the feudal princes, seven feet; for the high officers, five feet; and for the graduates, three feet.'" (343-5)
- 1974 John Lust, The Herb Book, 602. "In ancient China milfoil or yarrow was considered a sacred plant with spiritual qualities. Thus it was an appropriate medium for use in the ancient system of divination called the I Ching or Oracle of Change. In the oldest, most complex, and therefore most accurate method of consulting the I ching, fifty dried Yarrow stalks are manipulated to provide answers to the questions given." (195-602)

COSMETICS:

- 1974 John Lust, The Herb Book, 534. "MILFOIL FACIAL FOR OILY, TROUBLED SKIN: Apply infusion directly to skin twice daily and rinse off. Good for fusion directly to skin twice daily and rinse off. Good for blackheads. Herb or its infusion can be added to facial masks, facial steams, and hair preparations. It is astringent, healing, and tonic." (195-534)
- 1979 Nancy J. Turner, Plants in B.C. Indian Technology, 272. "The Flathead of Montana rubbed the flower heads in the armpits as a deodorant." (137-272)

Yarrow_1993.txt

- 1982 Boxer & Back, The Herb Book, 41. "Used as a cosmetic herb. An infusion of yarrow flowers used externally is a good lotion for cleansing the skin. Add the lotion to water for a relaxing bath. A face pack for greasy skin is made from fresh flowerbuds." (231-41)
- 1987 Philippa Back, The Illustrated Herbal, pg. 145. "Yarrow is an excellent cosmetic herb when used wisely. It is important to note that when using yarrow on the skin over a long period of time, the skin may become sensitive to sunlight and discoloration of the skin may occur. Yarrow lotion is an infusion made from the flowers and is a good cleanser for oily skin. It is an astringent herb, so a weak infusion will be found quite effective. To make yarrow lotion: Pour 2 cups of boiling water on to 1 1/2 tablespoons of fresh herb or 3 teaspoons of dried herb. Leave to infuse for at least 1 hour then strain into a screwtop bottle. Keep the bottle in the refrigerator and use within a few days. Dip cotton wool into the lotion and wipe over the face night and morning. As soon as a beneficial effect is noticed the treatment should be discontinued." (416-145)
- 1987 Philippa Back, The Illustrated Herbal, pg. 145. "For blackheads in an oily skin, a facial steam will help to cleanse and stimulate the skin. To make a facial steam: Into a bowl put 2 handfuls of yarrow and pour boiling water over them. Cover the head and bowl with a towel and let the steam cleanse and soften the skin for 10 minutes. Afterwards carefully wipe the face and finally splash the skin with cold water to close the pores. The addition of other herbs in the facial steam will help to make it more effective. Use the herbs such as chamomile flowers, nettle, lime flowers and salad burnet for a fragrant steam." (416-145)
- 1987 Philippa Back, The Illustrated Herbal, pg. 145. "Yarrow infusion can be used as a hair rinse, when it will help to clear mild cases of dandruff. The infusion can also be used as a hair lotion and rubbed into the scalp three or four times a week to stimulate the growth and leave the hair soft and shining. To make the infusion: Pour 4 cups of boiling water on to 3 tablespoons of fresh crushed yarrow in a jug. Leave to stand for 2 hours, then strain and reheat by placing the jug in a pan of hot water until the infusion is sufficiently warm. Shampoo and rinse the hair in the ordinary way. Finally pour the yarrow rinse over the hair several times, massaging it well into the scalp. The infusion may be poured into a stoppered jar and used within a few days. Store in a cool place or in the refrigerator. The infusion makes an effective lotion for chapped hands when used on an occasional basis. Pour some lotion into a bowl and soak the hands for 5-10 minutes. Alternatively use as a compress: dip pieces of lint into the lotion and spread over the hands. Leave for 10-15 minutes."

Yarrow_1993.txt

- 1987 Philippa Back, The Illustrated Herbal, pg. 145. "As a bath addition yarrow provides a soothing relaxing soak which is at the same time good for the skin. To make a herbal bath: Make a strong infusion by pouring 2 cups of boiling water over 3-4 handfuls of the herb. Leave it to infuse for 15-20 minutes then strain and add to the bath water. The addition of a highly perfumed herb such as lavender will make it more fragrant and increase the pleasure of the bath." (416-145)

INSECT REPELLANT:

- 1979 Nancy J. Turner, Plants in B.C. Indian Technology, 272. "The Okanagan placed the leaves on hot coals to make a smudge for repelling mosquitos." (137-272, 198-123)

DYEING:

- 1980 Anne Bliss, North American Dye Plants, 276. "DYEING (*A. lanulosa*): Stems, leaves, and flowers give these colors in late July using the following mordants: Alum (Mustard Yellow), Chrome (Copper), Copper (Greenish Gold), Tin (Bright Yellow), Iron (Dark grey-green), No Mordant (Golden Beige). Lightfastness: No visible fading." (230-276)

CULTIVATION:

- 1931 M. Grieve, A Modern Herbal, 864. "Woolly Yellow Yarrow (*A. tomentosa*) is very rare, and a doubtful native (of England); its leaves are divided and woolly, the flowers bright yellow." (141-865)

- 1971 J.I. Rodale, Encyclopedia of Organic Gardening, 1138. "There is a variety of Yarrow with showy red blooms." (9-1138)

- 1982 Boxer & Back, The Herb Book, 41. "When planted with herbs, it helps them to resist disease, also seems to deepen the fragrance and flavour of nearby herbs." (231-41, 117-100)

FLOWER ARRANGEMENTS:

- 1986 Scotter & Flygare, Wildflowers of the Canadian Rockies, 38. "These attractive plants are frequently used in dried arrangements." (344-38)\

Yarrow_1993.txt

HISTORY/BELIEFS:

HISTORICAL RECORDS:

Yarrow_1993.txt

Yarrow_1993.txt

51. "Archeological discoveries at a eader's Digest, Magic and Medicine of Plants,

Yarrow_1993.txt

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Iraq point to the use of several plants that still figure

60,000 year-old Neanderthal burial ground in

Yarrow_1993.txt

(372-51)

in folk medicine - among them yarrow."

NOMENCLATURE:

- 1586 Rembert Dodoens, Kruidboeck (Henrie Lyte's translation of Dodoen's Dutch Herbal).
"This herbe had his name Achillea, of the noble and valient knight Achilles, whose valiant actes and noble Historie were described by Homer. They sayde Achilles used this herbe very much, and it was firste taught him by the Centaure Chiron. With this herb Achilles bured the woundes and sores of Telephus the sonne of Hercules." (118-164)
- 1931 M. Grieve, A Modern Herbal, 863. "The name Yarrow is a corruption of the Anglo-Saxon name for the plant 'gearwe'; the Dutch, 'yerw'." (141-863)
- 1931 M. Grieve, A Modern Herbal, 864. "Its specific name, 'millefolium', is derived from the many segments of its foliage, hence also its popular name, Milfoil and Thousand Weed." (141-864)

Yarrow_1993.txt

- 1962 Muriel Sweet, Common Edible & Useful Plants of the West, 61. "Used in North (or Europe) as early as 725 A.D. and in the Saxon Leech-books of 1000 A.D. appears as 'millefolium'. In Stockholm in a 1425 citation it is called 'Neseblod'." (85-61)
- 1973 Li Shih-chen, Chinese Medicinal Herbs, 5. "Achilea sibirica (Shih): Legge calls the Shih plant milfoil. Williams, in his dictionary, says it is sort of "syngenesious plant resembling the 'Anthemis' or mayweed, the 'Ptarmica siberica', which grows around Confucius' grave in Kuhfeu, and as was done in ancient times, is still sold there in parcels of 64 stalks for divination; the stems were once used for hairpins." In the Historical Record it is said that a hundred stalks of the Shih plant come out of the same root. "Where this plant grows neither tigers, wolves, nor poisonous plants are found." (343-5)
- 1975 Bohumil Slavik, Wild Flowers, Ferns & Grasses, 130. "Yarrows scientific name is not derived from the legendary Trojan hero, but from an ancient Greek doctor called Achillos, who is said to have cured a seriously wounded warrior called Teleph with it." (52-130)
- 1976 Lewis Clark, Wild Flowers of the Pacific Northwest, 513. "Yarrow is an old Scottish name, after the parish of 'Yarrow' on the little river of the same name." (1-513)
- 1986 Scotter & Flygare, Wildflowers of the Canadian Rockies, 38. "This genus is named in honour of Achilles, the Greek warrior with the vulnerable heal, who was said to have made an ointment from Yarrow to heal the wounds of his soldiers during the siege of Troy." (344-38)

SPIRITUAL BELIEFS:

- 1931 M. Grieve, A Modern Herbal, 864. "It was one of the herbs dedicated to the Evil One, in earlier days, being sometimes known as Devil's Nettle, Devil's Plaything, Bad Man's Plaything, and was used for divination in spells." (141-864)
- 1931 M. Grieve, A Modern Herbal, 864. "Yarrow, in the eastern counties, is termed 'Yarroway', and there is a curious mode of divination with its serrated leaf, with which the inside of the nose is tickled while the following lines are spoken. If the operation causes the nose to bleed, it is a certain

omen of success: (141-864)

'Yarroway, Yarroway, bear a white blow,
If my love love me, my nose will bleed now.'

- 1931 M. Grieve, A Modern Herbal, 864. "An ounce of Yarrow sewed up in flannel and placed under the pillow before going to bed, having repeated the following words, brought a vision of the future husband or wife: (141-864)

'Thou pretty herb of Venus' tree,
Thy true name it is Yarrow;
Now who bosom friend must be,
Pray tell thou me to-morrow.'
(Halliwell's Popular Rhymes, etc.)

- 1972 Jeanne Rose, Herbs & Things, 116. "This perennial herb named after Achilles was though to be a witches' herb, and was brought to weddings to ensure seven years love." (314-116, 109-71)

- 1974 John Lust, The Herb Book, 619. "Yarrow was one of the herbs which were smoked in fires set on St. John's Eve (June 23) during medieval times. The purpose of the fires, which were lit on hills and other high places, was to purify the air of evil spirits to ensure the protection of the people, their animals, and their crops. The herb, when properly smoked, could be hung in houses and barns to make further assault on the powers of evil. The herb could also be worn around the neck as protective amulets. This custom of burning fires at the beginning of summer is thought to have originated with the ancient Gauls." (195-619)

- 1974 Kay Sanecki, The Complete Book of Herbs, 192.

'Green Arrow, Green Arrow, you bear a white blow,
If my love love me, my nose will bleed now,
If my love don't love it 'ont bleed a drop'
If my love do love me 't will bleed every drop
"Green Arrow" was a corruption of "Green Yarrow". (30-192)

Yarrow_1993.txt

- 1977 Audrey Hatfield, Enjoy Your Weeds, 102. "Yarrow was one of the protective herbs that were garlanded about the home, and the church, on Midsummer's Eve to thwart Evil Spirits at a time when they were most potent." (117-102)

RELATIONSHIP TO NATURE AND OTHER LIFE-FORMS:

- 1976 Lewis Clark, Wild Flowers of the Pacific Northwest, 513. "Effects of climate upon plant structure...leaf-fringing of plants altered in a few years when they were transplanted from the mountains to the coast and vice versa." (1-513)

ILLUSRATIONS:

- Good b/w pictures (287-478)
- Excellant B/W picturs of 5 species + distribution maps (342-887)
- Excellant Colour prints of plant & flower (372-350)

The information in these articles is primarily for reference and education. They are not intended to be a substitute for the advice of a physician. The instructor does not advocate self-diagnosis or self-medication; He urges anyone with continuing symptoms, however minor, to seek medical advice. The reader should be aware that any plant substance, whether used as food or medicine, externally or internally, may cause an allergic reaction in some people.

Maurice L.B. Oates Jr., M.A.
(Ya'-ga-hlo'o)

Yarrow_1993.txt