



Тысячелистник (лат. *Achilléa*)

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Abstract. The article discusses the main properties of yarrow and its effect on the human body. A systematic review of modern specialized literature and relevant scientific data was carried out. The chemical composition and nutritional value of the plant are indicated, the use of yarrow in various types of medicine and the effectiveness of its use in various diseases are considered. The potentially adverse effects of yarrow on the human body under certain medical conditions and diseases are analyzed separately. The scientific foundations of diets with its use are considered.

Keywords: yarrow , beneficial properties, potentially dangerous effects, side effects, beneficial properties, contraindications, diets

Useful properties of common yarrow

Table 1. Chemical composition of yarrow (according to [Food+](#)).

trace elements	mg/kg dry weight ^[4]
Iron	179
Manganese	84.3
Zinc	40.2
Copper	9.88
Nickel	5.54
Chromium	0.26
cobalt, lead and cadmium	less than 0.1

What exactly is used and in what form

Yarrow grass is used in the form of infusions, decoctions, extracts. It is a component of teas that increase appetite, healing fees. Freshly squeezed juice of the plant is used to treat wounds, with internal diseases. Leaves and flowering tops are used in bitters and herbal liqueurs. Both freshly harvested raw materials and dried flowers and leaves of yarrow are used.

Medicinal properties

Yarrow flowers contain the hemostatic bitter alkaloid akhilein , volatile oils containing chamazulene , proazulene , thujone , borneol, pinenes , camphor , eugenol , pineol , flavonoid luteolin-7-glycoside, sesquiterpene lactones (matricine , milefolid , balchanolide - acetate), balchanolide- acetate organic acids (acetic, formic, isovaleric, salicylic), esters and alcohols, choline, asparagine. Yarrow herb contains akhilein bitterness , volatile oils, sesquiterpene lactones, tannins, flavonoids , phytoncides, vitamins C and K, carotene. ^[5]

The versatile therapeutic properties of yarrow are explained by the complex of chemicals contained in the plant. The effective hemostatic effect of yarrow is used for pulmonary, intestinal, hemorrhoidal and nasal bleeding, as well as for bleeding gums, with uterine bleeding (with inflammatory processes, fibromyomas). When using yarrow to stop bleeding, it is the leaves of the plant that should be preferred, since the flowers do not have such an effect. Along with this, yarrow preparations irritate the endings of taste buds and increase the secretory activity of the stomach, dilate the bile ducts, increase bile secretion into the duodenum , increase diuresis, stop spastic pain in the intestines; this causes their use in case of reduced appetite, hypoacid gastritis, peptic ulcer of the stomach and duodenum , ulcerative spastic colitis, flatulence, and diseases of the liver, kidneys and bladder.

With the external use of yarrow as a hemostatic, anti-inflammatory, bactericidal and dermatonic agent, the drugs are effective in alopecia areata (alopecia), excessively oily skin, acne, hemorrhoids and herpes, promote the healing of fresh and festering wounds, ulcers, boils, scaly lichen, stimulate growth hair.

In folk medicine, yarrow is used very extensively. It is taken orally as a means of regulating metabolism, with dizziness, nausea, headache, sleep disturbances, hysteria, chlorosis, malaria and pulmonary tuberculosis, with nephrolithiasis, with enuresis ; yarrow finds application in gynecology - it is recommended for regulating the menstrual cycle; prescribed to stimulate lactation, and as a remedy for worms.

Monotreatment based on yarrow is rarely used, more often it is combined in collections with other medicinal herbs. Yarrow is a common ingredient in laxative, antihemorrhoid , appetizing and gastric teas. ^[6]

In traditional medicine recipes, yarrow is combined with plants such as lavender, sage, calendula, mint, etc. The most popular and classic combinations are: yarrow in combination with Benedict Pharmacy is often used to improve digestion; sage and yarrow stimulate the outflow of bile and have a beneficial effect on the functions of the liver and stomach; with bloating, flatulence, yarrow paired with lavender helps well, and such a herbal collection also has a calming effect; hemorrhoids are treated with a composition of calendula and yarrow; the symptoms of premenstrual syndrome are relieved by a combination of yarrow and motherwort; a collection of yarrow and corn stigmas is recommended for urinary tract infections; peppermint in combination with yarrow helps with colds, flu.

According to some authors, despite the fact that the yarrow herb increases the number of platelets in the blood, there is no threat of thrombosis. The hemostatic effect of yarrow is associated mainly with the activation of platelets and a reduction in the bleeding period.

The anti-allergic effect of yarrow allows it to be successfully used for diathesis, eczema, urticaria, bronchial asthma, etc. ^[7]

In official medicine

Yarrow preparations available at the pharmacy:

1. yarrow herb;
2. yarrow powder;
3. yarrow extract is rare.

In folk medicine

With intestinal, gastric, hemorrhoidal bleeding, dyspepsia, with mycotic pneumonia (sometimes developing after prolonged use of antibiotics), as well as to prevent the formation of kidney stones, tea is prescribed: a tablespoon of yarrow flowers is brewed in a glass of boiling water. Drink half a glass twice a day. An overdose may cause a headache. ^[5]

With hyperacid gastritis (with high acidity), a collection is recommended: mix yarrow grass, St. John's wort, chamomile flowers and celandine grass (2: 2: 2: 1). Pour a tablespoon of this herbal mixture with a glass of boiling water, let it brew, strain and drink a third of a glass four times a day. Yarrow with gastritis can be recommended as part of a variety of herbal preparations.

For neurosis, tachycardia, combined with sleep disturbance, mix a tablespoon of valerian root, lemon balm leaves and yarrow herb. Pour a glass of boiling water and leave for 3 hours. After that, boil for 5 minutes, strain. Drink a little at a time several times a day. ^[eight]

With severe pain in the stomach, yarrow is used in combination with chamomile flowers (a tablespoon of yarrow herb and chamomile flowers in a glass of boiling water).

In case of inflammation of the bladder, manifestations of calculous pyelonephritis and hematuria caused by stones in the urinary tract, take 2 tablespoons of yarrow, birch buds, bearberry leaves, and a tablespoon of herb cuff and calamus rhizomes mixed with 2.5 cups of raw water, boil the composition 5 minutes, let it brew for 30 minutes, drink the decoction in 4 doses per day.

With a tendency to angina pectoris, spasms of smooth intestinal muscles, a tincture of yarrow is advised: take yarrow flower inflorescences in a ratio of 1:5 to 70% alcohol. Take 20 drops before meals.

For obesity: in tablespoons, measure a mixture of yarrow herb, bearded cystoseira and St. John's wort (4:2:2), pour a glass of water, boil for 5 minutes and take it hot in the morning for a long period.

With a rapid heartbeat, it is useful to take 24 drops of yarrow juice and rue juice for 2 glasses of weak homemade wine (drink twice a day).

For peptic ulcer, boil 2 tablespoons of chopped yarrow herb in a glass of water for about 10 minutes and take a decoction of 0.5 cups, three times a day, a quarter of an hour before meals, for a month.

Yarrow juice mixed with honey is used to improve appetite and speed up metabolism. ^[9]

For anemia, an infusion is used: 60 g of a mixture of dry herbs of yarrow and nettle is poured into a ceramic dish with 2 cups of boiling water, covered tightly and allowed to brew for half an hour. Take a cup once a day (in the morning on an empty stomach or at night). You can divide the amount into 2 doses: half a cup in the morning and half a cup before bed.

For migraine, prepare a collection of hawthorn flowers and yarrow herb (taken in equal parts). A tablespoon of this collection brew 200 ml of boiling water, strain. Drink a quarter cup three times a day before meals.

To increase the amount of breast milk (to stimulate lactation), you can take an infusion: pour a tablespoon of dried yarrow herb with a glass of boiling water, let it brew under a tightly closed lid for 60 minutes, then strain. Drink a tablespoon four times a day before meals.

For painful menstruation, a collection is recommended: take 50 g of yarrow herb, lemon balm leaves and chamomile flowers. Pour a tablespoon of this mixture with a glass of boiling water, let it brew, strain. Drink a third of a glass three times a day.

For nervous disorders, nervous exhaustion and overwork, a collection of such herbs is useful: yarrow, St. John's wort, angelica root (1: 1: 1). Pour a tablespoon of the herbal mixture with a glass of boiling water, leave for 30 minutes under the lid, then strain. Take the infusion one hour before bedtime.

For weight loss, it is also recommended to take an infusion of yarrow, anise and chamomile. Such a drink helps to cleanse the whole body, removes toxins.

With radiculitis, myositis, pain in the lumbar region, pour a tablespoon of dry yarrow with a glass of boiling water, let it brew for 60 minutes, then strain. Drink an infusion of a tablespoon 3-4 times daily before meals.

With hypo- and beriberi, as an antipyretic and tonic for acute respiratory diseases, a healing drink is prepared: 20 g of dried yarrow herb, 400 ml of cranberry juice, a glass of honey, 3 liters of water. Pour herbal raw materials into boiling water, boil for 5 minutes, let it brew for 2 hours, then strain. Combine the broth with cranberry juice and honey, mix well, pour into a storage container. Store in a dark place.
[ten]

Externally:

With boils, yarrow ointment is recommended: 2 tablespoons of yarrow herb (dry) pour a quarter cup of hot water. Heat the mixture until very hot, then allow to cool. Add 20 g of vaseline, grind until smooth. Lubricate the boil with ointment.

Yarrow poultices are useful for local anesthesia. Pour boiling water over 4-5 tablespoons of dry yarrow herb, wrap in gauze cloth, when warm, such poultices should be applied to inflamed and sore places.

With bruises, swelling, wounds, a compress with yarrow helps: you will need 30 g of yarrow flower inflorescences, 20 g of thyme herb and 10 g of eucalyptus leaves. Collection of herbs pour boiling water and leave for 60 minutes. Then strain. Moisten a clean cloth or gauze with plenty of infusion, apply to the affected area and hold for an hour.

Yarrow bath

Pour 200 g of dry raw materials with 3 liters of boiling water. Let it brew for 30 minutes. Then strain, pour into a full bathroom. Take a bath before going to bed, no more than a quarter of an hour. After warmly take cover. This infusion can also be used in lotions for eczema, ulcers.

With stomatitis, gingivitis, bleeding gums, rinsing with a decoction of yarrow with the addition of sage is useful.
[ten]

Powdered yarrow leaves with nettle leaves (in equal proportions) act as a hemostatic and anti-inflammatory.

Juice squeezed from washed, clean yarrow leaves, applied to a fresh wound, stops bleeding and heals.
[7]

For burns, boils, tuberculosis of the skin and for rubbing with alopecia, a recipe is used: a mixture is prepared from fresh, carefully ground yarrow herb and Provence oil (in proportions of 1:10). [6]

The use of yarrow in oriental medicine

In his *Canon of Medicine*, Avicenna praised the medicinal qualities and characteristics of yarrow.

In Chinese folk medicine, one of the representatives of the genus, the Arabic yarrow, is widely used.

In scientific research

British N. Culpeper, physician and botanist, in his work on medicinal plants ("The complete Herbal", 1653), described the properties of yarrow as follows: "yarrow ointment heals wounds. Drinking a decoction of white wine stops bleeding. The plant is used both to treat fresh open wounds, and to heal ulcers and fistulas, weeping wounds ... For toothache, you should chew a few leaves of yarrow ... Yarrow helps with spasms and convulsions. [eleven]

Modern research on yarrow is diverse in subject matter.

- The medicinal properties of representatives of the genus Yarrow are characterized in the study of Sednia S., Gohari A.R., Mokhber-Dezfuli N. and others [12]
- The chemical composition of the essential oil of common yarrow was studied in the work of Pokrovskaya I.S., Mazova O.V., Apykhtin N.N., Plemenkov V.V. [13]
- Article Chudnovskaya G.V. dedicated to the species Yarrow Asiatica. [fourteen]
- Biologically active substances contained in common yarrow are the object of study by Shatalina N.V., Pervyshina G.G., Efremova A.A., Gordienko G.P. and others [15]
- A pharmacognostic study of the herb yarrow broad-bladed is presented in the scientific work of Glushko M.P. [16]

In cooking

Yarrow greens are added to soups, sauces, stews, salads, as an addition to a side dish. You should know that yarrow leaves are best used in recipes in the spring, in the summer the greens of the plant become coarser, tougher and acquire a bitter aftertaste. Inflorescences -baskets are used in cooking as a spice. Seasoning for meat and other dishes is prepared as follows: dried yarrow flowers are ground in a mortar into powder. The resulting material is sifted through a sieve. Store in a tightly closed jar.

- Yarrow tea

One teaspoon of dried yarrow (or a few fresh leaves), 240 g of boiling water, a slice of lemon, a teaspoon of honey. Boil water, pour yarrow, infuse tea for at least 10 minutes. Add lemon and honey. Drink hot. Honey can be replaced with sugar (cane, coconut). [17]

- Pasta with yarrow sauce

To prepare this dish you will need: 240 g of penne pasta, 4 tablespoons of finely chopped garlic, salt to taste, 3 tablespoons of olive oil, 2 teaspoons of finely chopped yarrow leaves, a quarter cup of dry white wine, grated cheese for serving.

Separate the yarrow leaves from the stems, rinse well and finely chop. Boil water, salt, cook penne pasta until tender. Fry garlic in olive oil until golden brown, add wine, hold on fire, combine with ready-made penne and chopped yarrow. Cook for 2 more minutes over low heat. Serve pasta with lettuce leaves and grated cheese.

- Spicy yarrow soup

Ingredients needed: 50 g butter, 2 medium onions, one small head of garlic, 2 teaspoons curry powder, one teaspoon turmeric, 2 tablespoons flour, 3 cups chicken broth, 120 g chopped yarrow leaves, plain yogurt or sour cream for serving.

Melt butter in a frying pan, lightly fry finely chopped onion in butter, combined with garlic, curry and turmeric. Add flour and cook the sauce for a minute. Then add chicken broth, bring to a boil. Add the chopped yarrow leaves and simmer the soup for 15 minutes. Serve hot with sour cream or yogurt.

- Salad of beets and yarrow

450 g beets, 2 teaspoons of sugar, 3 tablespoons of young yarrow leaves, 4 tablespoons of sour cream, 2 tablespoons of red wine vinegar. Boil the beets until tender, peel and cut into cubes. Mix with crushed yarrow leaves, sprinkle with sugar. Dress the salad with sour cream and wine vinegar.

- Salad with yarrow

Soak young yarrow leaves (5 g) for a minute in boiling water, chop well, mix with sauerkraut (150 g), green onions (25 g). Salt and season with vegetable oil (10 g).^[6]

In cosmetology

Manufacturers of organic cosmetics actively include yarrow extract in the composition of cosmetic products for body and face skin and hair care. Yarrow has a beneficial effect on the condition of sensitive oily skin, regulates the secretion of sebum, tones cells and stimulates regeneration processes, moisturizes, soothes and cleanses the skin; strengthens hair, treats acne and relieves inflammation and burns.

What is useful yarrow for hair? To accelerate hair growth and improve their condition, use the following recipe:

Pour 10 g of crushed dry yarrow flower mass with a glass of boiling water and let it brew for 60 minutes (preferably in a thermos). After that, strain and rub the infusion into the hair roots. Before rinsing and washing with shampoo, moisten the hair with infusion along the entire length. The infusion can be added to rinse water (at the rate of 2 tablespoons per liter of water).^[10]

Face mask for oily skin (with excessive sebum production)

Prepare an infusion of yarrow from 3 teaspoons of flower inflorescences of the plant and a glass of boiling water. Mix the infusion with powdered milk powder, starch or flour. Apply the resulting slurry on the face, hold for about a quarter of an hour, then rinse.^[6]

Other uses

The yarrow planted on the garden plot perfectly copes with the role of a fighter against insect pests, and also repels ants.

A concentrated infusion of yarrow herb is an effective means of controlling garden pests (spider mites, aphids, scale insects, thrips).

Some birds (for example, starlings) use yarrow stems when building nests. As it turned out, the plant repels many parasitic insects that attack bird nests.

Yarrow essential oil is used in winemaking, the alcoholic beverage industry and perfumery.

Yarrow is a good nectar plant.

Dangerous properties of yarrow and contraindications

Prolonged uncontrolled use and overdose of yarrow preparations can lead to allergic skin rashes and dizziness. Pregnancy, thrombophlebitis and increased blood clotting are also factors that limit the possibility of treatment with yarrow. ^[6,8]

Botanical description

It is a perennial herb of the **Asteraceae** (*Asteraceae*) family.

origin of name

people, the grass is called *bloodworm* , *sickle cutter*, *mother liquor*, *cutter*, *goulyavitsa* , *white-headed*, *carpenter's grass* . The Latin generic name of yarrow - **Achillea** - has several interpretations.

According to the most common version, the plant was named after the hero Achilles, who was the first to use the herb for medicinal purposes, healing the bleeding wounds of Telephus with yarrow . The origin of the name is also associated with the Greek words " **akhilos** " (" *abundant food* ") and " **akhilon** " (translated as " *thousand* ", meaning numerous excisions of the leaves of the plant).

Kinds

About 150 species of yarrow are known to science, including:

1. **Yarrow** is a common medicinal plant, cultivated as a honey plant, has a decorative value, is used as a spice. Grows in the European region, in the Caucasus, in Siberia, in the Far East, in Asia;
2. **Ptarmic yarrow** - the species has medicinal value, it is also grown as an ornamental plant. Growth area - Europe, the European part of Russia. Many cultivars have been bred within the species;
3. **Yarrow willow** - common in Asia and Eastern Europe;
4. **Yarrow Arabic** (Bieberstein) - grows in the Central Asian region, in the European part of Russia, in the Balkans, the Caucasus, in Afghanistan and Iran. Included in the Red Book of the Volgograd region;
5. **Yarrow bristly** - a species common in Europe, found in Altai, in some Siberian regions, in Central and Asia Minor, in the Mediterranean. ^[one]
6. **Yarrow naked** - one of the rarest representatives of the earth's flora. Included in the European Red List. This endemic plant is found in the protected area on the granite sections of the Bestash mountain;
7. **Yarrow noble** - grows in Western Siberia, the European part of Russia;

Yarrow is a herbaceous perennial plant with a height of 0.4 m to 1 m. The rhizome is creeping, branched. Stems are straight, ribbed, rarely pubescent. The leaf arrangement is alternate, the leaves are

linear-lanceolate, doubly pinnately dissected into linear segments. The leaves at the roots are petiolate, and those that are located on the stems are sessile. Small baskets of inflorescences are collected at the top of the stems in complex shields. Reed flowers in baskets are white or pale pink, tubular flowers are yellow. Seed fruit. The flowering period begins in summer and ends by mid-autumn. Achenes ripen in August-September.

It occurs along roads, on hills, slopes, in fields, forest clearings, between bushes, in meadows. [2,3]

Growing conditions

Yarrow grows in both abundantly lit and shaded areas. It tolerates wintering under a large layer of snow, without requiring additional insulation. It adapts to any soil, but the soil of medium moisture, loose and fertilized with fertilizers, is optimal.

The plant is propagated by seed and division of rhizomes. In the prepared soil in the spring or autumn, the roots dug in advance and divided into 4 parts are planted, with an interval of 0.2 m. A distance of 0.3 m is maintained between the rows. Subsequently, the beds are weeded and the soil is loosened. Watering is rare. Seeds are sown immediately after they are collected. Shoots appear in the spring of the following year, after which they are thinned out.

In the second year of the life of the yarrow, it is advisable to feed with ammonium nitrate, and with the onset of autumn - with potassium salt and superphosphate.

The plant can grow in one area up to 10 years. Easily tolerates division and transplantation. [3,8]

How and when to collect yarrow? Grass, leaves and flowers are harvested in the flowering phase (from June to October). The tops of the stems are cut off up to 20 cm long, the surface thickened parts of the stems are not collected. Inflorescences are cut off or cut off shields with a stem no more than 2 cm long. The raw materials are dried in the open air or in a room with good ventilation, spread out in a thin layer. Shelf life of dry material is 5 years. [2]

Power circuit

Wasps, as well as numerous species of butterflies (adults) and beetles feed on pollen and nectar collected from yarrow.

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Yarrow - useful properties, composition and contraindications

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Received 06/03/18

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