



YARROW – ACHILLEA MILLEFOLIUM

Family: Asteraceae

Part used: herb, root, essential oil,
flower essence

Herbal action: Diaphoretic,
astringent, hemostatic, stimulant



Medicinal uses: Yarrow is considered both the “master of the blood” and “master of fever”. It is well known for its diaphoretic effect. This herb runs the spectrum from clotting, un-clotting, neurovascular control, flavonoids – it regulates the flow of blood to and from the surface.

A hot infusion (tea) of the dried herb or flowers helps to promote sweating by dilating the capillaries at the skin's surface. The continued use of a warm infusion arouses capillary action on the skin, securing slow perspiration, and elevating the temperature, opening and softening the skin. This helps cool the body and removes toxins. This also contributes to the circulatory action of lowering blood pressure.

This is an excerpt of our full plant monograph
which is available to members of the Herbal
Village