



Botanical Name: *Tanacetum parthenium*

Family: Asteraceae

Energetics: Cooling, bitter

Taste: Bitter, pungent

Actions: Anti-inflammatory, analgesic, antipyretic, nervine, migraine preventive



Feverfew is traditionally used for headaches, migraines, and inflammatory conditions. It is also a mild anti-inflammatory and supports the nervous system.



Internal Uses

- Migraine prevention
- Fever reduction
- Anti-inflammatory for mild pain
- Nervine support for tension headaches

External Uses

- Poultices for minor inflammation or skin irritation



Medication Interactions

- May interact with blood thinners
- May enhance effects of NSAIDs
- Avoid combining with other anti-inflammatory drugs without guidance



Contraindications

- Pregnancy: may induce uterine contractions
- Children under 2: not recommended
- Allergy to Asteraceae family

Caution & Safety

- Use fresh or dried leaves for tea; avoid long-term high doses
- Monitor for mouth ulcers or digestive upset
- Discontinue if rash or allergic reaction occurs

Herbal Pairings

Blends Well With

- Peppermint (migraine and digestive support)
- Ginger (anti-inflammatory and warming)
- Lavender (calming synergy)

Avoid Combining With

- Blood thinners or NSAIDs without supervision
- Pregnancy or breastfeeding unless guided

Possible Side Effects

- Mouth irritation (if chewed fresh)
- Digestive upset in sensitive individuals
- Rare allergic reactions

Forms & Dosage

Tea / Infusion

- 1 tsp dried leaves per cup water
- Steep 5-10 minutes
- 1-2 cups daily for migraine prevention

Tincture (1:5)

- 1-2 mL, 1-2 times daily

Capsules / Powder

- 250-500 mg, 1-2 times daily

External Use

- Poultice applied to localized inflammation as needed



Feverfew is a potent anti-inflammatory and migraine-preventive herb. Use cautiously during pregnancy and monitor for digestive or oral irritation.

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