

Feverfew

Botanical Name: *Tanacetum parthenium*

Family: Asteraceae

Energetics: Cooling, bitter

Taste: Bitter, pungent

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

Overview

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

Uses

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
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Medication Interactions

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

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

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

Notes

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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