



Botanical Name: *Achillea millefolium*

Family: Asteraceae

Energetics: Cooling, aromatic, astringent

Taste: Bitter, slightly pungent, aromatic

Actions: Astringent, anti-inflammatory, hemostatic, digestive, nervine, mild antimicrobial

Overview

Yarrow is traditionally used for its astringent, anti-inflammatory, and wound-healing properties. It supports circulatory health, digestive function, and mild nervous system regulation.

Uses

Internal Uses

- Supports digestion and appetite
- Mild anti-inflammatory and circulatory support
- Helps regulate menstruation and ease mild cramping
- Nervine support for mild stress or anxiety

External Uses

- Poultices or infused oils for cuts, bruises, and skin irritation
 - Wound healing and anti-inflammatory applications
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Medication Interactions

- May interact with anticoagulants or antiplatelet medications
 - Use cautiously with hypotensive medications
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Contraindications

- Pregnancy: avoid in large medicinal doses
 - Children: moderate doses safe
 - Allergy to Asteraceae family
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Caution & Safety

- Moderate internal use recommended
 - Can cause allergic reactions in sensitive individuals
 - Monitor if combining with blood-thinning medications
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Herbal Pairings

Blends Well With

- Calendula (wound healing synergy)
- Chamomile (digestive and nervine support)
- Plantain (skin and wound support)

Avoid Combining With

- Anticoagulants without supervision
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Possible Side Effects

- Allergic reactions (especially in Asteraceae-sensitive individuals)
 - Mild digestive upset if overconsumed
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Forms & Dosage

Tea / Infusion

- 1–2 tsp dried herb per cup water
- Steep 10–15 minutes
- 1–3 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

External / Poultice or Infused Oil

- Apply as needed to cuts, bruises, or irritated skin
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Notes

Yarrow is a cooling, aromatic herb ideal for digestive support, circulatory health, and external wound care. Best used in teas, tinctures, and external applications.

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