

6. *ACHILLEA MILLEFOLIUM* L. (ASTERACEAE) — Yarrow

Swedish call it “field hop” and used it in beer manufacture, the beer thus brewed said to have been more intoxicating than that prepared with hops. Chandler, Hooper, and Harvey^{73b} devoted a whole review article to the ethnobotany and phytochemistry of yarrow. “Yarrow has been employed as a popular medicine since the Trojan war (ca. 1200 B.C.) when the Greek hero, Achilles, is said to have used the leaves of a plant to check the flow of blood from the wounds of his fellow soldiers. Yarrow is used in herb tea, herbal tobaccos, and as a hair rinse and shampoo (reported to prevent baldness). Yarrow contains compounds that inhibit seed germination and have sex-pheromone qualities as well as compounds that serve as bactericides and culicids. Amchies use the plant as an insecticide on plant insects.⁵³ Extracts are used in some bath preparations for alleged quieting and soothing effects on the skin. Used in bitters and vermouth.²⁹

The plant and/or its juices are used in folk remedies for cancers, indurations, or tumors (of breast, feet, liver, penis, spleen, uterus) condylomata, warts, and wens.⁴ Chandler, Hooper and Harvey^{73b} mention many uses for the plant: abortive, analgesic, anthelmintic, antiinflammatory, antispasmodic, antiviral, contraceptive, diaphoretic, diuretic, emmenagogue, febrifuge, laxative, stimulant, and toxic, noting its use for earache, epilepsy, fever, fistula, headache, hematoma, hemorrhage, hemorrhoids, hypertension, hysteria, influenza, leucorrhea, measles, melancholy, menorrhagia, nervousness, pleurisy, pneumonia, rashes,