

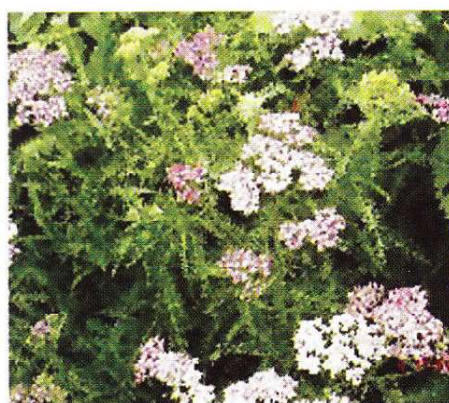
SURVEY & COLLECTION OF MEDICINAL PLANTS

HOMOEOPATHIC MEDICINAL PLANT PROFILES

Achillea millefolium L.

Achillea millefolium Linn. Sp. Pl. 899. 1753; Hook.f. Flora of British India 3:312. 1881; Chopra et al., Glossary of Indian Medicinal Plants, 3. 1980 (Repr.Ed.); Allen, T.F., Encyclopedia of Pure Materia Medica 6:366, 1982 (Repr.Ed.); Clarke, Dictionary of Materia Medica, 2:490. 1982 (Repr.Ed.); Alpine Flora of Kashmir Himalaya, 220. 1983.

English: Millefolium. Milfoil. Thousand-leaf, Thousand-leaf clover, Gordoloba, Green arrow, Soldiers' woundwort, Knight's Milfoil, Nosebleed, Dog daisy, Bloodwort, Sanguinary, Carpenter grass/weed, Staunch weed, Devil's Nettle, Devil's Plaything, Old-man's-pepper, Cammock, Yarrow, Yarroway.



Bombay	:	Rojmari
Cutch & Himachal Pradesh	:	Biranjaisif
Gujarat	:	Biramjasif
Hindi	:	Gandana
Kannada	:	Roojmari
Kashmir	:	Akarkhara.
		Chopandiga.
		Momadru.

Family: Asteraceae (Compositae).

Other Homoeopathic references:

Allen TF, Primer of Materia Medica; Boericke; Pocket Manual of Materia Medica; Blackwood, Materia Medica; Burt, Characteristic Materia Medica; Burt, Physiological Materia Medica; Choudhuri, Study of Materia Medica; Douglas, Pearls of Homoeopathy; Gentry, Rubrical and Regional. Guernsey; Hering, Condensed Materia Medica; Hering, Guiding Symptoms; Lotus, Materia Medica. Nash, Expanded Works; Phatak, Materia Medica; Pulford, Materia Medica of Graphical Drug Picture; Witko and Jain, Key notes.

Drug Name: 'MILLEFOLIUM'. 'ACHILLEA MILLEFOLIUM'.

Part used: Whole plant

Morphological description: Erect herbs upto 1.5 m; leaves alternate, linear to lanceolate, 2 - 3 pinnatifid, upto 12 x 2.5 cm at the base. Corymbs terminal, upto 10 cms in diameter. Capitula many, radiate, peduncle 4 mm. Involucre oblong. Phyllaries several seriate, lanceolate. Receptacle convex. Outer ray florets female, ca. 6, rose or white; ligule 3-toothed. Inner disc florets bisexual. Achenes compressed. Pappus absent.

Heads white or rose. Numerous suckers radiate from mother plant which can be separated and utilized for vegetative propagation.



Distribution:

It is indigenous to Asia, Europe and America extending up to Canada; common in many parts of the Western Himalayas from Kashmir to Kumaon at altitudes of 1,050 - 3,600m, especially Chandra and Bhaga Valleys of Lahaul in Himachal Pradesh. The plant has been successfully introduced and cultivated in the Homoeopathic Medicinal Plants Research Garden, under Central Council for Research in Homoeopathy at Emerald, Tamil Nadu at an altitude of 1950 m.



The reported life zone of yarrow includes most of the north temperate zone, the plant grows wild along roadways and in fields and pastures in Himachal Pradesh. It has been found only under cultivation in south India. Often considered a weed, yarrow is a hardy perennial and grows on many soil types if there is adequate drainage.

Survey & Collection:

The plants have been collected in South India mainly from the hill tops of Nilgiris District, at Udhagamandalam (Ooty) and from Kodaikanal, Dindigul District, Tamil Nadu from gardens, under cultivated condition. They have not been collected from any other areas surveyed in southern States. The plants have not been found in wild condition nor as escapes. However they do grow well in gardens when the soil is watered well and drained with judicious manuring and fertilizer application. Sometimes perennating and surviving for years at a time without actually being tended.



Propagation: The herb is cultivated by raising it from seeds in nurseries. The seeds germinate in 10 - 12 days. More commonly it is propagated from adult root splits which are separated from the mother plants and transplanted in well ploughed soil, basally treated with FYM and standard garden mixture as top dressing. Open and sunny plots are preferred. Regular deweeding should be done in initial stages.

Once established the plants tend to survive indefinitely as perennials. During winter (January to April) in South Indian hilltops the aerial parts dry off while the roots remain alive under the soil to send forth shoots again when the monsoon (June to September) starts.

General uses:

The plant finds mention in the Greek mythology book of Iliad by Homer where Chiron instructs Achilles the art of healing the wounds of soldiers by using this plant from which has been derived the name 'Soldier's woundwort', 'Herbe Militaris'. Linnaeus named the plant *Achillea* (in honour of Achilles) and *millefolium* alluding to the myriad divisions of the leaf. The English name Yarrow is a corruption of the Anglo-Saxon name of the plant - gearwe; the Dutch yerw.

Dried flowers can be utilized in flower arrangements. Leaves and flowers have a bitter, astringent taste when used in culinary applications. Yarrow has been used in



the manufacture of beer as a substitute for hops and can be found as an ingredient in herbal teas. Yarrow oil has been traditionally used in hair shampoos.

The flowers of *Achillea millefolium* have been used for adulterating Elder flowers (*Sambucus nigra* L.). The dairy products of livestock fed with this plant acquire a bitter taste and strong odour.

Medicinal uses:

As a medicinal plant, yarrow and other *Achillea* species have been used as antispasmodics, astringents, carminatives, diaphoretics, stimulants, and tonics. In addition, yarrow has been used in European folk usage against colds, cramps, fevers, kidney disorders, toothaches, skin irritations, haemorrhages, to regulate menses, stimulate the flow of bile, and purify the blood.

A decoction of the plant relieves chronic colic. The leaves are chewed in toothache and are one of the ingredients in toilet lotion preparations for skin. The poultice of the boiled plant is applied to whitlow.

In small doses the herb is reported to suppress haemorrhage and profuse mucous discharge.

The tincture of the herb in small, diluted doses arrests bleeding from lungs, kidneys or the nose, but larger doses aggravates the bleeding.

It has long been known that leaves of Yarrow (*Achillea millefolium*) if inserted in the nostril and left for some time cause bleeding.

The decoction or the fresh juice is applied for healing cuts, bruises, piles, varicose veins and ulcers. Chamazulene is the active principle possessing anti-inflammatory effects.

The powdered leaves are sternutatory while leaves and floral heads are tonic and carminative. The decoction of the floral heads is a stimulant and can be used as a lotion for sore eyes, haemorrhoids and colds.

The plant is known in Amchi (Tibetan medicine) as Saijuni. The Amchi use of the plant is nearly identical, being used for colds, fever, gastritis and leaves chewed for the relief of toothache. It is also used as a tonic, stimulant and insecticide (for plant insects).

Chinese herbal medicine specifies the use of *Achillea sibirica* Ledeb. for stomach ulcers, amenorrhea, abdominal cramps, abscesses, snakebites, traumatic falls and bleeding, and to reduce inflammation.

The alkaloids present in yarrow have decreased the required blood clotting time in rabbits. The leaves did not show significant antifertility activity in rats. The whole plant is weakly antipyretic in rabbits. Alcoholic extract injected into albino rats showed protective effect against convulsions in rabbits.

Extracts of yarrow exhibit antibiotic activity and may also act as an antineoplastic drug. Contact with yarrow has been reported to cause dermatitis.

Yarrow is generally recognized as safe in beverages only if the finished beverage is thujone-free. The oil from roots is also a stimulant and emmenagogue.

Homoeopathic uses: The plant was introduced by Hartlaub; provings by Nenning and Schreter and later provings by Hering and Raue add to the various reports of its usage.

This remedy is of service in cases of active haemorrhage from any part of the body, as the nose, lungs, rectum or uterus; also in ailments that result from over lifting, over exertion or a fall.

The haemorrhage is painless, bright and fluid in character, such as comes from a wound due to the result of a fall; haemoptysis after all injuries in those from incipient phthisis. It has been of service in cases of haemoptysis following suppression of the menstrual or haemorrhoidal flow, when the blood is

bright red and fluid in character. It has relieved cases of menorrhagia when the blood was bright red, fluid and profuse. It has also relieved haematuria.

Clinical indications:

Asthma, Cancer, Chlorosis, Dentition, Diarrhoea, Dysmenorrhoea, Enuresis, Epilepsy, Fistula lachrymalis, Haematemesis, Haematuria, Haemoptysis, Haemorrhages, Hypochondriasis, Hysteria, Leucorrhoea of children, Lochia: too profuse Milk abuse of, Nipples sore, Nose bleeding of, Puerperal convulsions, Puerperal fever, Rodent ulcer, Sterility, Sycosis Hahnemanni, Tetanus & Varices.

Relationship: Antimonium tartaricum relieves the vertigo of Millefolium. Arsenicum iodum the diarrhoea. Millefolium antidotes Arum maculatum.

Incompatible: Coffea (=congestion to head).

Compare: Erechthites (epistaxis and haemoptysis). Senecio aureus (haematuria). Hamamelis and Ipecac (haemorrhages). Platinum (Millefolium red, clotted; Platinum, dark clotted). Bryonia, Ustilago and Hamamelis (haematemesis). Aconitum haemorrhages, (profuse flow of bright red blood) - Aconitum, anxiety; Millefolium, absence of anxiety. The Compositae in general - Arnica, Bellis, Calendula, etc. Also Geranium, Acalypha indica, Helix Tosta, Secale cereale.

Chemical properties and active principles:

The chemical constituents of yarrow include a volatile oil, called Oil of Milfoil which is a yellowish green to dark blue essential oil. It is obtained from steam distillation of the aerial flowering parts. It possesses haemostatic properties. Most of the essential oil is located in the anthodia with maximum yield at the beginning of anthesis. The oil is aromatic with a narcotic odour. Occurrence of the oil in leaves is much lesser.

It comprises of azulene and, in smaller amounts, chamazulene, prochamazulene, caryophyllene, eucalyptol, alpha and beta - pinene, borneol, alpha-thujone, borneol, terpineol, bornyl acetate, tricyclene, camphene, sabinene, myrcene, alpha and gamma terpinene, para cymene, limonene, 1,8-cineol, isoartemisia ketone, allo-ocimene isomer, humulene, delta-cadinene, cuminic aldehyde. Lactones, such as achilleic or aconitic acid, and achillene are also present, as are tannins, caledivain, and alkaloids. The proazulene content can be used to separate chemotypes.

The flowers in addition to the above contain acetyl balchanolide and millefolide.

The herb also contains salicylic acid, beta sitosterol and its acetate, inositol, dulcitol, mannitol,, betaine, choline, trigonelline, betonicine and stachydrine. The flavonoids are 7-D-glucoside, apigenin, luteoline, cosmosin and luteolin-7-O-beta-D-glucopyranoside and a sesquiterpenic lactone, austriacin.

The leaves contain folic acid, rutin and ascorbic acid in abundance.

Post-harvesting: The whole plant (aerial parts above the ground) is harvested and dried in the shade. The plants retain the colour of flowers for 3 - 6 months after which they turn brown. The plants can be stored for 1 - 2 years if kept dry and packed in polythene bags. Constant checking for fungal infestation is necessary as also for insects. Dusting or spraying insecticide or any other chemicals as fungicide is not recommended under the good manufacturing practices for medicinal plants. For manufacture of mother tincture, fresh plants yield the best results.

Exsiccata available:





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Survey of Medicinal Plants of
Collection Unit (II)

Area: ...
Date: ...
Locality: ...

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2072
2.11.1951

MAIZE 5



Survey of Medicinal Plants of
 Collection Unit [H]
 EDHAGAMANDALAM

No. of 2072 Serial No. 2072

Date 2.11.1951

Locality Private Garden, Ganganagar

Collector S. SURESH BABU
S. SURESH BABU

Identified by

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