

ANOTHER  
HERB HERBERT  
FACT SHEET

SPECIAL INTEREST HERBS

# MIGRAINE HERB

Hardy Perennial

Tanacetum parthenium syn. Matricaria parthenium

Family: Compositae



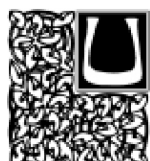
## HISTORY

A wild herb native to the European continent, this member of the daisy family traditionally known as Feverfew, has a rich history of use in folk medicine. Not only has this herb been used for centuries as a treatment for ailments ranging from headaches to arthritis, but its active ingredients are now being recognised by modern medicine as having potential for commercial pharmacy treatments.



## DESCRIPTION

Tanacetum parthenium, also known as Feverfew, is an aromatic perennial with rich green leaves up to 8cm/3in long, and creamy white, daisy like flowers, borne in clusters during summer.



## USES

Internally for migraine caused by excess heat, headache, rheumatism, arthritis, minor feverish illnesses, and digestive and menstrual complaints. Externally for insect bites and bruising.



Not given to pregnant women. Fresh leaves may cause dermatitis and mouth ulcers if excessively consumed, so it is recommended to seek advice from a health care professional before use.



## CULTIVATION

Well-drained to dry, stony soil in sun. Propagate by seed sown in spring or autumn, or by division in spring and autumn, or by basal cuttings in spring. Remove dead flower heads to prevent excessive self-seeding.

Plants are cut when flowering, and leaves picked as required, and used fresh or dried. Many Tanacetums tend to spread enthusiastically and need vigilant control in the garden.

For more detailed information you may refer the book 'Feverfew-Your Headache May be Over' by Ken Hancock, published by Keats Publishing Inc. ISBN #: 0-87983-392-0



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