

Tanacetum parthenium
Family: *Asteraceae* – daisy, sunflower
Parts: leaves

The migraine herb.

Properties

Antispasmodic, anti-inflammatory, analgesic, diaphoretic, febrifuge, vasodilatory.

Energetics: bitter, cooling, stimulating
Systems Affected: nervous, stomach, uterus

Uses

- Migraines and headaches (must use fresh or dried leaves, chew two a day or 1 capsule)
- Digestive problems
- Women's health such as cramps, PMS discomfort, promotes menstruation
- Insect bites, lice, flees, scabies
- Helps to relieve tinnitus and dizziness
- Aids circulation of the brain
- Can reduce stress and related tension (also helping prevent headache)
- Varicose veins
- Pain reliever

Herb Preparations

- Fresh leaves, chew two leaves per dose for headache and pain relief
- Powdered, capsules
- Tea
- Poultice, compress (apply to painful areas, including cramps of any kind)
- Tincture (not effective for headache)

Care/Harvesting

- Sow seeds in spring or purchase from the nursey and transplant after last frost.
- Prefers part shade with rich loamy soil but will tolerate any soil.
- Best harvested before flowering but can be harvested anytime.

Safety

Can cause mouth sores. May inhibit blood clotting, avoid if clotting issues are present or on blood thinners. Avoid when pregnant or nursing.