

Feverfew

Latin Name: Chrysanthemum parthenium

ANALGESIC (relieves Discomfort); Reduces FEVERS

Use WHOLE PLANT

Sensitive to where grown and when harvested. Causes variety of results in studies.

Native to central and southern Europe; Naturalized to temperate climates

HISTORY

- 1) Greek Physician DIOSCROIDES: UTERINE Herb –Irregular Menstruation and in delivering Placenta Afterbirth
- 2) Middle Ages: Reduce FEVERS

QUALITIES

- 1) Components: Volatile Oils (including Camphor); Tannins; Melatonin
- 2) FEVER; Chills; Colds; Hay fever; Sinus Headaches; Increases fluidity of Lung and bronchial mucus
- 3) MIGRAINES (reduces NUMBER and SEVERITY; alleviates associated NAUSEA and vomiting); Inhibits SMOOTH MUSCLE Contractions, particularly those in the walls of blood vessels in the brain; deters PLATLET AGGREGATION
 - STUDY REVIEW (migraines): “The majority of five randomized, placebo-controlled trials suggest that feverfew is more effective than a placebo at controlling symptoms of migraine headaches.” (Devi 1999)
 - TRIAL (migraines): A randomized, blinded trial with 72 patients found a reduction in number and severity of migraines while duration was unchanged. There were no serious side effects. (Murphy 1988)
- 4) INFLAMMATION (inhibits production of inflammatory substances); Arthritis
- 5) OTHER:
 - TONIC; restores normal LIVER function
 - Digestion; Gas; Stomachache; Worms
 - Kills insects; Repels bees

Note: Alcohol may destroy Effectiveness

Caution with blood-thinners (inhibits platelet aggregation)
Some people are allergic

Feverfew References

Herb History and General Information

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Foster, Steven and Rebecca L. Johnson, *Desk Reference to Nature's Medicine*. Washington, D.C.: National Geographic; 2006; pp 168-169

Grieve, M., *A Modern Herbal, Vol I & II*. New York and London: Hafner Publishing Co.; 1967. See excerpts at www.botanical.com accessed October 30, 2014

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Studies

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Murphy JJ, Heptinstall S, Mitchell JR. Randomised double-blind placebo-controlled trial of feverfew in migraine prevention. *Lancet*. 1988 Jul 23;2(8604):189-92. [PubMed]

Additional info on Studies:

MIGRAINE TRIAL (Murphy 1988)

The use of feverfew (*Tanacetum parthenium*) for migraine prophylaxis (prevention) was assessed in a randomized, double-blind, placebo-controlled crossover study. After a one-month single-blind placebo run-in, 72 volunteers were randomly allocated to receive either one capsule of dried feverfew leaves a day or matching placebo for four months and then transferred to the other treatment limb for a further four months. Frequency and severity of attacks were determined from diary cards which were issued

every two months; efficacy of each treatment was also assessed by visual analogue scores. 60 patients completed the study and full information was available in 59. Treatment with feverfew was associated with a reduction in the mean number and severity of attacks in each two-month period, and in the degree of vomiting; duration of individual attacks was unaltered. Visual analogue scores also indicated a significant improvement with feverfew. There were no serious side-effects.