

Yarrow – Wound Healer, Blood Regulator & Energetic Protector

Botanical Profile

- Latin Name: *Achillea millefolium*
- Alternative Names: Soldier's Woundwort, Milfoil, Nosebleed Plant
- Plant Family: Asteraceae (Daisy family)
- Parts Used: Aerial parts (leaves, flowers, stems)
- Origin: Native to Europe, Asia, and North America

Yarrow is a master plant of boundaries—physically, emotionally, and energetically. With its delicate feathery leaves and strong medicinal core, it is a traditional healer of wounds, mover of blood, and protector of space. At Peridotflow Wellness Centre, we work with Yarrow as a harmoniser—she who stops bleeding while moving stagnation, strengthens while softening, and teaches us to weave wholeness from scattered threads.

Stops Bleeding and Heals Wounds

Yarrow is one of the most respected herbs for staunching blood, promoting clotting, and encouraging tissue repair. It has long been used as a first-aid herb for cuts, scrapes, and internal bleeding. Its astringent and antimicrobial properties protect wounds while accelerating healing. Applied fresh, dried, or as a poultice, it quickly brings wounds to closure.

Regulates Menstrual Flow and Supports the Womb

Yarrow has a balancing effect on blood flow—it can both stimulate delayed menstruation and reduce heavy bleeding. It tones the uterus, improves pelvic circulation, and is used to relieve menstrual cramps and stagnation. It is a trusted ally for cyclical wellness, especially when patterns are irregular or intense.

Moves Stagnant Circulation and Detoxifies

As a warming, diffusive herb, Yarrow helps move stuck blood and lymph. It stimulates circulation to the periphery, promotes gentle sweating, and supports the body's innate detoxification systems. It is often used during colds, flu, or infections to help the body 'sweat out' illness and restore flow.

Protects Energetic Boundaries

Energetically, Yarrow is known to fortify boundaries and shield sensitive individuals from emotional or environmental overwhelm. It is especially beloved by empaths, space holders, and those recovering from energetic breaches or trauma. In flower essence form or as a protective tea, it supports personal sovereignty.

Digestive and Liver Support

Yarrow's bitter and aromatic qualities support digestion and liver function. It can relieve bloating, poor appetite, and cold digestive conditions. It also helps regulate bile flow and clear heat and dampness from the liver, aiding in hormonal balance.

Folklore & History

Named after Achilles, the Greek hero said to have used it to treat his soldiers' wounds, Yarrow has always held a sacred place in herbalism. It was used by Druids and shamans for divination, protection, and healing. In Chinese medicine, yarrow stalks were used in the I Ching for readings. In European traditions, it was strewn on thresholds to protect homes from harm.

Traditional Usage

Used as a tea, tincture, compress, poultice, infused oil, or flower essence. Yarrow is traditionally used in wound care, menstrual regulation, fevers, and spiritual protection. Often taken internally for circulation and applied externally for bleeding or bruising.

Herbal Actions

Astringent, Hemostatic, Diaphoretic, Anti-inflammatory, Antimicrobial, Bitter, Emmenagogue, Tonic

Energetics & Tissue States

Temperature: Warming

Moisture: Drying

Tissue States: Damp, Stagnant, Relaxed, Atrophic

Active Compounds

- Alkaloids (achilleine) – astringent, styptic
- Volatile oils – antimicrobial, anti-inflammatory
- Flavonoids – antioxidant, vasoprotective
- Sesquiterpene lactones – immune and liver support

Dosage & Preparation

- Tea: 1–2 tsp dried herb per cup, steep 10–15 min, 1–3x daily
- Tincture: 1–2 ml up to 3x daily

- Poultice or compress: apply fresh or dried herb to wounds or bruises
- Bath: add infusion to support energetic and circulatory cleansing

Safety & Contraindications

- Avoid large internal doses in pregnancy due to emmenagogue effect
- May cause allergic reaction in those sensitive to plants in the Asteraceae family
- May increase sun sensitivity with extended use

Herbal Pairings

- Calendula – for wound healing and lymph support
- Raspberry Leaf – for menstrual balance
- Elderflower – for fever and respiratory support
- Burdock Root – to support liver and skin synergy
- Lavender – for calming the nervous system alongside circulatory stimulation

Peridotflow Perspective

Yarrow is the weaver of integrity—binding wounds, balancing flow, and shielding spirit. At Peridotflow, we walk with Yarrow in times of initiation, illness, and healing, when strength must meet softness. She is the wild healer at the edge of the field, reminding us that protection is sacred, and that wholeness is found in both closure and openness.