

KruidMail

Achillea millefolium L. / Duizendblad

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Achillea millefolium L., inhoudstoffen, werking en gebruik samengevat

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Het gebruik van planten voor onze gezondheid is niet zomaar uit de lucht komen vallen. Maar is gebaseerd op duizenden jaren ervaring van miljoenen mensen voor ons. Deze ervaringen zijn dan in de laatste honderd jaar wetenschappelijk verder onderbouwd. Door de opkomst van de chemie hebben we ook, gedeeltelijk, de stoffen gevonden die een wetenschappelijke verklaring geven voor de fysiologische werking van een plant op het menselijk lichaam. Kennis over één plant samengevat: Achillea millefolium.

Namen: Duizendblad (Nederlands), Millefeuille (Frans), Yarrow (Engels), Schafgarbe (Duits). Een algemeen voorkomende vaste plant met een veelzijdige werking. De inhoudstoffen kunnen nogal verschillen volgens de groeiplaats. De hele, bovengrondse, bloeiende plant wordt geoogst (blad, bloem en stengel).

Inhoudstoffen van Achillea millefolium

- * Bitterstoffen zijn vooral sesquiterpeenlactonen o.a. achilline
- * Etherische olie (1%) met vooral het blauwkleurende cham-azuleen 10-20 %, zoals we dat ook vinden in de Echte kamille, maar ook met kamfer, beta-pineen en 1,8-cineol, een stof die we ook kennen van eucalyptus.
- * Flavonglycosiden: apigenine, luteoline, zoals in Echte kamille
- * Minerale zouten: kalium, fosfor, enz.
- * Looistoffen (tanninen) met een bloedstelpende, adstringerende werking
- * Alkamides met prikkelend effect in de mond, zoals in Rode zonnehoed
- * Fytosterolen, plantaardige sterolen verwant aan cholesterol
- * Stoffen zoals sesquiterpeenlactonen met een anti-inflammatoire werking, 'cortisone-like' maar zonder nadelen?

Werking van Achillea millefolium

- * Spasmolytische, krampwerende werking vooral op maag, bloedvaten en baarmoeder (e.o., apigenine en luteoline: flavonoïden)
- * Antiflogistische, ant-inflammatoire werking (sesquiterpeenlactonen)

- * Amarum, stomachicum, maagversterkende en eetlustbevorderende werking (bitterstoffen, sesquiterpeenlactonen)
- * Bloedstelpend en wondgenezend, samentrekkend, versterkend vooral op de kleine bloedvaten, de capillairen (looistoffen)

Nevenwerkingen: huiduitslag urticaria, vooral door het aanraken van verse planten bij daarvoor gevoelige mensen.

Voornaamste medicinale toepassingen

- * bloedingen: verwondingen, bloedende aambeien
- * menstruatieproblemen, vooral te sterke en te pijnlijke bloedingen
- * reumatische aandoeningen, gewrichtsontstekingen
- * gebrek aan eetlust, slechte vertering, maagproblemen

Bereidingswijze en kruidenmengsels

- * Duizendbladkruid 50% + Herderstasje 25% + Echte kamille 25% bij menstruatiekachten.
- * Duizendblad 25% + Moerasspirea 50% + Echte sleutelbloem 25% bij reuma
- * Duizendguldenkruid 50% + Duizendblad 25% + Pepermunt 25%: gebrek aan eetlust, slechte vertering, misselijkheid

Infuus: 1 eetlepel per kopje, kokend water opgieten en 10 minuten afgedekt laten trekken.

Dosering: ongeveer 3 maal daags een kopje, afhankelijk van ernst van de klacht en duur van gebruik.

Achillea Millefolium - Yarrow

DESCRIPTION

Medicinal Parts: The yarrow flowers (dried inflorescences), and aerial parts of the herb, which are collected during flowering and dried, are the medicinal plant parts. Flower and Fruit: The plant has white, pink or purple composite flowers in dense cymes with small capitula. The bracts are imbricate and long. There are 5 white female linguiform florets. The disc florets are tubular, yellowish-white and androgynous. The bracts are lanceolate and thorn-tipped. The fruit is a 1.5 to 2 mm long hairless achaen.

Leaves, Stem and Root: Achillea millefolium are 0.1 to 1.5 m high plants with hardy, horizontal rhizomes, which grow from underground runners. The stem is simple, erect and hairy. The leaves are lanceolate and multi-pinnate with short acute tips.

Habitat: The numerous subspecies of the Achillea millefolium group are found in various regions. The most important regions are eastern, southeastern and central Europe as well as on the southern edge of the Alps from Switzerland to the Balkans.

Production: Yarrow herb consists of the fresh or dried, above-ground parts of Achillea millefolium, harvested at flowering season. Yarrow flower consists of the dried inflorescence of Achillea millefolium.

Other Names: Band Man's Plaything, Bloodwort, Carpenter's Weed, Devil's Nettle, Devil's Plaything, Milfoil, Nose Bleed, Old Man's Pepper, Sanguinary, Soldier's Woundwort, Staunchweed, Thousand Weed

ACTIONS AND PHARMACOLOGY

COMPOUNDS

Volatile oil (0.2-1.0%): chief components are chamazulene (blue, 6-19%, maximum 40%), camphor (up to 20%), beta-pinene (up to 23%), 1,8-cineole (up to 10%), caryophyllene (up to 10%), alpha-pinene (ca. 5%), isoartemisiaketone (up to 8%). The composition depends greatly upon the strain; the volatile oil of some strains is free of chamazulene

Sesquiterpene lactones (chiefly guaianolides) (bitterstoffen): including, among others, achillicin, 8-alpha-angeloyloxy-10-epi-artabsin, 2,3-dihydro-desacetoxy-matricin, alpha-peroxyachifolide. Some sesquiterpenes are transformed through steam distillation into chamazulene (proazulenes)

Polyenes: including, among others, ponticaepoxide

Alkamids: including, among others, tetradeca-4,6-diin-10,12-dien acetyl isobutylamides (zoals ook in Rode zonnehoeve aanwezig)

Flavonoids: including, among others, apigenine-7-O-glucoside, luteolin-7-O-glucoside, rutin

Betaine: including, among others, L-stachydrine

EFFECTS

Yarrow is a cholagogue, an antibacterial, an astringent, and an antispasmodic. The effect probably results from the interplay of various structured connections (chamazulene, flavonoids), in a similar fashion to chamomile flowers, as their components are partially identical.

INDICATIONS AND USAGE

- Loss of appetite
- Dyspeptic complaints
- Liver and gallbladder complaints

Internally, Yarrow is used as *Amarum aromaticum* for loss of appetite and dyspeptic ailments such as mild, spastic discomforts of the gastrointestinal tract, including inflammation, diarrhea, bloating and cramps. Externally, it is used as a partial bath for painful, cramp-like conditions of psychosomatic origin in the lower part of the female pelvis, liver disorders, and the healing of wounds. Applications in folk medicine include use as a hemostyptic for conditions such as bleeding hemorrhoids, for menstrual complaints, and as a bath for the removal of perspiration.

CONTRAINDICATIONS

Contraindications include allergy to Yarrow and other composites.

PRECAUTIONS AND ADVERSE REACTIONS

No health hazards or side effects are known in conjunction with the proper administration of designated therapeutic dosages. The drug possesses a weak to medium-severe potential for sensitization.

DOSAGE

Mode of Administration: As a comminuted drug for teas and other galenic preparations for internal use and for hip baths. The pressed juice of fresh plants is used internally. The drug is contained in standardized preparations of cholagogic and gallbladder therapeutics and as an adjunct in many other preparations, such as laxatives, antitussives, gynecological products, cardiac remedies and preparations for varicose veins.

Preparation: To make a tea, place 2 gm of finely cut drug in boiling water, cover, steep for 10 to 15 minutes, and strain. For partial baths, use 100 gm Yarrow per 20 liter of water.

Daily Dosage: The daily dosage is 4.5 gm Yarrow herb or 3 gm Yarrow flowers.

Storage: The drug must be protected from light and moisture. The essential oil should not be stored in synthetic containers.

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In vitro estrogenic activity of *Achillea millefolium* L.

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Abstract

Isolation and biological characterization of pure compounds was used to identify and characterize estrogenic activity and estrogen receptors (ER) preference in chemical components of *Achillea millefolium*. This medicinal plant is used in folk medicine as an emmenagogue. In vitro assay, based on recombinant MCF-7 cells, showed estrogenic activity in a crude extract of the aerial parts of *A. millefolium*. After fractionation of the crude extract with increasing polar solvents, estrogenic activity was found in the methanol/water fraction. Nine compounds were isolated and characterized by HR-MS spectra and 1D- and 2D-NMR techniques. In particular, dihydrodehydrodiconiferyl alcohol 9-O- β -d-glucopyranoside – a glycosyl-neolignan – was isolated for the first time from the genus *Achillea* in addition to six flavone derivatives, apigenin, apigenin-7-O- β -d-glucopyranoside, luteolin, luteolin-7-O- β -d-glucopyranoside, luteolin-4'-O- β -d-glucopyranoside, rutin, and two caffeic acid derivatives, 3,5-dicaffeoylquinic acid and chlorogenic acid. Apigenin and luteolin, the most important estrogenic compounds among those tested, were studied for their ability to activate α or β estrogen receptors (ER α , ER β) using transiently transfected cells. Our results suggest that isolation and biological characterization of estrogenic compounds in traditionally used medicinal plants could be a first step in better assessing further (e.g. in vivo) tests of nutraceutical and pharmacological strategies based on phytoestrogens.

Keywords: *Achillea millefolium*; Phytoestrogens; Estrogenic activity in vitro; Estrogen receptors; Emmenagogue; Flavone derivatives

Monografie Duitse Commission E: Millefolii herba / Yarrow herb / Duizendbladkruid

Latin Name: *Achillea millefolium*

Pharmacopeial Name: Millefolii herba, yarrow herb; Millefolii flos, yarrow flower

Other Names: *Achillea*, milfoil, millefolium

Overview

Yarrow is a chemically polymorphic perennial herb from a genus of complex taxonomy, native to Europe, Asia, and North America, now distributed in the temperate zone worldwide. Many species, subspecies, and microspecies have been recognized and named (Bruneton, 1995; Budavari, 1996; Leung and Foster, 1996; Wichtl and Bisset, 1994). Yarrow adapts itself to new surroundings and can change its morphology and chemical composition significantly, depending on its environment. New subspecies evolve by polyploidy (changes in chromosome number). The subspecies can be differentiated by their chromosome numbers, determined by microscopic examination (Bradley, 1992; Zeylstra, 1997). The material of commerce comes mostly from southeastern and eastern European countries and the United Kingdom (BHP, 1996; Wichtl and Bisset, 1994). In Germany, a small amount of yarrow is cultivated (Lange and Schippmann, 1997).

The material used in Ayurvedic medicine grows wild in the Himalayan mountains from Kashmir to Kumaon (Nadkarni, 1976).

Yarrow has been used as medicine by many cultures for hundreds of years (Budavari, 1996; Zeylstra, 1997). Its English common name is a corruption of the Anglo-Saxon name gearwe; the Dutch, yerw. The genus name *Achillea* may have been derived from the Achilles of Greek mythology, who was fabled to have had his wounds treated by topical use of the herb. The species name *millefolium* is derived from the many segments of its foliage. The ancient Europeans called it *Herba Militaris*, the military herb – an ointment made from it was used as a vulnerary drug on battle wounds (Grieve, 1967). Yarrow flower was formerly official in the United States Pharmacopeia. Today, it is official in the national pharmacopeias of Austria, the Czech Republic, France, Germany, Hungary, Switzerland, and Romania. Additionally, it is listed in the Indian Ayurvedic Pharmacopoeia for fevers and wound healing (Karnick, 1994).

Its uses in North American aboriginal medicine are well documented. Yarrow tea is used by healers of the Micmac nation as a diaphoretic remedy to treat fevers and colds. The stalks are also pounded into a pulp and applied topically to bruises, sprains, and swellings (Lacey, 1993). Yarrow has been the subject of an ongoing study of herbal drugs used by people of the Micmac and Malecite nations of the Canadian Maritime provinces. The study began with an examination of the observations and writings of early European settlers and missionaries. Modern phytochemical studies, using techniques including nuclear magnetic resonance spectroscopy and combined gas chromatography-mass spectrometry, have identified a range of phytosterols and triterpenes occurring in yarrow, which may help explain its successful therapeutic applications in Micmac and Malecite medicines (Chandler et al., 1979; Chandler et al., 1982; Chandler and Hooper, 1982; Chandler, 1983; Hooper and Chandler, 1984). The Abnaki people use yarrow tea as a drug to treat colds, fevers, and grippe (Rousseau, 1947). People of the Algonquin and Quebec nations use it internally to treat colds and other respiratory disorders. The powder is also used as an analgesic snuff for headaches (Black, 1980). Yarrow infusions and decoctions are used as a gastrointestinal aid by the Cherokee, Gosiute, Iroquois, and Mohegan nations (Chamberlin, 1911; Hamel and Chiltoskey, 1975; Herrick, 1977; Tantaquidgeon, 1928, 1972).

In Germany, yarrow flower is licensed as a standard medicinal tea. It is also used as a cholagogue component in numerous prepared biliary and/or gastrointestinal medicines. It is also used externally as a sitz bath to treat vegetative pelviphathia (Bradley, 1992; Braun et al., 1997; Wichtl and Bisset, 1994). In the United States, yarrow is used as a diaphoretic or febrifuge component of traditional cold and flu/fever compounds marketed as dietary supplement products, often used in combination with echinacea herb, elder flower, ginger rhizome, and peppermint leaf. It is also used as a component of topical styptic preparations.

The approved modern therapeutic applications for yarrow flower are supportable based on its long history of use in well established systems of traditional medicine, on phytochemical investigations, and on pharmacological studies in animals.

German pharmacopeial grade yarrow flower must be composed of the dried aerial parts (capitulum with maximum 5% stems) harvested during the flowering period, containing not less than 0.2% (v/m) volatile oils with minimum 0.02% proazulene, calculated as chamazulene on a dry-weight basis. It must have a bitter value of maximum 5000. Botanical identity must be confirmed by thin-layer chromatography (TLC) as well as macroscopic and microscopic examinations (DAB, 1997; DAC, 1986; Wichtl and Bisset, 1994). The Swiss Pharmacopoeia also requires not less than 0.2% volatile oils, though not more than 10% peduncles of inflorescences

(Ph.Helv.VII, 1987; Wichtl and Bisset, 1994). The British Herbal Pharmacopoeia requires not less than 15% water-soluble extractive, among other quantitative standards and identity tests (BHP, 1996).

Both the Austrian Pharmacopoeia and the French Pharmacopoeia require >0.3% volatile oil and the characterization of azulenes (Bruneton, 1995; AB, 1981; Ph.Fr.X, 1990; Wichtl and Bisset, 1994). According to Bruneton, these requirements can only be fulfilled by the pink flower subspecies (*sudetica*, from mountain areas), or by other species entirely (e.g., *A. collina*), because the official species at best contains only traces of azulenes (Bruneton, 1995). The most widespread species [*Achillea millefolium* L. ssp. *millefolium*] is hexaploid and the volatile oil contains no chamazulene (Bradley, 1992).

Description

Yarrow herb consists of the fresh or dried aboveground parts of *A. millefolium* L. [Fam. Asteraceae], harvested at flowering season, and its preparations in effective dosage. Yarrow flower consists of the dried inflorescence of *A. millefolium* L. s.l. [Fam. Asteraceae] and its preparations in effective dosage. The preparation contains essential oil and proazulene.

Chemistry and Pharmacology

Yarrow contains 3–4% condensed and hydrolysable tannins; 0.3–1.4% volatile oils, mostly linalool, borneol, camphor, *b*-caryophyllene, 1,8-cineole, and sesquiterpene lactones composed of guaianolides, mainly achillicin (a proazulene), achillin, leucodin, and germacranolides (dihydroparthenolide, achillifolin, millefin); flavonoids (apigenin, luteolin, isorhamnetin, rutin); amino acids (alanine, histidine, leucine, lysine); fatty acids (linoleic, palmitic, oleic); phenolic acids (caffeic, salicylic); vitamins (ascorbic acid, folic acid); alkaloids and bases (achiceine, achilleine, betaine, choline); alkanes (tricosane); polyacetylenes; saponins; sterols (*b*-sitosterol); sugars (dextrose, glucose, mannitol, sucrose); and coumarins (Bradley, 1992; Bruneton, 1995; Leung and Foster, 1996; Newall et al., 1996; Wichtl and Bisset, 1994).

The Commission E reported choleric, antibacterial, astringent, and antispasmodic activities.

The British Herbal Compendium reported diaphoretic, antipyretic, anti-inflammatory, spasmolytic, aromatic bitter, hemostatic, hypotensive, and emmenagogic activities (Bradley, 1992). Anti-inflammatory activity was reported in laboratory mice and rats with an aqueous extract of yarrow flower heads (Leung and Foster, 1996; Newall et al., 1996). It is possible that its anti-inflammatory and antispasmodic properties are due to its flavonoids content (Bruneton, 1995). Choleric activity has been confirmed in animal experiments. Antimicrobial activity against a range of bacteria has been reported for aqueous and ether extracts of yarrow (Wichtl and Bisset, 1994).

Uses

The Commission E approved the internal use of yarrow flower for loss of appetite and dyspeptic ailments, such as mild, spastic discomforts of the gastrointestinal tract, and externally as a sitz bath for painful, cramp-like conditions of psychosomatic origin in the lower part of the female pelvis.

The British Herbal Compendium lists its internal use for feverish conditions, common cold, and digestive complaints; and its topical use for slow-healing wounds and skin inflammations (Bradley, 1992). The German Standard License for yarrow tea indicates its use for mild cramp-like or spasmodic gastrointestinal-bilious complaints, for gastric catarrh, and for appetite stimulation (Bradley, 1992; Wichtl and Bisset, 1994).

Contraindications

Allergy to yarrow and other composites.

Side Effects

None known.

Use During Pregnancy and Lactation

Not recommended during pregnancy (McGuffin et al., 1997; Newall et al., 1996). No restrictions known during lactation.

Interactions with Other Drugs

None known.

Dosage and Administration

Internal:

Unless otherwise prescribed: 4.5 g per day of cut herb, or 3 g of cut flower for teas and other galenical preparations; pressed juice of fresh plants.

- Infusion: 1–2 g in 150 ml boiled water for 10 to 15 minutes, three times daily between meals.
- Succus (pressed juice from fresh herb): 5 ml (1 teaspoon), three times daily between meals.
- Fluidextract 1:1 (g/ml): 1–2 ml, three times daily between meals.
- Tincture 1:5 (g/ml): 5 ml, three times daily between meals.

External:

Unless otherwise prescribed: Sitz baths.

- Sitz bath: 100 g yarrow per 20 liters (5 gallons) of warm or hot water, just enough to cover the hips with the knees up; wrap upper body in towels; soak 10 to 20 minutes, rinse.

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Note

The dosage for equivalent preparations (tea infusion, fluidextract, and tincture) have been provided based on the following example:

Unless otherwise prescribed: 2 g per day of [powdered, crushed, cut or whole] [plant part]

- Infusion: 2 g in 150 ml of water
- Fluidextract 1:1 (g/ml): 2 ml

Achillea millefolium: monografie Van Nature

Inleiding

De Latijnse naam van deze plant zou afgeleid zijn van de Griekse held Achilles die in de Trojaanse oorlog het duizendblad gebruikte om de wonden van zijn soldaten te verzorgen. In vroeger tijden diende het duizendblad als een soort "eerste-hulp" plant om wonden te verzorgen, in Engeland noemt men deze plant dan ook wel "bloedneus". De naam millefolium verwijst naar de bladrand die heel fijn verdeeld is en vele insnijdingen heeft: mille (duizend) folium (blad). Het duizendblad is geen onbekende in Nederland. Het is een zeer snel groeiende plant die vooral in bermen, langs snelwegen, dijken en grasgronden voorkomt. De groengrijze bladeren hebben wel iets weg van varenbladeren. Bijzonder aan deze plant is dat op kalkrijke grond vooral witte bloemen voorkomen en op zure gronden de lichtroze. Beide soorten bevatten azuleen, één van de meest werkzame bestanddelen van de plant.

Volksgeneeskunde

John Gerard schreef in 1597 "de meeste mensen zeggen dat kauwen op de bladeren, vooral als ze groen zijn, een remedie is bij kiespijn". Traditioneel gezien gebruikte men de plant bij griep, verkoudheid, diarree, dysenterie, bloedneuzen, amenorroe, trombose doorbloedingsstoornissen, spijsverteringsklachten, urineweginfecties en hypertensie. De opvallende donkerblauwe etherische olie verkrijgt men door stoomdistillatie van de bloemen. De olie vond zijn toepassing als ontstekingsremmend middel bij griep en verkoudheid. Tegenwoordig voegt men duizendblad vanwege de bitterstof als "smaakmaker" nog wel eens toe aan alcoholische dranken.

Werking

Werkzame bestanddelen:

Etherische olie (tot 40% chamazuleen), flavonoïden als apigenine en rutine, looistoffen, bitterstoffen (proazulenen), isovaleriaanzuur, asparagine, salicylzuur, sterolen, cumarinen

Werkingsmechanisme

De bloemen worden het meest gebruikt, deze bevatten een groot aantal geïdentificeerde etherische oliën waaronder azuleen, chamazuleen en thujon. Azuleen beschouwt men in algemeen als de belangrijkste component. In de diverse soorten komt azuleen in wisselende hoeveelheden voor. De verse plant bevat geen azuleen, azuleen komt pas vrij tijdens stoomdestillatie van de olie uit onstabiele precursors die men proazulenen noemt.

Met het duizendbladextract zijn verschillende dierstudies gedaan waarin wetenschappers onder andere een ontstekingsremmende werking aantoonde. Deze ontstekingsremmende werking schrijven zij toe aan de azuleenconcentratie. Bij muizen constateerden zij tevens een diuretische werking, al bleek wel de dubbele dagdosis nodig te zijn om dit effect te bereiken, in vergelijking met de hoeveelheid die nodig is voor de ontstekingsremmende werking.

Daarnaast hebben studies plaatsgevonden waarin antibacteriële en antimicrobiële eigenschappen werden aangetoond tegen onder andere *Stafylokokkus aureus*, *Escherichia coli*, *Bacillus subtilis*, *Shigella sonnei* en *Shigella flexneri*. Wetenschappers schrijven de antimicrobiële werking toe aan sesquiterpeenlactonen, waaronder azuleen en chamazuleen. Flavonoïden blijken vooral een spasmolytisch effect te hebben, hoewel dit effect gewoonlijk door azuleen tot stand wordt gebracht. De looistoffen zijn voornamelijk werkzaam als adstringens.

Contra-indicaties

Duizendblad kan allergische reactie veroorzaken bij daarvoor gevoelige personen, vooral bij mensen met een reeds bestaande overgevoeligheid voor leden van de composietenfamilie. Zij kunnen ook beter het drinken van kruidenthee met duizendblad vermijden. Excessieve hoeveelheden kunnen interfereren met bestaande anticoagulantia en bloeddrukverhogende of -verlagende geneesmiddelen. Daarnaast zijn sedatieve en diuretische effecten mogelijk. Gebruik tijdens zwangerschap wordt ontraden. Duizendblad staat bekend als een abortivum, het kan bovendien de menstruatiecycclus beïnvloeden.

Bijwerkingen

Allergische reacties als contactdermatitis door het gebruik van duizendblad worden al sinds 1929 in de literatuur genoemd. De allergische reacties op sesquiterpeenlactonen worden uitvoerig in studies beschreven. Daarnaast menen enkele auteurs dat de plant fotosensibel is.

Van Geruwe. Cap. c. Achillea millefolium - Duizendblad

Crujdeboek deel 1 capitel 100 Bladzijde 178 / Dodonaeus

Tfatsoen

Achillea, Achillea sideritis, Supercilium Veneris, Acron sylvaticum, Militaris, Diodela, Myriophyllon, Myriomorphos, Chiliophyllon, Stratioticon, Heracleon, Chrysitis (Millefolium), Geruwe (Gerwe)

* 1644 Vlaams: Geruwe

* 1616 Latijn: Millefolium sive Achillea [100]

* 1554/1557: Achillea, Achillea sideritis, Acron sylvaticum, Chiliophyllon, Chrysitis, Diodela, Garben, Geruwe, Heracleon, Militaris, Millefolium, Millefeuille, Myriomorphos, Myriophyllon, Schaffgrasz, Schaffripp, Stratioticon, Supercilium Veneris, Tausentblatt

[178] Gerwe heeft ronde hole steelkens onderhalven voet hooghe/ daer aen wassen seer ghekertelde langhe bladerkens/ over beyde sijden tot den ribbeken toe/ volnaer ghelijck die aldercleynste Coriander bladeren/ oft die bladeren van Averoone/ menichfuldelijck ghesneden. Die bloemen wassen op schoone ronde croonkens op dopperste van den stelen/ ende sijn meestendeel heel wit/ somtijts oock hier te lande lijfverwiche/ ende als Dioscorides scrijft som schoon goute geel die hier te lande noch niet ghesien en sijn. Die wortel es swert en veeselachtich.

Plaetse

Geruwe wast hier te lande al om by den wegghen/ straten ende aen die canten van den velden.

Tijt

Geruwe bloeyet van in Braeckmaent tot in Herfstmaent.

Naem

Dit cruyt wordt gheheeten in Griecx Achilleios. In Latijn Achillea/ ende Achillea sideritis. Van Apuleius Myriophyllon, Myriomorphos, Chiliophyllon, Stratioticon, Heracleon, Chrysis, Supercilium Veneris, Acron sylvaticum, Militaris/ van sommighen Diodela. In die Apoteke nu ter tijt Millefolium. In Hoochduytsch Garb/ Schaffgras/ Schaffrijp/ ende Tausentblaet. In Neerduytsch Geruwe. In Franchois naer den naem van der Apoteke Millefueille.

Oirsaecke zijns naems

[179] Dit cruyt heeft sijnen naem Achillea naer den edelen ende seer vromen Ridder Achilles dyens historie ende feyten van Homerus bescreven sijn. Die dit cruyt van Chiron Centaurus hem ierst gheweesen ende gheleert/ seer ghebruyckt heeft/ ende daer mede Telephum/ als Apuleius scrijft/ seer quade sweeringhen hebbende/ ghenesen.

Natuere

Geruwe es seer drooghende van natueren/ ende tsamen treckende.

Cracht en werckinghe

A Geruwe ghesoden ende ghedroncken stelpt ende gheneest dat roode melizoen ende alle loop des buycx.

B Geruwe oock in water ghesoden ende ghedroncken/ stelpt alle vloet maer sonderlinge die roode vloet der vrouwen. Tselve doet zy oock op die scamelijcke plaetsen gheleyt/ oft als men in water sidt daer sy in ghesoden es.

C Geruwe ghestooten ende op die wonden gheleyt/ stelpt dat bloeyen/ bewaert ende bescermt die wonden van alle verhittinghen en swellinghen/ ende gheneest die selve.