

ACHILLEA(Milfoil)

BOTANICAL NAME	:-	<i>Achillea millefolium</i>
FAMILY	:-	Asteraceae
LOCAL NAME	:-	Kynbat mem lieh
HINDI NAME	:-	Biranlaasif



HABITS AND HABITATS :-

A perennial herbaceous plant commonly distributed in the Himalayas from Kashmir to the North Eastern states at the altitude of 1050-3600 m. Growing wild in the temperate region.

PLANTS DESCRIPTION :-

A hardy herbaceous plant attaining the height of 1 meter. Leaves are aromatic, usually simple, alternate, lanceolate-oblong more or less hairy, deeply divided. Stem are simple and branchless. Flower are white, appear in dense clusters. Fruits are compressed, shining, smooth with no crown or pappus.

PARTS USED:-

Flower heads, all aerial parts.

MEDICINAL PROPERTIES AND USES :-

Decoction of the flower heads or the whole plants is prescribed as a diaphoretic during fever, as a diuretic and anti-inflammatory agents. The herb acts as a liver tonic, helps relax the muscles of the digestive tract, stop internal bleeding, regulate menstruation and acts as a blood purifier. It helps recovery from cold, flu and fever. Helpful for circulatory disorder.

CHEMICAL COMPOSITION:-

Volatile oil including cineol, azulene, eugenol, pinene, thujone, camphor, camphene, sabinene, achillin, inulin, kaempferol etc.

PRODUCTION TECHNOLOGY :-

Succeeds in most soils and situations but prefers a well-drained soil in a sunny position. The plant is propagated by seeds. It is sown in spring or early autumn in a cold frame. The seed usually germinates in 1 - 3 months and when it is large enough the seedlings are transferred into individual pots and planted out in the summer. Division in spring or autumn. Very easy, the divisions can be planted directly into their permanent positions. Divisions succeed at any time of the year. Basal cuttings of new shoots in spring. Very easy, collect the shoots when they are about 10cm tall, potting them up individually in pots and keeping them in a warm but lightly shaded position. Rooting will occur within 3 weeks and will be ready to plant out in the summer.