

Feverfew Benefits – Migraine Relief, Inflammation & Nervous System Support

Botanical Profile

- Latin Name: *Tanacetum parthenium*
- Alternative Names: Bachelor's Buttons, Featherfew, Wild Chamomile
- Plant Family: Asteraceae (Daisy family)
- Parts Used: Aerial parts (leaves and flowers)
- Origin: Native to Europe and the Balkans; now grown worldwide in temperate climates

Feverfew is a powerful anti-inflammatory herb best known for its effectiveness in the prevention and easing of migraines and chronic headaches. With gentle bitter and nervine qualities, it also supports the nervous system, modulates tension, and helps bring down systemic heat and irritation. At Peridotflow Wellness Centre, Feverfew is a trusted ally for those who hold tension in their heads and minds—restoring inner balance through cooling clarity.

Prevents and Reduces the Severity of Migraines

Feverfew has been shown to reduce the frequency, intensity, and duration of migraines when taken consistently over time. It works by modulating vascular constriction, reducing inflammation, and calming the hypersensitive nerve pathways often involved in migraine attacks. Ideal for those with recurring migraines, especially when paired with nervous system or hormonal triggers.

Reduces Inflammation and Joint Pain

Feverfew's anti-inflammatory properties help to relieve joint pain, arthritis, and systemic heat. Its bitter elements help clear liver stagnation, while its volatile oils modulate inflammatory pathways. It may offer gentle daily support to those managing autoimmune pain or chronic inflammatory conditions.

Supports Nervous System Regulation and Calm

As a mild nervine and vascular tonic, Feverfew can reduce physical and emotional tension—particularly when stress is held in the neck, head, or jaw. It calms oversensitivity in the nervous system and supports mental clarity without sedation, offering a balancing effect for stress-prone individuals.

Eases Menstrual-Related Headaches and Tension

Feverfew may be helpful for headaches linked to the menstrual cycle, including hormonal migraines and premenstrual tension. Its uterine-toning and anti-inflammatory qualities work on both physical and energetic levels to soothe the monthly rhythm.

Protects Against Vascular Spasms and Tension

Feverfew helps regulate blood vessel tone, reducing the intensity of vascular spasms that often lead to migraines or tension headaches. Its use over time can create a more consistent vascular response, easing sharp or throbbing pain caused by restricted or erratic circulation.

Folklore & History

Feverfew has a rich history of use in European folk medicine, especially as a 'headache herb.' Its name refers to its traditional role in reducing fevers, although today it is more associated with migraines and inflammation. It was often planted around homes and gardens to ward off illness and bad spirits. The Greeks and early herbalists used it to calm 'heated' states and protect the head and mind.

Traditional Usage

Used as a tincture, capsule, or tea for long-term migraine prevention and anti-inflammatory support. Often taken daily over a course of weeks to months. Fresh leaf chewing was once a folk remedy, but dried leaf or extract is more commonly used today. Traditionally paired with Lemon Balm, Skullcap, or Wood Betony for head tension.

Herbal Actions

Anti-inflammatory, Bitter, Nervine, Antispasmodic, Vascular tonic, Emmenagogue (mild), Febrifuge

Energetics & Tissue States

Temperature: Cooling

Moisture: Slightly drying

Tissue States: Hot, Damp, Tense, Excited

Active Compounds

- Parthenolide – Anti-inflammatory, platelet modulating
- Volatile oils – Nervine, antispasmodic
- Sesquiterpene lactones – Immunomodulating
- Flavonoids – Antioxidant, vascular support

Dosage & Preparation

- Tincture: 1–2 ml up to 2x daily for long-term support
- Capsules: 150–250 mg daily of standardised extract
- Tea: 1 tsp dried herb per cup, steep 10 mins (bitter)
- Use consistently for migraine prevention—benefits increase over time

Safety & Contraindications

- Not recommended during pregnancy
- May cause mouth ulcers if chewing fresh leaf
- Caution with blood thinners—may affect platelet aggregation
- Discontinue slowly—abrupt withdrawal can trigger rebound headaches in long-term users

Herbal Pairings

- Skullcap – for nervous system tension
- Wood Betony – for vascular and energetic grounding
- Lemon Balm – to calm and uplift
- White Willow – for acute inflammatory pain
- Blue Vervain – for stress held in the shoulders and neck

Peridotflow Perspective

Feverfew helps us release pressure—physically, emotionally, and energetically. At Peridotflow, we see it as a guardian herb for those who carry the world in their heads: overthinkers, migraine sufferers, and those who run hot with intensity. It cools the fire behind the eyes and reminds us to ground. Gentle but powerful, it works best as a daily companion—supporting the steady release of held tension over time.