

Tanacetum parthenium

Tanacetum parthenium, commonly known as Feverfew, is a flowering medicinal herb native to Europe and widely cultivated around the world. It has been traditionally used for centuries in herbal medicine, particularly for headaches, fever, and inflammatory conditions. Today, Feverfew is best known for its use in migraine-related wellness products.

Key facts

- **Scientific name:** *Tanacetum parthenium*
- **Common names:** Feverfew
- **Family:** Asteraceae
- **Active compounds:** Parthenolide, flavonoids, volatile oils
- **Typical forms:** Capsules, teas, tinctures, extracts

Botanical characteristics

Tanacetum parthenium is a perennial herbaceous plant with daisy-like flowers and aromatic leaves. The aerial parts of the plant are harvested and processed into herbal preparations used in traditional and modern wellness practices.

Traditional and modern uses

Traditionally, Feverfew has been used for fever reduction, headache relief, and inflammatory discomfort. In modern herbal medicine, it is frequently promoted for migraine prevention and general headache-related wellness support.

Mechanism and research

Research suggests that parthenolide and related compounds may influence inflammatory pathways and vascular responses associated with migraine mechanisms. Clinical studies have investigated Feverfew for migraine prevention, although results remain mixed and additional research is still ongoing.

Safety and regulation

Feverfew is generally considered safe when used in moderate amounts. Possible side effects may include mouth irritation, gastrointestinal discomfort, or allergic reactions in sensitive individuals. Abrupt discontinuation after prolonged use may occasionally lead to rebound symptoms.

Culinary and supplement context

Tanacetum parthenium is primarily available in dietary supplements, teas, capsules, and migraine-support formulations rather than culinary products. It remains widely utilized in herbal wellness markets worldwide.