

Feverfew

Latin name: *Tanacetum parthenium*

Family: Asteraceae

Miscellaneous:

- Approximately 67% of those who use this herb have success.
- Numerous clinical studies have validated its efficacy.

Uses:

Antipyretic, migraine/headache prophylaxis.

Mechanism:

The exact MOA is unknown. The active ingredient has been identified as the sesquiterpene lactone, parthenolide.

Dosage:

550 mcg of parthenolide QD is the common reported dose. Standardized products should be dose-adjusted accordingly. The majority of products available, however, are not standardized. Thus, recommendation of a product is inadvisable without ensuring content.

Contraindications/Side effects:

Pregnancy/breastfeeding, possible sedation, known sensitivity to the Asteraceae family (members of the Daisy family). There is a possible interaction with anticoagulants. Patients withdrawn from continuous administration often experience nausea. It should be cautioned that the emphasis for this treatment is on prophylaxis, not immediate treatment.

Citation References:

1. Duke, J.: *The Green Pharmacy*: 1997, pp. 284-286.

General References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 173-174.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 86-88.
3. Duke, J.: *The Green Pharmacy*: 1997, pp. 284-286.