Macedonian Pharmaceutical Bulletin, 72 (Suppl 1) 447 - 448 (2026)
Online ISSN: 1857-8969
DOI: 10.33320/maced.pharm.bull.2026.72.03.216
Short communication

Ethnomedicinal study of *Achillea millefolium* L. from the folk and traditional medicine of Republic of Macedonia

Biljana Bauer*

Department of Pharmacognosy, Faculty of Pharmacy, Ss Cyril and Methodius.University in Skopje, 1000 Skopje, Majka Tereza 47, Republic of Macedonia

Introduction

During the past decade, the Balkans have been the focus of a number of ethnobotanical studies that have revealed the complex relationships of humans and plants at the location of a geographical cross roads where the complex features of their history and the structure of their ethnical and religion meet. Most of the previous studies were mainly aimed at medicinal and edible plants and traditional handicrafts in the countries on the Balkans (Redzic, 2006; Sõukand et al., 2015) and shed new light on existing ethnological and anthropological data.

Republic of Macedonia has an old ethnomedicine traditions, consisting of many recipes with herbal, animal, and mineral original ingredients. The folk and traditional medicine of Republic of Macedonia pays special attention to disease prevention. This study was carried out concerning ethnomedicine of preparations obtained from *Achillea millefolium* L. from the folk and traditional medicine of Republic of Macedonia, an area so far less frequently studied from the perspective of plant folk traditions. In this study local medicinal uses, local food uses and local handicraft and other uses of oak are described.

Local names

Republic of Macedonia: ајдучка трева, столисник, кравел, петров цвет, тајане, тајанија, равнец, месечник, рамнец, бело ињовче; (Dervendzi, 1992; Dimitrovski, 1990).

English: common yarrow (Dimitrovski, 1990).

The Latin name of the plant comes from Achilles, a mythological hero who used it to heal his wounds. A mille from mille folium leaf, because the leaf is divided many times. The Macedonian name of the herb comes from ajduci, in Osman period who used it to treat their wounds.

Botany and ecology

Parts that are collected: flowers (*Millefolii flores*) and the upper part of the stem with leaves and flowers (*Millefolii herba*).

Time of gathering: from Jun to October, in the season of flowering.

Distribution in Macedonia: Wide spread plant. It is encountered throughout the entire territory of the Republic of Macedonia, up to 1800 m. (Dervendzi, 1992; Karadelev et al., 2007; Mojsoski, 2008).

Endangerment: does not indicate the exact degree of danger (Karadelev et al., 2007)

*biba@ff.ukim.edu.mk

Local medicinal uses

In Republic of Macedonia common yarrow is used for the treatment of diseases of liver, stomach and colon, against diabetes and bleeding in the uterus. Common yarrow tea is used against fever (Konstantinov, 1992). From dry leaves, oil is prepared for sunning (Mojsoski, 2008). A water infusion, extract or tincture is used to suppress bleeding from the nose, palates and hemorrhoids. Common yarrow acts uterotonicly and normalized the abundant menstruation (Stojanova et al., 2009); improves appetite, digestion and the function of pancreas and gallbladder. It acts anti-inflammatory and antispasmodic and is used at gastritis, ulcer in stomach and duodenum; also act diuretically, antiseptic and is recommended against diarrhea, colitis and other intestinal disorders, inflammatory processes on mucous membranes in the mouth and throat at gingivitis, stomatitis, tonsillitis, pharynges and laryngitis (Mojsoski, 2008). Cooked common yarrow is used for healing the vaginal secretion (Konstantinov, 1992). It is used at high blood pressure, also as a tonic at flu and other diseases. Juice obtained from the fresh overhead parts is recommended against myocardial and stenocardial pain. Externally common yarrow is used for healing wounds, purulent abscess, burnt out, rhagades at wet-nurse and hemorrhoids (Dervendzi, 1992). Internally is used against diarrhea. It is also used against gout and rheumatism, especially at angina pectoris and gastritis. Also, powdered plant is used directly on wounds and stings. The bath with *Achillea millefolium* is used at some skin diseases and also at psychosomatic cramps.

Local food uses

In Republic of Macedonia common yarrow is kept in rakiya for obtaining travarica, which is used as aperitif, for better digestion, against acid and flatulence of the stomach (Mojsoski, 2008).

Local handicraft and other uses

In Republic of Macedonia is used in cosmetics, compress of the common yarrow tea is a decongestant to irritate roughly skin (Dervendzi, 1992). It is used against flea (Nikolovski, 1995).

Folk belief (folk story)

In Razlog and surrounding, on the eve of the Ivanden on the 7th of July a wreath of white and yellow yarrow was made. On the holiday itself, which in Razlog is called Injovden, after the cattle returned from grazing, the wreath was placed on the horns of the cow, which was then milked. After that ritual, it was believed that the cow would have milk throughout the summer. After milking, the wreath was removed from the cow's horns and hung on the veranda, where it remained until the next Injovden.

Conclusion

The usage of preparations obtained from *Achillea millefolium* L. from the folk and traditional medicine of Republic of Macedonia, from the ethnobotanical point of view, shows traces of the influences of the previous nations who lived in this area. Some medicinal uses are linked to beliefs or residual forms of magic prescriptions. The use of oaks remains well alive nowadays.

References

Dervendzi, V., 1992. Contemporary medication with medicinal herbs. Tabernakul, Skopje, pp. 197-8

Dimitrovski, T., 1990. Bulletin of the Macedonian terminology development committee. Manu, Skopje

Karadelev, M. et al., 2007. A guide for identifying the mushrooms and *Cormophyta* plants included in the customs tariff (decision D4) of the Republic of Macedonia. Sofija, Bogdanci,

Konstantinov, M., 1992. Macedonians, Maring, Skopje,

Lozanovski, R., 1994. Terminology from the field of weed plants. Manu, Skopje,

Mojsoski, P., 2008. Natural antibiotics. Iris-P, Struga,

Nikolovski, B., 1995. Contributions to the history of the health culture of Macedonia. MFD, Skopje,

Redzic, S., 2006. Wild edible plants and their traditional use in the human nutrition in Bosnia-Herzegovina. Ecology of Food and Nutrition, 45(3), 189-232. https://doi.org/10.1080/03670240600648963

Sõukand, R. et al., 2015. An ethnobotanical perspective on traditional fermented plant foods and beverages in Eastern Europe. Journal of Ethnopharmacology 170, 284–296. https://doi.org/10.1016/j.jep.2015.05.018

Stojanova, S., Stojanov, S., 2009. Medicinal plants. Book 2. Herba Stojanov, Kumanovo,