

Yarrow as a New Weapon against Hypertension

Ali Shalizar Jalali^{1*} and Parisa Rahimzadeh²

¹Department of Basic Sciences, Urmia University, Urmia, Iran

²Department of Biology, Mohaghegh Ardabili University, Ardabil, Iran

Corresponding author: Ali Shalizar Jalali, Faculty of Veterinary Medicine, Histology and Embryology Research Laboratories, Department of Basic Sciences, Urmia University, Urmia, Iran, Tel: 00984431942593; E-mail: ali_shalizar@yahoo.com; a.shalizar@urmia.ac.ir

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Editorial

Achillea millefolium, popularly known as “yarrow”, is a member of the Asteraceae family that has been used as medicinal herb by many cultures for over 3000 years [1]. The genus name *Achillea* may have been derived from the Achilles of Greek mythology, which was fictionalized to have had his wounds treated by topical use of this herb and species name *millefolium* is derived from the many segments of its foliage. Moreover, the ancient Europeans called it *Herba Militaris* due to its roles in curing battle wounds [2].

The pharmacological properties of *Achillea millefolium* are recognized worldwide and the plant is included in the national Pharmacopoeias of countries such as Germany, Czech Republic, France and Switzerland. Different preparations of *Achillea millefolium* have been shown to have anti-inflammatory, antitumor, antimicrobial, hepatoprotective and anti-oxidant activities [3].

Recent researches have opened new windows toward more efficient therapeutic utilities of medicinal plants including yarrow. Interestingly, it has been shown that oral administration of *Achillea millefolium* hydro-ethanol extract and dichloromethane fractions exhibit hypotensive roles and reduce mean arterial pressure of normotensive rats may be through decreasing in vivo generation of angiotensin II [4]. Further, it has been reported that crude extract of *Achillea millefolium* causes dose-dependent falls in arterial blood pressure of rats under anaesthesia [5].

Based on aforementioned outstanding findings, it appears that *Achillea millefolium* could serve as a potential promising hypotensive and cardio-protective agent as well as high blood pressure related thrombotic conditions inhibitor. Undoubtedly, further studies are needed to verify safety and efficacy of yarrow in management of cardiovascular diseases in other species including humans.

References

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