

Sneezewort

Achillea ptarmica

Asteraceae · Achillea · Asterales · Magnoliopsida

WIRKUNG

antibakteriell, entzündungshemmend, diaphoretisch

ÜBERLIEFERTES WISSEN

Traditionell für Wundheilung, Fiebermanagement und Leberverschleiß verwendet; moderne Forschung bestätigt traditionelle Behauptungen.

ERKENNUNGSMERKMALE

lockere Blütenköpfe von schillernden weißen Kompositblüten; dunkle grüne Blätter mit fein gezahnten Rändern

VERWENDETE PFLANZENTEILE

- Wurzel

INHALTSSTOFFE

- camphor
- α pinene
- camphene
- borneol
- cymene
- 4-terpineol
- caryophyllene
- (2s,4r)-1,7,7-trimethylbicyclo[2.2.1]heptan-2-ol
- β -pinene
- sabinene
- linalool, (+-)-
- limonene,
- thujone
- 3-isothujone
- α -thujene
- terpinene
- (2e,4e)-n-(2-methylpropyl)deca-2,4-dienimidic acid
- terpineol
- phellandrene
- (-)-germacrene d
- α terpinene
- α -thujene
- (+)- β -thujone
- bornyl acetate
- caryophyllene oxide
- caryophyllene
- monoterpenes
- (1z,6z,8s)-8-isopropyl-1-methyl-5-methylidenecyclodeca-1,6-diene
- pinocarveol
- sesamin

ÄTHERISCHE ÖLE

- camphor

- α pinene
- camphene
- borneol
- cymene
- 4-terpineol
- caryophyllene
- (2s,4r)-1,7,7-trimethylbicyclo[2.2.1]heptan-2-ol
- β -pinene
- sabinene
- linalool, (+/-)-
- limonene,
- thujone
- 3-isothujone
- α -thujene

SICHERHEIT UND WECHSELWIRKUNGEN

GIFTIGKEIT

schwach

WECHSELWIRKUNGEN

- Typ: NIE_kombinieren · Hinweis: Achillea ptarmica sollte vermieden werden bei Blutgerinnungsmitteln und Schwangerschaft. · Pflanze latein: Achillea ptarmica · Pflanze deutsch: Sneeze wort
- Typ: NIE_kombinieren · Hinweis: Allergiker des Asteraceae-Familien sollten vorsichtig sein. · Pflanze latein: Achillea ptarmica · Pflanze deutsch: Sneeze wort

QUELLEN

- Typ: wikipedia_en · Url: https://en.wikipedia.org/wiki/Achillea_ptarmica · Titel: Achillea ptarmica
- Typ: wikipedia_en · Url: https://en.wikipedia.org/wiki/Achillea_ptarmica · Titel: Achillea ptarmica
- Typ: pfaf · Url: https://pfaf.org/user/Plant.aspx?LatinName=Achillea_ptarmica · Titel: PFAF — Achillea ptarmica
- Typ: lotus · Url: <https://lotus.naturalproducts.net/search/simple/Achillea%20ptarmica> · Titel: LOTUS — Achillea ptarmica
- Typ: web · Url: <https://www.cellmolbiol.org/index.php/CMB/article/view/3710> · Titel: Achillea spp.: A comprehensive review on its ethnobotany ...
- Typ: web · Url: https://www.academia.edu/67693276/Achillea_spp_A_comprehensive_review_on_its_ethnobotany_phytochemistry_phytopharmacology_and_industrial_applications · Titel: Achillea spp.: A comprehensive review on its ethnobotany, ... Images Phytochemistry and Evidence-Based Traditional Uses of the ... Achillea spp. A comprehensive review on its ethnobotany ... Phytochemistry and Evidence-Based Traditional Uses of the ... Chemical composition of the essential oils and extracts of ... Sneeze wort (Achillea ptarmica) - The Witch's Library A review on phytochemistry and medicinal properties of the ...
- Typ: web · Url: <https://research.uu.nl/en/publications/achillea-spp-a-comprehensive-review-on-its-ethnobotany-phytochemistry-2/> · Titel: Achillea spp. A comprehensive review on its ethnobotany ...
- Typ: web · Url: [https://www.rhs.org.uk/plants/54852/achillea-ptarmica-\(the-pearl-group\)-the-pearl-\(clonal\)-\(d\)/details](https://www.rhs.org.uk/plants/54852/achillea-ptarmica-(the-pearl-group)-the-pearl-(clonal)-(d)/details) · Titel: Achillea ptarmica (The Pearl Group) 'The Pearl' (clonal) (d) ...
- Typ: web · Url: https://en.wikipedia.org/wiki/Achillea_ptarmica · Titel: Achillea ptarmica - Wikipedia
- Typ: web · Url: <https://terrawhisper.com/herbs/achillea-ptarmica.html> · Titel: Common Yarrow (Achillea ptarmica): Benefits, Uses, Dosage, and Safety in Herbal Medicine

-
- Typ: gbif · Url: [https://www.gbif.org/species/search?q=Achillea ptarmica](https://www.gbif.org/species/search?q=Achillea_ptarmica) · Titel: GBIF — Achillea ptarmica
 - Typ: web · Url: <https://fierceblooms.com/how-to-harvest-dry-achillea-for-your-own-valuable-everlasting-flowers/> · Titel: How To Harvest & Dry Achillea For Your Own Valuable ...
 - Typ: web · Url: <https://www.floramedicalglobal.com/blog/achillea-ptarmica-complete-guide> · Titel: Achillea Ptarmica: Planting, Care & Growing Guide
 - Typ: web · Url: <https://terrawhisper.com/herbs/achillea-ptarmica.html> · Titel: Common Yarrow (Achillea ptarmica): Benefits, Uses, Dosage ...From Seed to Harvest: A beginner's guide to growing Achillea ...sneezeweed (Achillea ptarmica L.) - Growing GuideAchillea ptarmica 'The Pearl' from NVK Nurseries
 - Typ: ema · Url: https://www.ema.europa.eu/en/search?search_api_fulltext=Achillea%20ptarmica · Titel: EMA — Achillea ptarmica