

Control Prostaglandins Production with Feverfew

It seems more and more common that people are looking at every possibility to wellness before they make a decision on the best form of treatment for them, with many taking their time to search for the best possible solution. Feverfew is a medicinal folk remedy, used abundantly in the past, and is currently being used because of its beneficial effects. For thousands of years, feverfew has been used as a medical treatment and is now becoming one of the most common herbal relievers of migraine pain. Scientific research has recently become available on the use of this herb in treatment of migraines and other forms of inflammation and pain, making interest in feverfew grow rapidly.

The feverfew plant is a member of the Asteracea or Compositae family, along with flowers such as the daisy, sunflower, black-eyed Susan, Echinacea, calendula, dandelion, burdock, and marigold. Feverfew is often referred to by other names including featherfew, featerfoil, febrifuge, wild quinine, and bachelor's button. A busy perennial that grows from one to three feet in height, feverfew looks similar to the daisy plant with white rays and a yellow center but is smaller in size. The entire plant has a strong bitter smell which allows it to repel bees and other insects. Many people believe that the name feverfew came from the use of the flower to bring down fevers, while others believe that its name originated from the English version, featherfew, which describes the shape of the leaves on the feverfew plant.

For thousands of years, feverfew has been used for the treatment of an abundant amount of ailments. Although the exact origin of the first use is unknown, references to feverfew can be found all throughout history. In ancient times, feverfew was used in childbirth, to treat fevers, melancholy, and congestion of the lungs, as well as inflammation and swellings. Feverfew was also used for many female problems and strengthening the womb, also promoting menstrual flow. Another use of feverfew was for painful headaches, especially migraines. Feverfew is an extremely complex substance, containing several essential oils such as L-camphor, L-borneol, terpens, and esters. Another active ingredient of the feverfew plant is parthenolide. Parthenolides have been found to inhibit prostaglandins, which are found to be partially responsible for migraines as well as the inflammation process.

With headaches being a problem since the beginning of time, they are one of the most common medical complaints. Migraines are caused due to inflammation of blood vessels in the brain, which causes an intense headache pain. To determine if a headache can be classified as a migraine one should note the following: if only one side of the head is affected; whether flashing lights, blind spots, or feelings of irritability and depression occur immediately before the headache; stomach distress along with nausea and vomiting; and someone in the immediate family also suffering from migraines. The two main contributors to the problem of migraines are the trigeminal nerve system and serotonin, the nerve chemical.

Migraines involve excessive dilation or contraction of the blood vessels that are found in the brain and make up about 6% of the total number of headaches, with about 10% of the population suffering from migraines at any given time of the year, and the majority of these people being women. Migraines can be triggered by the following factors: stress, eating certain foods, alcohol, food additives such as sodium nitrate, changes in weather, seasons, time zones, or altitude, disturbance in sleep patterns, disturbance in eating habits, hormonal fluctuations, pollution, loud noise, flickering lights, constipation, and low blood sugar.

In conclusion, an increase in some of the trigger factors previously listed is thought to be the cause for the fact that the number of individuals suffering from migraines continues to climb, with the occurrence of migraines increasing by almost 60% among all age groups during the past ten years. This may be due to pollutants and poor diets that lack essential fatty acids and plastics that mimic prostaglandins which regulate the inflammation pathways in the body. So if you are suffering from pain, specifically migraines, give feverfew a try.

About the Author

More information on [feverfew for pain](#) is available at VitaNet ®, LLC Health Food Store. <http://vitanelonline.com/>

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