



Stolisnik (*Achillea millefolium*, L.)



Yarrow is a medicinal herb known for its many tiny leaves. It is especially valued for helping stop bleeding and promote wound healing. It is also used to ease digestive problems and menstrual discomfort. Yarrow commonly grows in meadows and along roadsides. According to legend, the hero Achilles used it to treat the wounds of his soldiers.

Stolisnik je ljekovita biljka s mnogo sitnih listića (po čemu je dobio ime). Poznat je po svom djelovanju na zaustavljanje krvarenja i zacjeljivanje rana. Koristi se i za probleme s probavom i menstrualne tegobe. Raste na livadama i uz puteve. Prema legendi, koristio ga je junak Ahilej za liječenje rana svojih vojnika.