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VITAMINES IN THE YARROW (*ACHILLEA MILLEFOLIUM* L.) PLANT AND THEIR IMPORTANCE IN HUMAN HEALTH

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ABSTRACT

*The article provides detailed information on the botanical and morpho-physiological characteristics of the plant *Achillea Millefolium* L., one of the medicinal plants used in scientific medicine, systematic, some biologically active substances in the chemical composition, especially Vitamines, their function in the body and their role in human health. data are given. This article focuses on the modern systematic role of yarrow and its application in various forms based on its healing properties. The leaves are evenly distributed along the stem and are double-stalked, 5–20 cm long, almost hairy, and contain kaulin, which is sticky. The flowers are located in a large, compact thyroid inflorescence at the top of the stem, each cluster consisting of 1 or more flower heads. Thus, when the body lacks or lacks any Vitamines, the metabolism is disrupted. Lack of Vitamines in food reduces a person's ability to work, reduces the body's ability to withstand diseases and adverse environmental influences.*

KEYWORDS: *Vitamines, Ascorbic Acid, Phylloquinone, Yarrow, Chemical Composition, Macronutrient, Microelement, Medicinal Properties, Medicinal Properties.*

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