

# CHAMOMILE

## Latin Names

Matricaria chamomilla, M. recutita, Chamaemeleum noble

## Common Names

German Chamomile, Roman Chamomile

## Origin

Southern Europe

## Description

Chamomile has been described by the Germans as “Alles zutraut”, meaning “capable of anything” because of the belief that chamomile can cure almost anything. Teas, ointments, lotions, extracts, and inhalations have been made and used for both medicinal and cosmetic purposes.

## Pharmacological Properties

The active ingredients are found in the essential volatile oil derived from the flowers. Extracts of the plant or the essential oil have been used as anti-inflammatories, as anti-spasmodics, and as anti-infectives. Standardized chamomile with at least 1% apigenin and 0.5% essential oil are guarantees that the extract contains all important constituents. Bisabolols, enindicyclo-ether, and the flavonoids such as apiginine and luteoline have been found to be necessary for chamomile’s anti-inflammatory, calming, mildly sedative, and anti-spasmodic effects. Azulene, chamazuline, bisabolol, and matricine are the more anti-inflammatory constituents. Azulene has been shown to inhibit histamine release and to block the effect of serotonin. All the major active principles of chamomile are necessary to get optimal effects.

Chamomile is frequently used as a mild sedative, to calm the nerves reduce anxiety, and induce a state of pleasant relaxation without disrupting normal function or interfering with motor coordination. Chamomile is also used as a carminative, calming upset stomachs, and easing digestion. Chamomile’s effectiveness is also due to its anti-inflammatory properties, soothing ulcers and reducing gastritis and other mucous membrane inflammations. One of the most popular uses for chamomile has been in creams and lotions for the skin. Treatment with chamomile helps burns, wounds, infections, acne, etc. to heal more rapidly. Chamomile has good anti-bacterial action, particularly against staph and strep toxins, as well as anti-fungal action against Candida albicans.

## Active Substances

Flavonoids (Apigenine and luteoline), Bisabolols, en-indicycloether, matricine, chamazulene, and essential oils. Standard 1.0% Apigenin and 0.5 % essential oil.

## Contraindications / Toxicity

No toxicity. Rare cases of allergic reactions in persons with severe hypersensitivity to ragweed pollen. Avoid contact with eyes. Depressant in high doses.

## Suggested Use

1-4 of 400 mg. capsules daily, depending on level of nervousness or anxiety.

## Synergistic Agents

**Externally:** Aloe Vera. **Internally:** Passion Flower, Goldenseal, Yellow Dock, Kelp, Valerian Root, Peppermint, Vitamin B Complex, Vitamin C, Vitamin A.

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## Processing

The flowers are harvested when the petals begin to turn back on the disk.

## Part Of Plant Used

Fresh flowers

## References

- Mowrey, D. (1990) Guaranteed Potency Herbs. A Compilation of writings on the subject.
- Mowrey, D. (19 ) The Scientific Validation of Herbal Medicine.
- Kowalchik, C. and Hylton, W., eds. (1987) Rodale's Illustrated Encyclopedia of Herbs. Emmaus, Pennsylvania: Rodale Press.

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