

Roman Chamomile

Latin Name: *Chamaemelum nobile* L. All.

Botanical Family: Asteraceae syn Compositae

Other Common Names: English Chamomile

Extraction Information

Country of Origin: Italy, France, USA

Part of Plant Used: Flowers

Extraction Method: Steam Distillation

Oil Content: 0.4 – 1.0%

Color of Oil: Yellow, Yellow to Clear

Blending Information

Odor Description: Sweet, Fruity,
Apple-like, Strong

Blending Factor: 1

Note: Mid to Top

Energy: Cooling

Blends Well With: Clary sage, Angelica root, Sweet Marjoram, German Chamomile, Turmeric, Nard, Elemi, Katrafay, Melissa, Lavender, Carrot seed, Khella (*Ammi visnaga*), Tangerine/Mandarin

Indicated For: Dermatitis, eczema, psoriasis, broken capillaries, hives, acne, fungal infections, skin ulcers, slow-healing wounds

Safety Information: None known

Contraindications: None known

GRAS status: Yes

Botany + History

Botany: A compact, low-growing perennial found in Europe, particularly the Mediterranean region. Roman chamomile has feathery leaves and is a great ground cover. It is strongly aromatic



throughout the leaves and flowers. From late spring to early fall, the plant sends out numerous small daisy-like flowers.

History + Myth:

Roman Chamomile has been used medicinally since ancient times. During Saxon times, Roman chamomile was known as maythen and was considered to be a sacred herb. During Tudor times, chamomile was used to create aromatic lawns and was often found growing under swings and around benches. The Greeks referred to Roman chamomile as 'Kamai melon' or ground-apple as its aroma was reminiscent of ripening apples. This characteristic was also noted by the Spaniards who called it 'Manzanilla' or 'little apple'. Throughout the Middle Ages it was a common strewing herb to clean and purify the air as well as impart its aroma.

It was commonly used until the Second World War as a natural disinfectant and antiseptic in hospitals and surgeries. It is said to be 120 times more antiseptic than sea or salt water. The therapeutic properties of chamomile are well known in the pharmaceutical trade, it is added to antiseptic ointments and used in carminative or antispasmodic preparations. Its anti-inflammatory qualities make it valuable as a treatment for sunburn. The cosmetic industry uses the oil in soaps, detergents, perfumes, bath and hair products.

Therapeutic Actions: Mild analgesic, antidiuretic, antifungal, **anti-inflammatory**, antimicrobial, **antispasmodic**, digestive, febrifuge, **nervine**, **sedative**, **vulnerary**

Chemical Feature:

Rich in esters (Approximantely 80%)

Chemical composition of *Chamaemelum nobile*

Monoterpenes (approx. 4%)	α-pinene (3.1-10%), β-pinene (0-10%), α-terpene (0-10%), sabinene (0-10%), camphene (0-0.68%), myrcene (0-1.9%), γ-terpinene (0-0.5%), p-cymene (<0.5%), limonene (0.1%)
Sesquiterpenes	β-selinene, sabinene (0-10%), α- and β-caryophyllene (0-10%), chamazulene, copaene (0-0.5%), β-copaene, δ-cadinene, bisabolene (up to 4.18%)
Ketones	pinocarvone (2 -13%)
Esters (upwards of 80%)	iso-butyl angelate (32.1-36%), iso-butyl butyrate (5.1-6.2%), iso-amyl-angelate (15.5 - 20.5%), methyl isobutyrate (1.92-8%), methylbutyl angelate (13-20.3%), 2-methylbutyl angelate (16.2%), isobutyl isobutyrate (5.3-6.34%), methyl 2-methylbutyrate (1.9%), 2-methylbutyl-2-methylbutyrate (1.2%) and 2-methylbutyl acetate (1.2%) and more.

The chemistry was obtained from: Lawrence, B. 1989 and Vaverkova, et al. 2011 and European Medicines Agency/HMPC 2011.

Core Aromatic Applications:

Head: abscess (*warm/hot compresses*), conjunctivitis (*use hydrosol*), earache (*1-2 drops with 1-2 drops Helichyrsum italicum just behind ear in the evening before bed*)

Digestive: indigestion, colic, stress-related digestive upsets, hemorrhoids (*sitz bath with Chameamelum nobilis, Salvia sclarea, + Cupressus sempervirens*)

Musculoskeletal: spasm, cramps, plantar fasciitis, tendonitis, fibromyalgia, carpal tunnel syndrome, bursitis, relieves muscle tension, restless leg syndrome.

Nervous: insomnia, headache or migraine triggered by stress, hyperactivity in children, soothing to the nervous system, particularly good for symptoms or conditions which manifest in response to stress.

Reproductive/ Endocrine: dysmenorrhea, cramps, PMS, irregular periods, sore breasts, postpartum perineal healing.

Skin: dermatitis, eczema, psoriasis, broken capillaries, hives, acne, fungal infections, skin ulcers, slow-healing wounds

Psyche + Emotion: calming, soothing, relaxing, sedative, can bring inner calm and peace, anxiety, overactive mind, anger, sensitive people who feel misunderstood or badly hurt, frustration, agitation, nervous stress, anger fits, hyperactivity in children, stress-related conditions, anxiety, challenging behavior (eg dementia).

Subtle/Energetic Aromatherapy: R.C. allows one to connect with a higher consciousness and helps to clear emotional congestion while comforting and soothing the mind.

Ayurveda: Could be beneficial for Pitta mental states in rajasic mode presenting anger, recklessness, impulsiveness, and aggression. Energetically cooling. Imbalances of Vata resulting in anxiety and nervousness.