

CHAMOMILE, GERMAN

Latin Name: *Matricaria recutita*

FAMILY: Asteraceae (Daisy)

AGE 3+ months (topically)
APPROPRIATE: 6+ months (tea, internally)

ENERGETICS: Cooling

TASTE: Sweet (steeped ≥ 5 min)
Bitter (steeped ≤ 5 min)

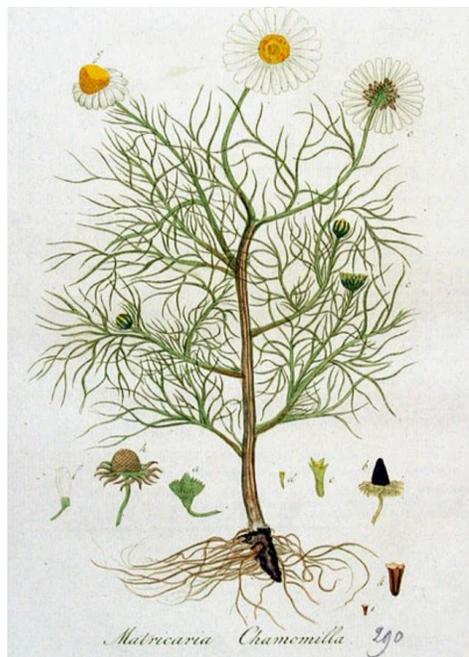
ACTIONS: Nervine, Antispasmodic,
Carminative, Anti-
Inflammatory, Antimicrobial,
Bitter, Vulnerary (wound
healing)¹

USES: Colic, Flatulence (gas), insomnia, anxiety, dyspepsia, gastric ulcers,
diarrhea, aches and pains, headache, migraine, teething, motion sickness,
conjunctivitis (pink eye), inflamed skin, promotes healthy digestion,
Stimulates skin metabolism^{1, 2, 3}

SAFETY: May cause allergic reactions in people sensitive to plants in the
Asteraceae (daisy) family. However, such reactions are extremely rare.¹

PREPARATIONS: Tea, Tincture, Glycerite, Infused Oil, Essential Oil

NOTES +
RESEARCH: -**DIABETES**: Studies have found that chamomile extract moderates
hyperglycemia and diabetic complications by suppressing blood sugar
levels, increasing liver glycogen storage, and inhibition of sorbitol in the
red blood cells.
- **WOUND HEALING**: Recent studies have found that chamomile extract
caused complete wound healing 13% faster and more effectively than
corticosteroids. It produced more new whole and healthy skin cells and
was faster at doing so than the control group.
- **INFLAMMATORY CONDITIONS**: Chamomile flowers contain 1-2% volatile
oils (essential oils) that are very high in the component chamazulene
which possess anti-inflammatory and antiphlogistic (a plant that reduces
inflammation) properties. It is also believed that chamomile has a direct
effect on reducing smooth muscle spasms as well, but clinical studies are
still in the works.



References:

1. Hoffmann, D. (2003). Medical herbalism: the science and practice of herbal medicine. Rochester, Vt.: Healing Arts Press.
2. Romm MD, Aviva. (2000) Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition, and Health. Berkeley, CA.: Celestial Arts Publishing.
3. German Commission E monograph: German Chamomile:
<http://cms.herbalgram.org/commissione/Monographs/Monograph0055.html>
4. **Chamomile: A herbal medicine of the past with bright future.:**
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2995283/#R19>