

Chamomile

Botanical: *Chamaemelum nobile* (Roman/English), *Matricaria recutita* (German)

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Chamomile is one of the most popular teas sold in the U.S. and Europe. It is a gentle but highly effective herb famous as a cure-all but best known for soothing digestion, aiding sleep, and helping to soothe skin rashes and bruises. It is often used in magical formulas to help protect the body, mind, and spirit from negative energies.

Western



Western Name: Chamomile

Also Known As: Camomile, Roman/English Chamomile

Main Systems: Skin, Lungs, Digestion, Immunity, Nerves

Key Actions: Adaptogen, Alterative, Analgesic, Cardioprotective, Antispasmodic, Anti-inflammatory, Nervine Tonic, Diuretic, Nutritive Tonic, Thyroid Stimulant, Aphrodisiac

Key Medicinal Uses: Poor appetite, bloating, stomach cramping, intestinal cramping, menstrual cramping, muscle aches and cramping, headaches, insomnia, anxiety, depression, skin rashes, ulcers, wounds, diarrhea, constipation, irritable bowel syndrome (IBS), abdominal gas, hemorrhoids.

Eastern



Pin Yin: Huang Chu Ju

Also Known As: N/A

Main Meridians: Lungs, Heart, Stomach, Liver

Key Actions: Moves Qi, Releases Qi Stagnation, Tonifies the Liver, Stops Inflammation, Soothes Pain, Strengthens the Stomach, Releases to the Exterior, Clears Heat

Key Medicinal Uses: Emotional upsets, anxiety, headache, nightmares, depression, irregular menses with clotting, PMS, stomach ulcers, poor appetite, hypochondriac pain, swollen abdomen, sore throat, cramps, stomach spasms, wounds, bruises, skin rashes, nausea, colds, flu, fevers, asthma.



BASIC HABITAT/BOTANY: The term chamomile refers to several species of daisy-like plants, which are all members of the Asteraceae family. Roman chamomile is a perennial plant that grows close to the ground with small flowers. German chamomile is an annual plant with large blossoms that can grow up to three feet tall. Roman chamomile has terminal single heads flowers with white florets and a yellow center. German chamomile has an erect stem with finely divided feathery leaves. The whole plant is aromatic.

KEY CONSTITUENTS: Apigenin (a Flavone), Quercetin, Alpha-bisabolol, Sesquiterpenes, Terpenoids, Flavonoids, Coumarins, Umbelliferone, Phenylpropanoic, Chlorogenic acid, Caffeic acid, Calcium, Potassium, Volatile oils

PARTS MOST FREQUENTLY USED: Flower, Whole Plant

FLAVORS/TEMPS: Roman – Bitter, Slightly Sweet, Aromatic. German – Sweet, Aromatic.

CAUTION: Considered safe. Some people allergic to flowers in the Asteraceae (Daisy) family may be allergic to chamomile.

HISTORY/FOLKLORE: Chamomile has been used since ancient times by the Egyptians, Greeks, and Romans. In the Middle Ages, it was popular for treating colds, fevers, inflammations, and nausea. The herb can be used internally or externally. It is one of the most ancient medicinal herbs known to mankind and is used the world over.

The Egyptians offered the flowers to their Sun God Ra, and the Germans referred to the herb as “capable of anything.”



FUN FACT!



Confirmed by Research

Research has confirmed that chamomile is an anti-inflammatory, antibacterial, relaxant, antispasmodic, sedating, and anti-allergenic.



Chamomile Oil Uses

Chamomile oil is best used for relaxation and to help induce sleep. It is also used to help clean wounds.



Good Luck

Associated with being able to attract money, gamblers will wash their hands with chamomile to insure good luck.

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