

HOLISTIC HERBALISM ADVANCED CLINICAL PROGRAM MATERIA MEDICA

Common Name	German Chamomile
Latin	Matricaria recutita
Family	Asteraceae
Other Known Names	Hungarian Chamomile, Common Chamomile
Energy	Warm, slightly moist
Taste	Sweet (bitter)
Part Used	Flower
Location	It is native to Europe and northwestern Asia, and is extensively cultivated throughout the world.
Gathering	When in flower.
Cultivation	It requires well drained soil and full sun.

HERBAL ACTION	TISSUE AFFINITY	MAJOR CONSTITUENTS
Antiinflammatory	Female Reproductive System	Sesquiterpenes:
Antispasmodic	Nervous System	Bisabolene-antiinflammatory
Anxiolytic (mild)	Blood	Guiaiazulene-antiinflammatory
Carminative	Digestion	Flavonoids:
Diaphoretic	Large Intestine	Luteolin-antiinflammatory
Emmenagogue (mild)	Stomach	Apigenin-anxiolytic
Nervine	Mucous Membrane	Patuletin-antispasmodic
Vulnerary	HPA Axis/Endocrine System	Quercetin-antiinflammatory
		Terpenoids:
		Azulene-antiinflammatory
		Matricine-antiinflammatory
		Chamazulene-antispasmodic
		Umbelliferone (coumarin)-antiinflammatory
		Herniarin (coumarin)-antispasmodic

SPECIFIC INDICATIONS

Regulates the qi/carminative, nervine

For children: irritability, hyperactivity and insomnia.

For adults: anxiety that causes or exacerbates GI tract symptoms.

PRIMARY USES

- The Eclectic specific indications for Chamomile include acute (diarrhea, dysentery) or chronic inflammatory bowel conditions with a green, slimy discharge, gas and irritation of the anal region.
- Chamomile is a wonderful children's remedy useful for irritability, teething pain, nightmares, hyperactivity, bruxism, ADD/ADHD, flatulent colic, fevers, colds, growing pains, headaches and insomnia.
- For adults, Chamomile is useful for anxiety- or stress-induced GI symptoms such as nervous diarrhea, nervous stomach, stress-induced constipation and bowel spasms.
- Chamomile is of benefit for GI tract disease due to its antiinflammatory, carminative and antispasmodic activity.
- Chamomile is a useful part of a protocol for esophagitis, GERD, gastric or duodenal ulcers, IBS, IBD, ulcerative colitis or Crohn's disease and diverticulitis.
- Chamomile helps alleviate PMS and menopausal symptoms such as anxiety, irritability and muscle pain, as well as relieving mild menstrual cramps.
- Chamomile is very useful for children and adults with highly labile emotions, hysteria, nervous tics and for people with an excessive vasovagal response.
- Chamomile can be used topically for hemorrhoids (sitz baths), episiotomy incisions, abrasions and dermatitis.
- Chamomile infusion and/or diluted tinctured administered as a mouthwash or gargle can be used for treating aphthous stomatitis, irritation of the buccal mucous membranes, oral mucositis and gingivitis.
- Chamomile baths are relaxing and can be useful for relieving emotional stress, muscle spasms and back pain.

FORMULA COMBINATIONS

- Combine Chamomile with Elderflower and Peppermint for a wonderful fever soothing tea for children.
- Chamomile combines very nicely with Lemon Balm, Linden flower and Fennel Seed as a soothing tummy tamer for children's concerns.
- Chamomile combines very well with Catnip, Hops and Valerian for stress induced GI symptoms as listed above.
- Combine Chamomile with Turmeric, Licorice, Yarrow, Sarsaparilla and Marshmallow root for GI tract diseases as listed above.
- For PMS anxiety, combine Chamomile with Motherwort, Blue Vervain or Bacopa.
- For menstrual cramps Chamomile can be used as a simple (for mild cramps) or combined with Black Haw or Jamaica Dogwood for more severe dysmenorrhea
- To support emotional instability combine Chamomile with Fresh Oat, Skullcap, and Bacopa to address anxiety, nervousness and excessive vasovagal response.

DOSAGE

Tea (Infusion): 5 – 10 gram. dried flowers, 500 ml. hot water, steep covered for 45 minutes, take 3-4 cups/day
Tincture (1:4-1:5 or 1:2.5), 40% ETOH Dose: 3-5 mL (60-100 gtt.) TID/QID
Chamomile accounts for 2 parts in formulation.

PREPARATIONS

For children with ADHD, consider replacing sodas and high sugar juices with a combination of organic apple juice and Chamomile tea (50/50)., it's very delicious and compliance is quite high.
This reduces sugar intake and helps calm down the nervous system.

CONTRAINDICATIONS & DRUG INTERACTIONS

Avoid use in people with serious ragweed allergies.

Occasional contact dermatitis from handling the fresh herb has been reported in the literature.

SPECIAL NOTES OF CONSIDERATION

Formerly called *Matricaria chamomilla*.

Watering seedlings with diluted Chamomile tea prevents damping off, a horticultural disease or condition, caused by several different pathogens that kill or weaken seeds or seedlings before or after they germinate. It is most prevalent in wet and cool conditions.

Chamomile tea makes an excellent hair rinse for people with blonde hair.

A common, weedy relative of Chamomile, Pineapple weed (*Matricaria matricarioides*) has similar uses but it is less active.

RESOURCES & REFERENCES

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