

Chamomile (German)

Botanical name: *Matricaria chamomilla*

Energetics/Actions: Bitter, cool, carminative

Description

Chamomile is a safe and commonly used herb for anxiety and stomach upset. The flowers of the plant are used. Chamomile has wide-ranging applications and is especially helpful for anxiety and gastrointestinal upset, particularly when anxiety and stress cause digestive symptoms.

Uses

Indigestion, flatulence, gas, bloating: Very calming to the whole GI system.

Anxiety and insomnia: Gentle and effective.

Ano-genital inflammation: Good as a soak for vaginal irritation and hemorrhoids.

Coughs: Good for coughs with phlegm.



Dose

Dried flower tea: 1-3 gm in a cup of boiling water steeped, covered for 5-10 minutes.

Tincture: 1-4 ml up to 3 times a day.

Soak: 50 gm dried flowers added to 3 gallons of water.

Gargle: 4 ml tincture in warm water or tea gargled 3 times a day.

Inhalation: 4-5 drops of essential oil in a small pot of hot water or use the tea. Take care that the steam is not too hot before you use it!

Safety Information

Roman chamomile (*Chamaemelum nobile*) is contraindicated during pregnancy. Chamomile can cause reaction in individuals who are sensitive to plants in the Asteraceae family.