

Chamomile

Latin name: *Matricaria recutita*, *M. chamomilla*, *Chamomilla recutita*

Family: Asteraceae

Miscellaneous:

- Pulverized chamomile is avoided due to ambiguousness concerning the quality.
- Chamomile preparations are often adulterated with other components, so a "100% pure" or other verification of straight chamomile should be sought.
- Relative most often consumed in the United States is *Chamaemelum nobile*

Uses:

Antispasmodic, carminative. Approved by German Commission E for GI disturbances.

Mechanism:

Exact MOA not known. A number of flavonoids and terpenoids are synergistically responsible for chamomile's therapeutic effect.¹ Common adulteration previously mentioned can interfere with the pure herb's mechanism.

Dosage:

Most often consumed as a tea.

≈ 3 g of flower heads emerged in boiling water and steeped for 10-15 minutes

Contraindications/Side effects:

Allergies to Asteraceae family (chrysanthemums, ragweed, etc.), pregnancy.

Citation References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 69-71.

General References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 69-71.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 45-46.
3. Duke, J.: *Dr. Duke's Essential Herbs*: 1999, pp. 179.
4. Duke, J.: *The Green Pharmacy*: 1997, pp. 151, 362.