

QUICK REFERENCE SHEET

CHAMOMILE

Matricaria chamomilla



Part Utilized:
Flower



PROPERTIES:

Nervine, Emmenagogue, Carminative,
Diaphoretic, Sudorific

SYSTEMS AFFECTED:

Integumentary (skin and hair), Nervous, Urinary,
Tonic (nervous and digestive)

INGREDIENT IN:

Catnip/Chamomile, CD, HP, MIN, NVC

GENERAL INFORMATION:

Chamomile is so well known for its use with infants and children for colic, upset tummy, and nightmares that its many other wonderful properties are too often overlooked. The tonic and sedative properties of Chamomile make it an excellent choice for ulcers and indigestion. Chamomile regulates peristalsis in babies, children, and adults, making it an excellent remedy for either diarrhea or constipation.

Chamomile, though so very mild in many ways, is strongly antiseptic and is strongly antibacterial—effective against candida as it manifests in the mouth as thrush. Other uses for Chamomile include fever reduction, colds, flu, sore throats, coughs, and digestive infections such as gastroenteritis. The antiseptic action of Chamomile is particularly effective with an inflamed bladder and cystitis.

Chamomile helps to relieve nausea during pregnancy, can relax uterine spasms, relieve painful cramping during menstrual flow, treat the absence of menstrual periods, relieve menstrual headaches, and bring relief from mastitis. Chamomile is also a wonderful herb to relieve menopausal symptoms and is a natural antihistamine that can be used for asthma and hay fever, and externally for eczema.

Chamomile is effective as a rinse for blond hair in the prevention of graying.