

Chamomile, German

Matricaria recutita L. (syn. *M. recutita* L. Rauschert; *M. chamomilla* L.; *M. suaveolens* L.)

[Fam. Asteraceae]

OVERVIEW

In the U.S., chamomile is one of the most widely used herbal ingredients in teas as well as in cosmetic, health, and beauty aid products.

The amount of chamomile imported into the U.S. each year is between 750,000 and one million pounds, with an estimated 90% used in teas. In commerce, chamomile is often called German chamomile or Hungarian chamomile, which should not be confused with the rare, and more costly, Roman or English chamomile (*Anthemis nobilis* syn. *Chamaemelum nobile*).

USES

Internal

Indigestion; flatulence (gas); bloating; gastrointestinal spasms; inflammatory diseases of the gastrointestinal tract.

External

Inflammatory skin conditions; scaly patches of skin resulting from an itch that is irritated when scratched; wound treatment after dermabrasion for tattoo removal; inflamed anal and genital areas (baths and irrigation).

DOSAGE

For acute complaints that last more than one week, or recur periodically, consult your healthcare provider.

Internal

FLUID EXTRACT: 1–4 ml, 3 times daily.

TINCTURE: Adults: 5 ml in 100 ml warm water, 4 times daily. Children: 2.5 ml, 4 times daily.

External

BATH ADDITIVE: Add 50 g dried flower per 10 liters (approximately 2.5 gallons) water. Bathe in the infusion for ano-genital inflammation.

Comments

When using a dietary supplement, purchase it from a reliable source. For best results, use the same brand of product throughout the period of use. As with all medications and dietary supplements, please inform your healthcare provider of all herbs and medications you are taking. Interactions may occur between medications and herbs or even among different herbs when taken at the same time. Treat your herbal supplement with care by taking it as directed, storing it as advised on the label, and keeping it out of the reach of children and pets. Consult your healthcare provider with any questions.

GARGLE: Pour 100 ml boiling water over 3–10 g dried flower and steep, covered, for 5–10 minutes.

Use the tea infusion as a wash or gargle for inflammation of the mucous membranes of the mouth and throat, or pour 5 ml tincture into 100 ml warm water, and gargle 3 or more times daily.

INHALATION: Pour 100 ml boiling water over 3–10 g dried flower and steep, covered, for 5–10 minutes, or pour 15 ml tincture into approximately 2 cups boiled water, 1–3 times daily. Inhale steam vapor for inflammation of the upper respiratory tract.

CONTRAINDICATIONS

Individuals allergic to plants in the same family (including arnica, marigold, yarrow, chrysanthemum, and ragweed, for example) may experience a similar reaction to chamomile.

PREGNANCY AND LACTATION: There are no known restrictions for usage

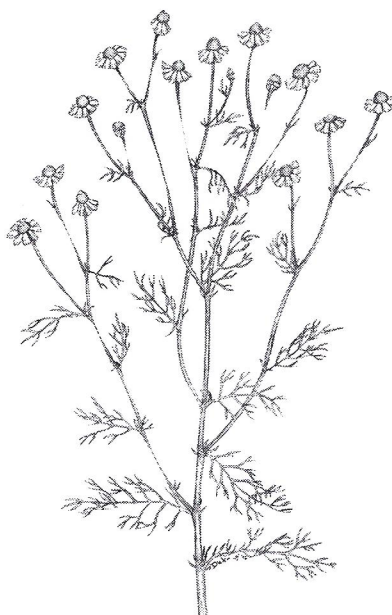
during pregnancy or while breast-feeding.

ADVERSE EFFECTS

Rare cases of allergic reactions to chamomile used as an eyewash have been reported. A fatal, possibly allergic, reaction occurred during labor after a chamomile enema was used. Highly concentrated hot tea may cause vomiting. Other adverse effects include dermatitis and urticaria.

DRUG INTERACTIONS

The fluid extract may prevent ulcers caused by alcohol consumption. Potential interactions with the anticoagulating drug warfarin have been speculated.



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