



CHAMOMILE

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ABSTRACT

This article analyzes the botanical description, composition, and effects of chamomile (*Matricaria recutita*) on human health and development. The study highlights the phytotherapeutic properties of the plant and the pharmacological effects of its essential oils. The results show that apigenin and chamazulene contained in chamomile are among the most effective natural anti-inflammatory compounds.

Keywords: *Matricaria recutita*, phytotherapy, chamazulene, essential oil, modern pharmacology, antiseptic.

INTRODUCTION AND PROBLEM STATEMENT

Today, the increasing side effects of synthetic drugs worldwide have strengthened the interest in natural and therapeutic methods (phytotherapy). Chamomile is one of the most widely known and commonly used medicinal plants in the world. However, despite its importance, the development of new varieties and industrial-scale processing remains an unresolved issue.

GENERAL INFORMATION ABOUT CHAMOMILE

Chamomile is one of the most famous medicinal plants and has been widely used in traditional medicine since ancient times. It is known for its anti-inflammatory, calming, and healing properties. Chamomile is an annual herbaceous plant belonging to the Asteraceae family. It is widely distributed in Europe, Asia, and Central Asia, and it also grows naturally and is cultivated in Uzbekistan. It is commonly found in fields, pastures, roadsides, and sunny areas.

Chamomile usually grows up to 20–50 cm in height. Its stem is upright, and its leaves are small and feathery. Its flowers have a distinctive appearance: a yellow center surrounded by white petals. The flowers are the most medicinal part of the plant and are widely used in medicine. Chamomile flowers emit a pleasant and mild aroma and contain many biologically active compounds.

Chamomile contains essential oils, flavonoids, coumarins, organic acids, vitamins, and microelements. In particular, azulene has strong anti-inflammatory properties. Therefore, chamomile is highly valued not only in traditional medicine but also in modern medicine. It is used in the form of tea, decoctions, oils, extracts, and creams.

BENEFICIAL PROPERTIES OF CHAMOMILE

Chamomile has many beneficial properties for the human body. First of all, it calms the nervous system, reduces stress and anxiety, and improves sleep quality. Chamomile tea is considered a natural remedy for people suffering from insomnia. It also helps reduce headaches and fatigue.

Chamomile improves the functioning of the stomach and intestines. It facilitates digestion, reduces bloating, and is beneficial in gastritis and intestinal inflammation. Chamomile infusion gently cleanses the intestines and supports healthy microflora. Therefore, it is often recommended for gastrointestinal disorders.

Chamomile is a strong anti-inflammatory agent. It is useful for sore throat, colds, bronchitis, and cough. Gargling with chamomile infusion reduces pain and kills microbes. It also helps reduce fever and strengthen the immune system.

Chamomile is also very beneficial for the skin. It accelerates wound healing, soothes the skin, and reduces rashes and inflammation. Washing the face with chamomile decoction cleanses and softens the skin. It is also useful for hair, strengthening hair roots and reducing dandruff.

MEDICINAL PROPERTIES

Chamomile is considered an auxiliary medicinal plant for many diseases. It is effective in colds, flu, and cough. Gargling with chamomile infusion is helpful for sore throat, oral inflammation, and stomatitis. It also reduces inflammation in bronchitis and mild respiratory diseases.

It is also very useful for gastrointestinal disorders such as gastritis, intestinal spasms, bloating, and diarrhea. Chamomile tea helps relax the intestinal wall and reduce pain. It also supports liver function.

Chamomile is beneficial for nervous system disorders. In cases of stress, anxiety, insomnia, and irritability, chamomile tea acts as a natural sedative. It helps normalize heart rate and relax the body.

For skin diseases, chamomile is used externally. It helps in eczema, dermatitis, wounds, and burns by promoting skin regeneration and reducing microbial infection and inflammation.



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SIDE EFFECTS

Despite its benefits, excessive consumption of chamomile is not recommended. Overuse may cause dizziness, drowsiness, or allergic reactions. Some individuals may have an individual allergy to chamomile, so it should be used with caution.

Pregnant women should avoid excessive consumption because chamomile may affect uterine activity. People with low blood pressure should also use it moderately, as it may slightly lower blood pressure.



TYPES OF CHAMOMILE

Chamomile is a widely distributed medicinal plant with many varieties. Scientifically, its most famous species belong to the Asteraceae family and differ in aroma, color, medicinal properties, and growing conditions.

The most well-known type is German chamomile (*Chamomilla recutita*), widely used in traditional and modern medicine. It has small white flowers with a yellow center and contains azulene, a strong anti-inflammatory compound. It is used as tea and infusion and is beneficial for the stomach and nervous system.

Another well-known species is *Matricaria chamomilla*, widely used for medicinal purposes. It is cultivated in Europe, Asia, and North America. It is known for its strong aroma and medicinal effects, especially for digestive disorders and insomnia.

Wild chamomile also exists and grows naturally in fields and pastures. It has smaller flowers and lower essential oil content, but still has medicinal properties, although it is considered less effective than cultivated varieties.

Russian and northern varieties are cold-resistant and used mainly for respiratory diseases. Garden varieties are mainly decorative, with larger flowers and weaker aroma. Cosmetic varieties are rich in essential oils and used in creams, lotions, shampoos, and skincare products. Aromatherapy varieties are also cultivated for their calming fragrance.

Overall, chamomile varieties are classified based on habitat, flower size and color, chemical composition, and usage purpose. German and medicinal varieties are mainly used in medicine, while wild and ornamental types are used for decorative and cosmetic purposes.

CONCLUSION

In conclusion, *Matricaria recutita* is not only a traditional remedy but also a scientifically proven medicinal plant. Its ability to treat a wide range of conditions—from psychological stress to physiological inflammation—makes it a cornerstone of modern herbal medicine.

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