
HISTORY OF CHAMOMILE

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Abstract

The word chamomile is derived via French and Latin, from the Greek χαμαιμηλον, *khamaimēlon*, 'earth apple', from χαμαί, *khamai*, 'on the ground', and μήλον, *mēlon*, 'apple'. First used in the 13th century, the spelling chamomile corresponds to the Latin *chamomilla* and the Greek *chamaimelon*. The spelling *camomile* is a British derivation from the French.

Keywords

Chickenpox, Colic, Diaper rash, Diarrhea, Dosage

Chamomile is an herb that belongs to the Asteraceae (daisy or sunflower) plant family and is grown around the world. It forms a daisylike flower with small white petals, a yellow center, and a thin stem, and can grow nearly 3 feet high.



Chamomile has been used as a traditional medicine for thousands of years to calm anxiety and settle stomachs. People in ancient Rome, Greece, and Egypt used dried chamomile flowers and their essential oils as a medicinal herb.

Today, two types of chamomile are still commonly used as an herbal medicine: German chamomile (*Matricaria chamomilla*), the most widely used, and Roman or English chamomile (*Chamaemelum nobile*).

Chamomile comes in many forms. You can find it in capsules, tablets, liquid extracts, oils, or skin creams and ointments.

In the U.S., chamomile is best known as an ingredient in herbal tea.

There's no standard dose of chamomile. The most common form is tea, and some people drink one to four cups daily.

Chamomile Benefits

There's not much solid research into chamomile's benefits. There's some evidence it could ease anxiety and maybe even help you sleep better. But we need



more research, especially because many of the studies done so far have combined chamomile with other ingredients.

Still, chamomile is generally considered safe. Historically, people have used it for:

- Chest colds
- Fever
- Gum inflammation (gingivitis) and canker sores
- Sore throats
- Hemorrhoids
- Acid reflux
- Diarrhea
- Gas
- Irritable bowel syndrome (IBS)
- Inflammatory bowel disease (ulcerative colitis)
- Heartburn
- Nausea and vomiting
- Upset stomach or stomach ulcer

Some people also use chamomile in ointment or liquid form to help with skin conditions, such as:

- Abscesses
- Acne
- Eczema
- Infections such as shingles
- Minor first-degree burns
- Mouth sores due to cancer treatment (as a mouthwash)
- Psoriasis

Some early research suggests that chamomile may be about 60% as effective as certain doses of hydrocortisone cream for eczema.

Chamomile is also used as a mild sedative to improve sleep. You can try chamomile tea and other products to help with issues such as difficulty falling or staying asleep (insomnia), stress, anxiety, and depression.

In infants and young children, some people use chamomile or products containing chamomile to ease:

- Chickenpox
- Colic
- Diaper rash
- Diarrhea
- Chamomile Dosage



Chamomile comes in many forms, so there's no standard recommended dosage.

Talk to your doctor before you use chamomile if you have any health conditions, take medication, or are pregnant or nursing. It could interact with drugs or other supplements you take.

Always ask your pediatrician before giving chamomile in any form to infants or children.

Chamomile tea

Tea is the most common way to use the herb. Many people drink a cup after a meal to aid digestion and soothe stomach troubles.

To make chamomile tea, steep a chamomile tea bag in about 8 ounces of hot water for 5-10 minutes in a mug covered with a saucer.

To use dried chamomile flowers, place them in a tea infuser or tea ball.

Add honey or lemon juice to add more flavor. Then, sip your tea when it has cooled to a safe temperature.

Chamomile capsules

Capsules are a convenient way to take chamomile, particularly if you use it at bedtime for relaxation.

Dosages vary, but most range from 250-1,100 milligrams per capsule. Some studies have used 900-1,200 milligrams daily in capsule form.

You usually take chamomile capsules with a full glass of water at your preferred time(s) of day. Follow directions and recommended dosage instructions on product labels.

Because the FDA doesn't regulate herbal supplements, you can't be sure exactly how much chamomile your capsules contain, or whether they also contain other ingredients.

Chamomile oil

Chamomile oil is made by crushing and steaming the plant's flowers, which creates a blue oil. It has an earthy, yet sweet, floral or apple-like aroma.

When applied to your skin, chamomile is thought to ease swelling and help stop germs from growing. You may need to dilute it with another neutral oil to avoid irritation. Do a patch test on a small area first to check for sensitivities.

Chamomile oil may also be used in:

Aromatherapy in a diffuser or inhaler, to promote relaxation

Massage or baths, for relaxation or to relieve sore muscles

Chamomile in Food

The FDA says chamomile is generally safe for use in food.



Dried flowers from German chamomile are commonly used in teas. Roman chamomile is more often used as a mild flavoring in other drinks and foods.

You can use chamomile as an ingredient in soups, baked goods, jams, candies, and salad dressings. It's also used to flavor ice cream and cocktails and as a decorative garnish.

Side Effects of Chamomile

For some people, chamomile can cause side effects that range from mild to severe.

Potential side effects include:

Allergic eczema and eye irritation from skin creams with chamomile

Drowsiness

Nausea or vomiting when taking chamomile in large doses

An allergic reaction, especially if you're allergic to related plants such as ragweed, daisies, marigolds, or chrysanthemums

Stop using chamomile and seek immediate medical help if you have signs of a serious allergic reaction (anaphylaxis), such as:

Trouble breathing (asthma)

A red, itchy rash (contact dermatitis)

Swelling of your throat or lips (angioedema)

The effects of long-term chamomile use aren't known.

Risks

If you have any health problems, check with your doctor before using chamomile.

Mild blood-thinning effects, which may increase the risk of bleeding if you take blood thinners such as warfarin. This usually only happens when you take chamomile in high doses for a long time.

If you're having surgery, stop taking chamomile 2 weeks before the procedure. This precaution can reduce the risk of bleeding and prevent possible interactions with anesthetic drugs.

Don't use chamomile if you're pregnant or nursing, as we don't know if it's safe in these conditions.

Talk to a pediatrician before giving chamomile to babies or children.

Medication interactions

If you take any medications regularly, talk to your doctor before using chamomile supplements.

In addition to blood thinners, chamomile may interact with:

Sedatives

Antiplatelet drugs

Antidepressants



Anti-seizure medications

Aspirin

Benzodiazepines

Cyclosporine (to prevent organ transplant rejection)

Drugs used to treat insomnia

Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen

Also, be careful when using chamomile with other supplements such as:

Garlic

Ginkgo biloba

Saw palmetto

St. John's wort

Valerian

Takeaways

Chamomile is a flowering plant used as a medicinal herb for centuries. We need more research into its effectiveness and long-term safety. But its potential benefits include improved sleep, reduced anxiety, relief from stomach ailments, and treatment of skin conditions. Talk to your doctor before you use it to avoid side effects.

Chamomile FAQs

How does chamomile help you sleep?

Scientists aren't sure which compound in chamomile may be responsible for its reported ability to help you relax. It may be apigenin, which is thought to have anti-anxiety properties. It could also be that the act of drinking warm tea promotes relaxation.

Who can't take chamomile?

Avoid chamomile if you:

Are allergic to chamomile or related plants, including ragweed, marigolds, daisies and chrysanthemums

Are pregnant or nursing

Have asthma

Plan to drive, as it may make you sleepy

Have surgery scheduled in the next couple of weeks

Talk to a doctor first if you:

Have other health conditions, such as cancer or digestive disorders

Regularly take any medications, including blood thinners

Are considering giving it to a baby or child

Can you drink chamomile tea every day?



We don't know how safe it is to use chamomile long-term. Drinking too much tea could cause side effects. Talk to your doctor if you plan to drink more than a cup or two a day.

LITERATURE

<https://www.webmd.com/diet/supplement-guide-chamomile>