



Roman Chamomile

(*Chamaemelum nobile*)

Stock #3901-6 (5 ml.)

Roman chamomile, a pale blue oil that turns yellow with storage, has traditionally been used as an antispasmodic and relaxant, although it is also recognized as an analgesic (pain-reliever). Studies show that chamazulene, found in the essential oil of Roman chamomile, provides both anti-inflammatory and antiseptic activity. The anti-inflammatory effects are the result of its ability to inhibit the production of inflammatory prostaglandins. Thus, Roman chamomile oil makes an effective topical treatment for a variety of skin problems, including acne, burns, rashes and dermatitis. Furthermore, certain essential oils are believed to provide protection against radiation, although it is recommended to not apply oils to the skin during the actual radiotherapy. Gentle application of oils such as *Chamaemelum nobile* (Roman chamomile), *Lavandula angustifolia* (lavender), and *Rosa damascena* (rose) to post-radiation burns can bring quick relief and facilitate healing. Although Roman chamomile oil can be applied directly to the skin, it is best diluted in a carrier oil or lotion.¹⁻³

Roman chamomile's antispasmodic nature is due to its high ester content (85%)—esters provide antispasmodic activity, as well as antifungal and calming properties. In fact, Roman chamomile is believed to be one of the most antispasmodic essential oils available. For this reason, Roman chamomile is recommended for painful cramping and spasms associated with dysmenorrhea and colic.^{1,3}

Even in small concentrations, Roman chamomile provides a calming, soothing effect on the central nervous system, which is helpful for relieving anxiety, depression, insomnia, and the hypersensitive behavior often associated with PMS and menopause. However, this oil also diffuses anger, hysteria, childhood tantrums, choleric tempers, moodiness, nightmares, and symptoms related to shock. According to researchers at Cambridge University, the effects of inhaling chamomile oil causes individuals to shift from describing images in negative terms to describing them in positive terms. Furthermore, it is a known fact that stress causes chemical changes in the body that can be measured, such as the increase in adrenocorticotrophic hormone (ACTH) in blood plasma. Now, researchers in Japan have discovered that inhaling the scent of chamomile oil actually decreases plasma levels of ACTH in rats subjected to stress-inducing restriction.^{3,6}

Aromatherapy is often used to enhance the quality of life for individuals suffering from cancer. A study conducted at the Marie Curie Centre in Liverpool found that patients receiving 3 full-body massages (using Roman chamomile diluted in a carrier oil) over a 3-week period demonstrated reduced anxiety, tension and pain, and statistically significantly-improved quality of life, compared to those receiving massage with a carrier oil only.^{1,7}

Roman chamomile oil is a very versatile and effective remedy that is also widely used for its beneficial effects on bacterial infections such as gingivitis, as well as digestive disorders, including dyspepsia (indigestion), nausea, digestive sluggishness, and even ulcers. Its low toxicity makes it especially safe for childhood illness.³

Roman chamomile should not be used during the first trimester of pregnancy.⁸

References:

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