



Chamomile

Stock #190-7 (100 capsules)

Chamomile is the world's most popular tea, known for its relaxing effect on the drinker.

Chamomile's sedative properties have been found particularly beneficial for digestive problems, including colic, morning sickness, nausea, vomiting, and stress-induced dyspepsia and ulcers. Chamomile's relaxing effects are also used to help dysmenorrhea, feverish illnesses, headaches, hyperactivity, insomnia, menstrual and muscle cramps, and emotional outbursts or temper tantrums in children.

A study published in *Herbs, Spices, and Medicinal Plants: Recent Advances in Botany, Horticulture, and Pharmacology*, reported that German chamomile contains a flavonoid called apigenin. In doses of up to 30mg of a liquid extract of chamomile, apigenin was found to produce an anxiolytic (anti-anxiety) effect without the sedating or muscle-relaxing qualities commonly associated with conventional medications such as Valium. In dosages of 30mg and 100mg, the effect exhibited was mild sedation which was "dose-dependent," again without any noticeable CNS (central nervous system) depression.

This study places chamomile among the increasing number of herbs noted for their anxiolytic effects, which includes kava kava, passion flower and valerian. In fact, chamomile's effects most closely resemble those of passion flower.

The volatile oils in chamomile are primarily responsible for the herb's analgesic (pain-relieving), anti-inflammatory, and antispasmodic effects. Chamomile is especially helpful for relaxing muscle spasms and soothing intestinal inflammation associated with colitis, constipation, diverticulitis, diverticulosis, hemorrhoids, and abdominal cramping. Chamomile's bitter constituents stimulate digestion and liver function, and help relieve flatulence, nausea and vomiting. Furthermore, chamomile has been shown in animal studies to have a distinct toning effect on the uterus.

Chamomile helps fight bacteria and fungi, and works especially well against *Candida albicans*, *staphylococcus*, *streptococcus*, and urinary tract infections. Chamomile also provides a mild antiviral activity. Furthermore, the flavonoid apigenin produces an antihistamine effect which may be beneficial for asthma, bronchitis and colds.

Researchers have found the volatile oil in chamomile helped relieve uremia in laboratory animals, which may indicate the herb's usefulness in the future treatment of problems associated with impaired kidney function.

According to a study published in *Planta Medica*, chamomile provides protection against ulcers. Other studies have shown positive results in the treatment of both benign and malignant tumors, as well as carcinomas of the brain, mouth, liver, skin and stomach.

Chamomile contains many active constituents, including the essential oils bisabolol and chamazulen, flavonoids, and glycosides. Researchers have determined that chamazulen and alpha-bisabolol are responsible for chamomile's anti-inflammatory activity.

Chamomile contains essential fatty acids, vitamins A, B₂, and B₃ (niacin), and the minerals calcium, iron, magnesium, manganese and potassium.

Allergic reactions associated with the use of chamomile are uncommon, yet users should still exercise care to avoid contact with the eyes. Individuals with a known history of allergies to the daisy family should also use caution.

The German Commission E Monographs list no known contraindications regarding the use of chamomile, even during pregnancy and breast-feeding.