



Matricaria chamomilla – German Chamomile

Chamaemelum nobile – Roman Chamomile

Family: *Asteraceae* – daisy

Parts: blossoms

There are two main types of chamomile, although there are many species, the most commonly used is German Chamomile which is true chamomile and has the signature, sweet, apple-like flavor. It is a self-seeding annual unlike its cousin, Roman chamomile, which is a perennial and known also as garden chamomile, it

has larger blossoms and a more bitter flavor. True chamomile (German) has mild, gentle, and soothing properties while the garden chamomile (Roman) does not so it should not be used as freely.

Energetics: cooling, drying, bitter/sweet

Systems Affected: nervous, digestive

Properties:

Antibacterial, antifungal, analgesic, anticatarrhal, anti-inflammatory, antiseptic, antispasmodic, astringent, carminative, cholagogue, febrifuge, mucilage, nervine, sedative, vulnerary.

The Children's Herb:

- Colic, fussiness
- Tummy problems
- Calming and soothing
- Teething
- Sleeplessness
- Stress and anxiety
- Irritable, cranky, restless
- Fever
- Use in all personal care preparations for baby (powder, creams, oils, etc. - gentle and soothing for sensitive skin while leaving a pleasant aroma

Beauty and Personal Care:

- Mild cleanser and deodorizer
- Heals and repairs skin tissue both externally and internally
- Softens skin (soak roughened areas in the tea, use in salves and creams)
- Tightens and tones skin
- Good addition to toners and facial cleansing grains to help remove blackheads and keep skin soft and clean
- Puffy/dark circles under eyes (apply cool tea bags right over eyes or use a compress).
- Perfume or deodorant
- Add powdered herb to Redmond clay for a natural body powder to deodorize feet, under arms and other areas
- Softens, strengthens hair while also working as a mild hair

Uses:

- Relieves tension, stress, and anxiety
- Helps the body and mind to calm down, resulting in a more restful sleep
- Headaches
- Immune support to aid the body in fighting infection and getting rid of bacteria and viruses
- Fever, flu, cold, sore throat, cough, etc.
- Strengthens and supports the nervous system
- Soothes gastrointestinal tract and mucous membranes
- Mild pain reliever
- Cramps, muscles spasms, sore muscles
- Joint pain and inflammation
- Digestive support - use for nausea, morning sickness, stomachache, etc.
- Liver and gallbladder support - has been used for jaundice and gallstones
- Ulcers
- Soothes and strengthens kidney, liver, and bladder
- Treats both internal and external infection
- Strengthens and tones the womb, helping to ease PMS symptoms and menstrual cramps
- Wounds, burns and infections
- Itchy, irritated skin, rashes, and general skin tissue repair
- Eyes - strain, irritation, dark circles, puffiness, infection, conjunctivitis, etc. (use as an eye wash or tea bags over eyes)

Methods of Use:

- Tea, blend with lemon balm and rose petals for the nervous system. Use a weak tea for babies under 2 (1/2 teaspoon per one cup of water)
- Compress, Poultice
- Herbal Bath, Foot Soak, Steam
- Herbal Oil, Salve, Balm, Cream, Etc.
- Tincture
- Honey, Syrup
- Herbal Capsules, Powder, Sprinkle
- Sleep Pillow, Herbal Sachet
- Eye Wash or Compress (use tea bags or cloth soaked in tea)
- Douche, Enema

Care/Harvesting:

German and Roman chamomile are different plants in the garden. Roman is a perennial that is best started with a transplant while German is a self-seeding annual that easily pops up when seeds are sown. I will be focusing on German, since it is the chamomile, I am familiar with and the most commonly used.

- Sow seeds directly in the garden in early spring, keep moist until germinated. If you already have chamomile in your garden, it will easily self-seed and come spring you will have little sprouts all over. Thin to about 10 inches apart.
- Because the seeds are so light and tiny you can mix them with sand first and then sprinkle around your area of choice or find a transplant in your local nursery.
- Prefers dry, well-drained soil. Provide light to moderate amounts of water.
- Chamomile likes partial shade and tends to shrivel in full sun.
- Harvest when flowers are fully open and fragrant. You can snip the blossoms off with scissors, but I prefer to run my fingers up the stems and pop off the tops right into a basket. This method is very therapeutic and you receive all the benefits of the chamomile as you do it.
- Chamomile makes a great companion to all other plants (except potatoes) as it tends to keep them healthy and disease free.
- Leave some blossoms on the plant in the fall if you would like them to self sow.

Caution:

From the ragweed family so always check for allergic reaction before use.

Disclaimer: The Information contained on this handout is for educational purposes only and as a guideline for your personal use. It is not intended to replace the advice of a licensed physician. Those who follow these suggestions do so at their own risk.