

Chamomile

1. Names and Synonyms

Arabic: بابونج

English: Chamomile

- **Scientific name and Family**

Matricaria chamomilla

Family: Asteraceae (Compositae).



2. Geographical distribution:

The plant is indigenous to northern Europe and grows wild in central European countries; it is especially abundant in Eastern Europe. Also found in western Asia, the Mediterranean region of northern Africa, and the United States of America.

3. Parts used for medicinal purpose:

Medicinal Parts: The medicinal parts consist of the entire flowering herb or only the flowers.

4. Morphology and Histology of the plant

- The flower is white with a yellow center.
- The ray florets are white, linguiform, female and 3-toothed.
- The disc florets are tubular, androgynous, 5-toothed.

5. Active constituents

- **Essential oil:** α and β -Farnesene, α -bisabolol and its oxide, chamazulene, germacrene D, spiroether, proazulenes (matricarin and matricin).
- **Phenolic compounds:** Phenylpropanoids: Chlorogenic and caffeic acids.
- **Flavonoids:** Apigenin, luteolin, quercetin (and their glycosides) and naringenin.
- **Coumarins:** γ -Herniarin and umbelliferone.

6. Pharmacological applications

Internal:

- Symptomatic treatment of minor digestive ailments such as dyspepsia, impaired digestion, and flatulence.
- Treatment of restlessness and mild cases of insomnia due to nervous disorders.

External:

- Treatment of minor inflammation of the skin (sunburn), superficial wounds, bruises, frostbite and insect bites.
- Treatment of minor ulcers and inflammations of the mouth and throat.
- Irritations of skin and mucosa in the anal and genital, after serious conditions have been excluded by a medical doctor.

Inhalation:

- Symptomatic relief of irritations of the respiratory tract due to the common cold.

7. Suitable methods of administration

- Fluid (liquid) extract
- Dry extract
- Tincture
- Oil.

8. Side effects

Hypersensitivity reaction if you have allergy to active substances and to other plants of the same family.

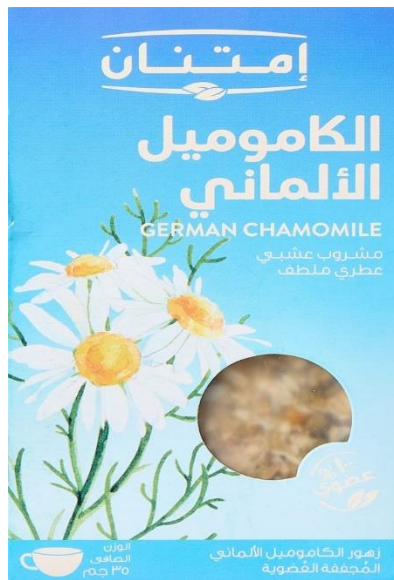
If adverse reactions occur, a doctor or a pharmacist should be consulted such as:

- Hypersensitivity reactions include severe allergic reactions (dyspnoea, vascular collapse, anaphylactic shock).
- Burning of the face, eyes and mucous membranes (topical).

9. Contraindications

- **Anticoagulants:** Due to the content of hydroxy coumarins in *M. recutita*, there may be an additive effect when taken with warfarin.
- **CNS depressants:** Chamomile may increase the effects of other sedatives; concurrent use should be avoided.
- **Topically: Full baths** are contraindicated in cases of open wounds, large skin injuries, acute skin diseases, high fever, severe infections, severe circulatory disturbances and cardiac insufficiency.

10. Examples of drugs in the market.



11. References

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