

Presiding overages, tea has become one beverage that reigns over various domains. From a tasty pour to a medicinal drink, from a leisure sip to an indispensable slurp, tea preponderates all.

Drinking tea regularly used to be an emblem of blue-bloodedness as tea has always been an expensive beverage. Among aristocrats, tea was known as one of the patrician quencher and also used to medicate health issues.

"I think there's a tea for that."

Well, name any illness or disease truly there is a tea for that. It is an essential elixir that retrieves almost all kind of ailments. Tea is best known for its healing prominence. There was a time when tea was generally used as a remedial component. Among all the types some leaves are truly enriched with organic attributes that help in rejuvenating health. It has the ability to pace down the blood pressure that leads to the result of reducing the risk of death due to stroke. This exuberant drink is full of antioxidants that help in keeping us young and conserves the harm from pollution.

Chamomile tea belongs to this school of herbs, conglomerated with a ton of sound and hale amenities.

A dandelion like flower of the Asteraceae plant family is the emergence of Chamomile tea. It has been devoured for centuries as an unfeigned amends for many health recuperation. It is caffeine-free tea with a rustic sweet taste.

Moreover, chamomile tea is prolific with antioxidants like terpenoids and flavonoids that help in reducing the risk of several health issues like heart disease and cancer.

Chamomile has features that assist in sound sleep and regular digestion.

This tea is not only used as a flavourful beverage but also for its medicinal possessions.

Basically, chamomile is a type of daisy-like flower that has a colossal range of benefits and is used in making many food, beverages, and other products for its beneficial propensities. Chamomile tea promotes vigour and tranquillity.

8 top benefits of Chamomile tea:

- **Helps in the cure of cancer and reduces inflammation:**
Inflammation is the bodily immune system that fights against any provocative. Chamomile reduces the chances of inflammation by duelling against the basal outrages. Chamomile tea has the antioxidant Apigenin which helps in lowering inflammation. Chamomile also has anti-cancer element that helps in reducing cancer cell growth, and cell mutation. It works as an organic cancer preventative.
Scientifically the extract from chamomile is used in the treatment of skin, breast, prostate and ovarian cancer. So a cup of organic chamomile tea also helps to cure the malignancy.
- **Reducing menstrual pain:** Chamomile tea has an endeavor just as Mefenamic Acid that helps in reducing pain, cramps and effective in regulating emotions. The presence of Spiroether, a very potential antispasmodic, helps in pacifying the tensed nerves, aching, and alleviate menstrual cramps.
Chamomile tea enhances the level of serum Glycine leading to the relaxation of menstrual pain. This tea is most effective in reducing menstrual pain if one starts drinking it a couple of days before the period comes.

- **Ennoble heart health:** the exalted balance of flavonoids gives in cardiovascular protection and lessens down the chances of coronary heart disease. It also helps obliquely in developing cardiac health that is sleep. Most of the heart patients face difficulty in having a proper sleep. Chamomiles help in soothing the body that causes sound sleep.
- **Helps in reducing anxiety and depression:** chamomile tea is exclusively famous for reducing depression and anxiety. A research study from, “ Alternative Therapies in Health and Medicine” shows that inhaling chamomile stem reduces the level of stress and anxiety. Its healing and pacifying attribute calms down the nerves and anxiety which is most useful during the first week of postpartum. It helps one to embosom with the role of becoming a mother and provides good sleep. It efficiently relieves hysteria, nightmares, and insomnia. It is also helpful for those who struggle with constipation.
- **Pain reducing abilities:** chamomile tea has a high ability to reduce inflammation and pain. It actively reduces facial swelling, irritation, pain from infections, toothaches, migraine pains and arthritis. It also helps to reduce pregnancy pain, and cramps. It eases cold and soar throat. it is generally used as a natural aspirin.
- **Helps in keeping Gum and Tooth healthy:** A researched report from the Journal of Oral science shows that a mouthwash contains at least 1% of chamomile extract. Having a cup of chamomile every day cures tooth pains and also kills the injurious bacteria that can live within the month. It efficiently reduce biofilm accumulation and bleeding in patients suffering from gingivitis.
- **Reduces Cortisol:** Cortisol is a stress hormone. In daytime the hormone level risen up to give us strength to produce labor and at night the level lowers down to help us sleep and relax. The

problem comes off when chronic anxiety keeps cortisol level high. Chamomile tea comprises beneficial herbs that might help in lowering cortisol levels naturally.

- Deals with mild skin ailment: The anti-inflammatory and antibacterial attributes, which are present in chamomile tea prevents the acne and other skin breakouts and petrifies a healthy skin. The extracts after making the tea aids in lighten up the dark circles. It also fights with fine lines, dark spots, pigmentation, and dandruff.

Worldwide chamomile tea is the most exoteric drink that is consumed for its salutary effects. In other words this tea truly a healing potion of life.