Roman Chamomile

url: https://medlineplus.gov/druginfo/natural/752.html  
  
  
Roman Chamomile  
What is it?  
Roman chamomile (Chamaemelum nobile) is a plant native to Morocco and Europe. It's different from German chamomile, which is more commonly used in teas.  
  
Roman chamomile contains chemicals that might have anticancer, anti-diabetes, and anti-inflammatory effects.  
  
People take Roman chamomile for hay fever, anxiety, eczema, stress, insomnia, and many other conditions, but there is no good scientific evidence to support these uses.  
  
  
How effective is it?  
There is interest in using Roman chamomile for a number of purposes, but there isn't enough reliable information to say whether it might be helpful.  
  
  
Is it safe?  
When taken by mouth: Roman chamomile is commonly consumed in foods. But there isn't enough reliable information to know if Roman chamomile is safe to use in larger amounts as medicine.  
When applied to the skin: Roman chamomile is possibly safe. Some people might have allergic reactions, causing itchy red skin.  
When inhaled: Roman chamomile essential oil is possibly safe.  
Special precautions & warnings:  
Pregnancy: Roman chamomile is likely unsafe when taken by mouth as medicine during pregnancy. Roman chamomile is believed to cause miscarriages. There isn't enough reliable information to know if it is safe when applied to the skin or when inhaled during pregnancy. Avoid using Roman chamomile if you are pregnant.  
Breast-feeding: There isn't enough reliable information to know if Roman chamomile is safe to use when breast-feeding. Stay on the safe side and stick to food amounts.  
Allergy to ragweed and related plants: Roman chamomile may cause an allergic reaction in people who are sensitive to the Asteraceae/Compositae family. Members of this family include ragweed, chrysanthemums, marigolds, daisies, and many others.  
  
  
Are there interactions with medications?  
It is not known if this product interacts with any medicines. Before taking this product, talk with your health professional if you take any medications.  
  
  
Are there interactions with herbs and supplements?  
There are no known interactions with herbs and supplements.  
  
  
Are there interactions with foods?  
There are no known interactions with foods.  
  
  
How is it typically used?  
There isn't enough reliable information to know what an appropriate dose of Roman chamomile might be. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult a healthcare professional before using.  
  
  
Other names  
Anth mis, Anth mis Odorante, Anthemis nobilis, Babuna Ke Phool, Camomille d'Anjou, Camomille Noble, Camomille Romaine, Chamaemelum nobile, Chamomilla, Chamomile, Chamomillae Ramane Flos, Common Chamomile, English Chamomile, Fleur de Camomille Romaine, Flores Anthemidis, Garden Chamomile, Grosse Kamille, Ground Apple, Huile Essentielle de Camomille Romaine, Low Chamomile, Manzanilla, Manzanilla Romana, Ormenis nobilis, Roman Chamomile Essential Oil, Romische Kamille, Scotch Chamomile, Sweet Chamomile, True Chamomile, Whig Plant.  
  
  
Methodology  
  
 To learn more about how this article was written, please see the Natural Medicines Comprehensive Database methodology.   
   
  
  
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