

Chamomile, Roman

Chamaemelum nobile / *Anthemis nobilis* - *Compositae* (*Asteraceae*)

A creeping perennial, indigenous to southern England and Ireland. In bloom from June to August, it is found in fields and on waste ground. The stems, hairy and free branching are covered with leaves which are divided into segments, giving a feather appearance. The daisy-like flowers are white or yellow and are borne on long erect stalks, drooping when in bud. White flowered plants produce the oil of choice for aromatherapy use.

<u>Place of Origin</u>	<u>Part of plant used</u>	flowerheads
UK, Hungary, France	<u>Method of Extraction</u>	steam distillation
<u>Characteristics</u>	<u>Yield</u>	01-3%
Colour: clear- pale blue	<u>BF</u>	1-3
Perfume notes: middle	<u>TR</u>	D
Aroma		

Chemical Composition

Sequiterpenes	chamazulene	%	4	Esters	angelates	%	50
	caryophyllene		1	(total 75-85%)	butyrates		20
Monoterpenes	para-cymene						
	pinenes						
	terpinolene						

Properties:

Anti-inflammatory, antispasmodic, calming, sedative, soporific, tonic, analgesic, anti-diuretic, bactericidal, carminative, choleric

Precautions:

Non-toxic, non-irritant, non-sensitising

One of the safest essential oils

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Indications

Circulatory system

Musculo Skeletal System

Rheumatoid and osteoarthritis, sprains, strains, gout, neuralgia, inflamed, joints, sciatica, lumbage

Digestive System

Colic, Dyspepsia, indigestion, flatulence, Nausea, IBS

Nervous System

Headaches, migraines, insomnia, hysteria, irritability, anxiety, Nervous system crisis, hyperactivity in children, tantrums, mental agitation, emotional stress, mood swings, nightmares, depression

Genito Urinary/Gynaecological

Respiratory System

Menopausal imbalances

Immune system

Skin/Hair

Dermatitis, eczema, allergies, urticaria, burns, rashes, wounds, inflammation, herpes, pruritis, psoriasis, pressure sores, nappy rash

Clinical Research

A 1988 study looked at the yellow headed and white headed varieties of chamomile. They produced quite different oils, with the white flowered oil having a higher ester content. Both oils possessed anti-inflammatory and sedative properties, especially the white flowered variety which also demonstrated anti-diuretic activity.

A 1990 experiment looking at the psych ophysiological effects of odours, found that inhaled chamomile oil sedated the subjects while jasmine stimulated them.

Psychological uses

Roman chamomile has a stronger psychological action than German chamomile. It is an effective sedative and is an ideal remedy for childhood tantrums and the overly sensitive behaviour, which manifests in some menopausal imbalances and PMS. Chamomile can be offered at times of emotional shock and can be an invaluable sedative when recovering from the impact of a traumatic experience, or for example in palliative care.

Summary

Soothing, calming, classic stress remedy