

# CHAMOMILE

*(Matricaria chamomilla)*

## Clinical Summary

### Actions

- Anti-inflammatory
- Antioxidant
- Antibacterial
- Antiviral
- Antifungal
- Mild Sedative
- Relaxing Nervine
- Cholagogue
- Bitter Tonic (digestive)
- Antispasmodic
- Carminative
- Mild Sudorific
- Diaphoretic
- Emmenagogue
- Anti-ulcer
- Relaxant
- Antiallergic
- Anticatarrhal

### Indications

- Symptomatic treatment of gastrointestinal complaints such as bloating, minor spasms, dyspepsia, impaired digestion, colitis, colic, diverticulitis, constipation (children), Crohn's disease, infantile colic and flatulence, diarrhoea
- Adjuvant in the treatment of inflammatory conditions of the gastrointestinal tract including irritable bowel syndrome, gastrointestinal spasms and gastric and duodenal ulcers
- Anxiety, restlessness, sleep disorders and mild cases of insomnia due to nervous disorders, menopausal tension, teething problems in children
- Migraine, vertigo
- Travel sickness
- Morning sickness, dysmenorrhea, amenorrhea
- Asthma
- Relief of symptoms of the common cold, hay fever, sinusitis, bronchitis, nasal congestion
- To relieve eye strain
- Urinary infections
- External use: Minor inflammation and irritations of the skin and mucosa such as superficial wounds, eczema, bruises, sunburn, insect bites, mouth ulcers and haemorrhoids. As an inhalation for

symptomatic relief of irritations of the respiratory tract due to the common cold

### Traditional Use

Traditionally chamomile has been used for centuries as an anti-inflammatory, antioxidant, mild astringent and healing medicine.

### Energetics

Bitter, pungent, cooling.

### Constituents

Contains flavonoids; sesquiterpene lactones; coumarins; spiroethers; phenolic acid; up to 10% mucilage polysaccharides; tannins; essential oil.

### Use in Pregnancy

Pregnant women may use chamomile herbal tea however for all other preparations there is a lack of data.

### Contraindications and Cautions

Contraindicated in patients with a known sensitivity or allergy to plants of the Asteraceae (Compositae) family. For patients after renal transplantation taking high dosages for longer periods (about two months) interactions based on effects on CYP450 have been reported.

### Drug Interactions

Monitor with hormonal replacement therapy, oral contraceptives, anticoagulant/antiplatelet and antidiabetic drugs. Caution with central nervous system depressant drugs, including benzodiazepines, and tamoxifen.

### Administration and Dosage

Liquid extract 1:1 in 60% alcohol  
20 to 80mL weekly