

Chamomile

Chamomilla matricaria (German) or *Anthemis nobile* (Roman)

Energetics—sedative, anti-spasmodic, carminative, anti-inflammatory, analgesic, antiseptic, vulnerary

Taste—sweet, acrid, bitter, cooling

Tissue State—irritation, wind constriction

Organ Affinities—babies (of any age), GI tract, fever, pain

Part Used—entire flower, when it is not wet with dew or rain

Tincture fresh: 1 part herb:2 parts alcohol (75% alcohol:25% distilled water)

Tincture dried: 1:5 (50A:50W)

Water extract (aka tea): fresh or flowers (preferred)—10 minutes covered (to retain the volatiles)

Uses

+babies, teething, fretful, terrible twos, nightmares—safe for children

+petulant, angry, impatient adults, anxiety, insomnia

+mouthwash for gingivitis, throat gargle for sore throat, in steam to help with nasal catarrh (inhaled)

+acute colds, fevers, flu cough, earache, bronchitis, asthma

+acute digestive upset, lack of appetite, cramps, colic, diverticulitis, colitis, diarrhea, constipation, irritable bowel syndrome

+liver or gallbladder upset, jaundice, gallstones, gallstone colic

+menstrual pain and cramping associated with great tenderness

+tightness/tension in tendons, ligaments, muscles, extremities; paralytic pains with numbness and tearing in the extremities; convulsion, spasm, tightness, rheumatic pain, neuralgia

Notes—Roman and German are interchangeable, although German tastes better. According to Kathy Eich, chamomile reduces the production of hydrochloric (stomach) acid, so it is better used when experiencing high stomach acid, not low. To test for this: while you are experiencing stomach symptoms (bloating, gas, burning, pain, etc.) take a Tbsp of lemon juice or organic apple cider vinegar. If your symptoms improve, you have low stomach acid. If your symptoms worsen, you have high stomach acid. If you have high stomach acid, drink the tea between meals.

Contraindications—may cause headache

Sources—A Modern Herbal (Maude Grieve, vol. 1), Plant Medicine (Richo Cech), the New Holistic Herbal (David Hoffman), Practice of Traditional Western Herbalism (Matthew Wood)