

Chamomile: Potential Medicinal Plant

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Chamomile is one of the most ancient herbs has been used over the years for its medicinal and health benefits to mankind. It is belong to *Compositae* family and represented by two common varieties viz. German Chamomile (*Matricariachamomilla*) and Roman Chamomile (*Chamaemelumobile*). The dried flowers of chamomile contain many terpenoids and flavonoids used for medicinal purposes whose standardized tea and herbal extracts are prepared that contributing to its medicinal properties.

Chamomile preparations are commonly used for many human ailments such as hay fever, inflammation, muscle spasms, menstrual disorders, insomnia, ulcers, wounds, gastrointestinal disorders, rheumatic pain, and hemorrhoids. Essential oils of chamomile are used extensively in cosmetics and aromatherapy. Various preparations of chamomile have been developed, out of which the form of herbal tea consumed more than one million cups per day.

Chamomile Tea Benefits

Chamomile tea has a sedating effect; as a result it has been used as a natural sleep remedy. The anti-inflammatory properties of chamomile tea can help treat menstrual cramps by easing up muscle spasms and contractions. It also works as a digestive aid by treating issues such as irritable bowel syndrome. Additionally, chamomile tea contains flavonoids such as apigenin, which are extremely potent anti-cancer compounds, and can help reduce onset of cancer. You can start drinking chamomile tea for weight loss management, good for skincare and very beneficial in keeping levels of blood sugar low. Among herbal teas, Chamomile tea is an extremely popular brew all over the world and derived from dried flowers of *Matricaria* species.



Nutritional Value of Chamomile Tea

A single cup of brewed chamomile tea contains around 2 calories, 0.5 grams of carbohydrates and it includes traces of magnesium, calcium, fluoride, potassium, folate and Vitamin A. Chamomile tea is rich in flavonoids which possess anti-oxidant and anti-microbial properties.



Health Benefits of Chamomile Tea

Chamomile tea not only refreshes your taste but also helps you to calm and reduce your stress. Even you can use ginger and honey with this tea to delicious taste.

- 1. Chamomile Tea Benefits For Insomnia:**-Chamomile tea is a great natural solution for people suffering from sleeping problems or sleep disorders. It has a soothing and tranquilizing effect, which induces sleep. Regular consumption of chamomile tea good for sleep and solve your sleep-related issues.
- 2. Chamomile Tea for Stomach Benefits:**-Chamomile tea has anti-inflammatory properties, which can help ease menstrual and other stomach-related cramps, pain, gas and inflammation. The Chamomile tea relaxes of the muscles of the uterus, thus providing relief from the pain. It works by increasing glycine levels in the body, which helps reduce the intensity of muscle spasms.
- 3. Chamomile Tea Good for Digestion Problems:**-Irritable bowel syndrome (IBS) is one of the most common gastrointestinal disorders and chamomile tea helps to treat this digestive issues. Chamomile lessens cramping in the inner lining of the stomach, thus helping release unnecessary gas and bloating in the digestive tract. Drinking chamomile tea on a regular basis can help prevent digestive problems in the long run.
- 4. Chamomile Tea Contain Antioxidants:**-Chamomile tea is rich in antioxidants, which can prove very beneficial in keeping the heart strong and functioning in a healthy manner. It contains flavonoids which have been proven to help reduce risks of coronary artery diseases and heart attacks.
- 5. Herbal Chamomile Tea Affect Blood Sugar:**-Drinking chamomile tea is very beneficial in keeping levels of blood sugar low. It regulate the glucose & insulin levels in the body that results maintain their blood sugar levels adequately and also prevent the spikes and drops that can be so dangerous for those who struggle with diabetes.
- 6. Chamomile Tea Benefits in Anxiety & Stress:**-Chamomile tea has a soothing and calming effect on the body, which can help soothe frazzled nerves and thus reduce anxiety. Drinking chamomile tea on a daily basis can drastically reduce anxiety.
- 7. Use Chamomile Tea for Skin Healthcare:**-Chamomile tea is loaded with beneficial antioxidants that help fight free radicals. This makes it useful in the prevention of bacteria that causes acne, skin irritation thus improving overall skin health. Also, if consumed on a daily basis, chamomile tea helps nourishes and moisturizes your skin from deep within.

8. Chamomile Tea for Wounds and Infections: Chamomile tea can not only be used as a herbal infusion, but it can also be used topically for treating wounds on the skin. Rubbing a small amount of chamomile tea on scrapes and burns can help heal them faster.

9. Chamomile Tea for Thyroid Health and Breast Cancer: Chamomile tea contains flavonoids such as apigenin, which are extremely potent anti-cancer compounds. Research has shown that people who drink chamomile tea on a daily basis are at a lesser risk of developing cancer. Regular consumption of chamomile tea can also shrink cancerous tumors, as well as prohibit the onset of diseases such as thyroid.

10. Chamomile Tea Boost Immune System & Metabolism: If you suffer from frequent colds and coughs, chamomile tea should be your go-to solution. Chamomile tea has marked antibacterial properties, which help strengthen the immune system and keep it functioning properly. Regular consumption of chamomile tea can reduce your chances of catching colds and coughs.



Side-Effects & Allergies of Chamomile Tea

Chamomile tea does not generally have any side effects, but the pollen found in other preparations of chamomile can cause allergic reactions in certain people. Drinking chamomile tea in moderate amounts is good for health, but consumption in large doses can cause side effects such as omitting and nausea, especially if the tea contains high concentrations of chamomile.

Other side effects that chamomile tea could cause include swelling of the throat, shortness of breath, skin rashes and anaphylaxis. Asthmatics also should not ingest chamomile tea, as it has the potential to worsen symptoms of asthma.

References

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