

Chamomile

Botanical Name: *Matricaria chamomilla*

Family: Asteraceae

Energetics: Cooling, drying

Taste: Sweet, slightly bitter

Actions: Anti-inflammatory, nervine, carminative, digestive, calming

Overview

Chamomile is a widely used herb for calming the nervous system, aiding digestion, and reducing inflammation. It is gentle and safe for most ages, making it ideal for teas, topical applications, and herbal blends.

Uses

Internal Uses

- Digestive support (bloating, gas, indigestion)
- Mild sedative and nervine for anxiety or sleep
- Anti-inflammatory for internal organs
- Menstrual cramp relief

External Uses

- Skin inflammation, eczema, and minor wounds
 - Eye compresses for irritation
 - Hair and scalp care
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Medication Interactions

- May enhance effects of anticoagulants
 - Possible interaction with sedatives
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Contraindications

- Allergy to Asteraceae family (ragweed, daisies, marigolds)
 - Pregnancy and breastfeeding: generally safe in food amounts
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Caution & Safety

- Patch test for topical use if sensitive
 - Moderate intake internally
 - Discontinue if irritation occurs
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Herbal Pairings

Blends Well With

- Lemon Balm (calming synergy)
- Lavender (nervine support)
- Valerian (sleep support)
- Calendula (skin healing and anti-inflammatory)

Avoid Combining With

- Allergic plants from Asteraceae family
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Possible Side Effects

- Rare allergic reactions
 - Mild drowsiness in sensitive individuals
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Forms & Dosage

Tea / Infusion

- 1–2 tsp dried flowers per cup
- Steep 5–10 minutes
- 1–3 cups daily

Tincture (1:5)

- 2–4 mL, 1–3 times daily

Infused Oil / Compress

- Apply externally for skin irritation
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Notes

Chamomile is a versatile herb suitable for digestive, nervous system, and skin support. Its gentle nature makes it appropriate for most herbalists' collections.

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