

# Chamomile

Emotions **calming, relaxing**, soothes body and mind

Uses abdomen pain-upper, abrasions (G), **abscess-external/dry** (G/R), abscess-mouth (G/R), **acne** (G/R), acne-w/redness (G/R), addiction (R), **adrenal gland** (G/R), **allergies** (G/R), anal fissure, **anema** (R), animal bite, **anxiety** (R), **appetite-to increase** (R), arthritis (G/R), arthritis-osteoarthritis (G/R), **arthritis-rheumatoid** (G/R), arthritis-pain (R), **arthritis-red w/heat** (G/R), asthma (G/R), baby-bronchiolitis (R), **baby-general soothing** (R), back pain (R), bed sores, bed wetting-stress (R), bee/hornet sting, black eye, **bladder-inflammation of the mucous membrane** (R), bleeding, bleeding nose, blisters, **boils** (G/R), bowel disorder w/inflammation (G/R), bruises (G), bronchitis, bumps, **bunions** (G), **burns-mild** (G/R), bursitis (R), calming (R), cancer supportive, carbuncle, cellulite, chapped lips, **chicken pox** (G/R), chilblains (G/R), **chilblains-itch/burn** (G), **chilblains-soothing** (R), **circulation problems-high** (G), cirrhosis of the liver, cold sores (G), **colic-adult** (R), **colic-baby** (R), **colitis**, **constipation**, convalescence, **convulsions**, cooling (R), coughs, cuts-minor (G/R), cystic breast disease (R), cystitis (G/R), cystitis-w/temp (R), depression (R), **dermatitis** (G/R), diaper rash (R), **diarrhea-food/nerves** (R), diverticulosis, dizziness (R), **dyspepsia/indigestion** (R), **ear ache-adult** (G), **ear ache-baby** (R), ear infection, **eczema** (G/R), **eczema-burning/hot** (G), eczema-itching (G), **eczema-sensitive to touch** (R), **exhaustion-physical**, **eyes-conjunctivitis** (R), **eyes-eyelid infection** (R), eyes-sties, **eyes-tired** (R), **fainting** (R), fear (R), feet-swollen, feet-tired, **fever** (G/R), fibrositis (R), fidgety children, **flatulence** (G/R), flu, **gall bladder-stimulate bile flow** (R), **gallstones**, **gastritis** (R), genitals-male-balanitis (G), genitals-male-cooling (G/R), genitals-male-inflammation, genitals-male-swelling (G), genitals-male-swollen testicles (G/R), genitals-male-varicocele (R), grazes (G), gums-infection, **hair-dry**, hair-falling, hair-fragile, hair loss/alopecia (R), **hair-normal (blonds only)**, hay fever (G), **headache** (G/R), headache-gastric, headaches-tension (R), headache-travel (R), **heart-palpitations** (R), heartburn (G), heat stroke, hemorrhoids, hepatitis, hiccough, **high blood pressure** (R), hysteria (R), **indigestion/dyspepsia** (R), infection, infertility-female (R), **inflammation** (G/R), insect bites/stings (G/R), **insomnia** (G/R), insomnia-nightmares (R), insomnia-physical cause (R), insomnia-**restlessness** (R), intertrigo (G), **intestinal infection** (R), **irritability** (R), joints (G/R) joints-painful (R), joints-swollen (R), **kidney inflammation** (R), **kidney stones** (R), laryngitis, leukocytosis stimulant (R), liver problems (R), lumbago/lower back pain, **measles** (G), menopause (R), **menopause-hormonal balancing**, **menopause-hot flashes** (R), menopause-insomnia (R), **menstrual bleeding-absence/amenorrhea** (G/R), menstrual bleeding-excessive/menorrhagia???, **menstrual cramps** (R), menstrual pain/dysmenorrheal (G/R), **menstrual pain-breasts** (R), **migraine** (R),

migraine-tension (R), mouth ulcers, **mumps (G)**, **muscle-aches (R)**, muscle-athletic competition-pre/post, **muscle-cramps (R)**, **muscle-relaxant (R)**, **muscle-spasm (G/R)**, **muscle-sprain (G/R)**, muscles-achilles tendonitis, muscles-back pain (G/R), muscles-breast bruise, muscles-tennis elbow (R) , muscles-facial bruise, muscles-frozen shoulder, muscles-groin strain, muscles-leg strain-lower calf, muscles-shoulder strain, muscles-tenosynovitis (G/R) , muscles-thigh injury, nausea (G), **nausea-vomiting (R)**, nail-cuticle infection/whitlows, **nettle rash (G/R)**, nervous exhaustion/fatigue (R), **nervous tension (R)**, **nervousness (R)**, **neuralgia (G/R)**, nose injury, nose bleed, **pain relief (R)**, pelvic inflammatory disease (G), PMS (G/R) R-apatetic/irritability, poison ivy/oak/etc, post natal depression (R), pregnancy, pregnancy-breast abscess (G), pregnancy-prenatal (R), pregnancy-refreshing (R), pregnancy sleep disturbances (R), prickly heat, **pruritus/itching**, psoriasis (R), rashes (G/R), relaxing (R), rosacea (G), **sciatica (G/R)**, shaving rash (G), shock, skin-baby-dry/wrinkled/flaky, skin care (G/R), skin-after sun, skin-allergies (G/R), skin-blotches (R), **skin-broken veins (G/R)**, **skin-burning sensations (G/R)**, **skin-chapped**, **skin-dry (G/R)**, skin-eyes (G), **skin-infection (R)**, **skin-inflamed (G/R)**, **skin-irritated (G/R)**, **skin-itchy (R)**, **skin-normal,(G/R)** skin-oily, **skin-redness (G/R)**, **skin-sensitive (R)**, **skin-toning**, **sleeplessness-baby (R)**, spider bites, stomach cramps (R), **stress-emotional/environmental/ physical (G/R)**, synovitis, **teething (G/R)**, throat-burning (R), thrush, **tonic (R)**, **tonic-spleen (R)**, **tonic-stomach (R)**, tonsillitis (R), toothache (R), torticollis/wry neck (R), ulcerations (G), **vaginitis (G/R)**, vaginitis-antropic (G), varicose ulcer (G), wasp sting, windburn (G/R), **worms (C)**, **wounds (G/R)**, yeast infection/candida

Roman Chamomile is more effective for irritation, impatience and feeling disagreeable, for PMS and other menstrual and menopausal problems. German Chamomile is better on the skin to sooth and calm, and to heal and tissue regeneration.

Properties

**analgesic (G/R)**, Antibacterial (G/R), antibiotic (G/R), antidepressant (R), antifungal (G/R), **anti-inflammatory (G/R)**, antineuralgic (R), antiphlogistic (G/R), antiseptic (R), antispasmodic (G/R), calmative (G/R), carminative (G/R), **cholagogue (G/R)**, cicatrizant (G/R), digestive (G/R), disinfectant (G/R), diuretic, emmenagogue (G/R), febrifuge (G/R), **hepatic (G/R)**, **hypnotic**, **inflammation**, immunostimulant (G/R), muscle relaxant, nervine (G/R), **sedative (R)**, stomachic (G/R), sudorific (G/R), tonic (strengthens the body, helps preserve and restore health)(G/R) , **vasoconstrictor**, vermifuge (G/R), **vulnerary (G/R)**

Constituents (G)

Farnesene (unknown isomer), Chamazulene, alpha-Bisabolol, alpha-Bisabolol oxide B, alpha-Bisabolol oxide A, (E)-beta-Ocimene, delta-Cadinene, alpha-Muurolene, others.

Constituents (R)	High ester content (angelic and tiglic acids), pinene, farnesol, nerolodol, chamazulene, pinacarvone, cineol, b-caryophyllene, camphene, myrcene.
Scent/Note/Viscosity (R)	sweet, fresh, herbaceous, fruity (apple like); middle note; very light blue in color; water viscosity.
	(G) strong, sweet, herbaceous, straw like; middle note, dark blue in color; medium viscosity.
Best Mixed With	Bergamot (G/R), Chamomile (R/G), Clary Sage (G/R), Cypress(G), Eucalyptus (R), Frankincense (G), Geranium (G/R), Grapefruit (G/R), Jasmine (G/R) Lavender(G/R), Lemon (G/R), Orange (G/R), Palmarosa (R), Patchouli (G), Pine (G), Rosemary(G), Tea Tree (G/R), Ylang Ylang (G/R) (Benzoin (G/R), Galbanum, Marjoram (G/R), Neroli (G/R), Ravensara (G), Rose (G/R), Rose Otto (R))
<b>Warning</b>	Can cause drowsiness (R)

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