



# Chamomile Benefits – The Gentle Healer for Digestion, Sleep, and Emotional Peace

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## Botanical Profile

- Latin Name: *Matricaria chamomilla* (German Chamomile), *Chamaemelum nobile* (Roman Chamomile)
- Alternative Names: Ground Apple, Whig Plant, Manzanilla
- Plant Family: Asteraceae (Daisy family)
- Parts Used: Dried flower heads
- Origin: Native to Europe and Western Asia, cultivated worldwide

Chamomile is a cherished herbal remedy known for its tender calming, digestive, and anti-inflammatory properties. Long loved by children and elders alike, it offers gentle strength to soothe nerves, settle the stomach, and invite deep rest. At Peridotflow Wellness Centre, Chamomile is the golden thread woven through many of our blends—trusted for its softness, reliability, and ability to meet the heart, gut, and spirit with equal grace.

## **Soothes Digestive Upset and Cramping**

Chamomile is one of nature's most trusted digestive allies. Its antispasmodic and carminative actions help relieve gas, bloating, nausea, and cramping—especially when symptoms are linked to nervous tension. It's a key herb for irritable bowel syndrome (IBS), colic, and stress-related indigestion. Taken as a tea after meals, it supports smooth digestion and eases both physical and emotional knots in the belly.

## **Calms the Nervous System and Encourages Sleep**

Chamomile's nervine and mild sedative qualities help ease anxiety, restlessness, and insomnia. It is especially suited for those whose nervous systems are easily overwhelmed, who feel fragile or wound up. It quiets the mind, softens the heart, and coaxes the body into a parasympathetic state. A warm cup before bed is a gentle invitation to peaceful sleep and emotional unwinding.

## **Eases Menstrual Pain and PMS Symptoms**

Chamomile has a natural affinity for the womb, helping to relieve menstrual cramps, irritability, and bloating. Its antispasmodic and anti-inflammatory properties ease uterine tension, while its calming nature soothes mood swings and emotional turbulence. It is a beautiful herb for all ages—especially young women navigating early cycles or individuals seeking gentle cycle support.

## **Reduces Inflammation and Supports Immune Balance**

With its anti-inflammatory, antioxidant, and antimicrobial compounds, Chamomile supports immune health on multiple levels. It can ease hay fever, mild allergic reactions, and inflammation in the gut, skin, or sinuses. Topically, it can be used as a wash or compress for irritated skin, eyes, or wounds. Internally, it gently tones inflammatory tendencies without suppression.

## Safe and Soothing for Children

Chamomile is one of the safest herbs for babies and children. It is used for teething pain, colic, fever, tummy aches, and night terrors. Its gentle sweetness and effectiveness make it ideal as a first herbal introduction. Glycerites, teas, and warm compresses offer calming comfort in moments of distress, overstimulation, or illness. Chamomile meets little ones with tender familiarity and natural ease.

## Folklore & History

Chamomile has been used since antiquity, revered by the Egyptians as a sacred herb offered to the sun god Ra. Its name derives from the Greek 'chamaimelon,' meaning 'ground apple,' due to its sweet, apple-like scent. In European folk medicine, it was used in strewing herbs, dream pillows, and protective charms for children. Known as 'the physician's plant,' Chamomile was believed to heal not only itself but also any plant nearby that was failing to thrive.

## Traditional Usage

Chamomile is traditionally prepared as a tea, tincture, compress, or bath. It is often infused into oils or creams for skin support, or used in steam inhalations for sinus and respiratory comfort. It's a foundational herb in traditional Western herbalism—celebrated for its versatility and ability to support multiple systems simultaneously.

## Herbal Actions

Nervine, Carminative, Antispasmodic, Anti-inflammatory, Mild sedative, Bitter tonic, Diaphoretic, Vulnerary

## Energetics & Tissue States

Temperature: Cooling

Moisture: Drying

Tissue States: Tense, Hot, Damp, Irritated, Excited

## Active Compounds

- Volatile oils (including chamazulene, bisabolol) – Anti-inflammatory and calming
- Flavonoids – Antioxidant and soothing
- Sesquiterpenes – Bitter and tonic effects
- Coumarins – Mildly antispasmodic and anticoagulant

## Dosage & Preparation

- Tea: 1–2 tsp dried flowers per cup, steep 10–15 minutes; drink 1–3x daily
- Tincture: 1–4 ml up to 3x daily
- Compress: Cooled tea applied to inflamed eyes, skin, or wounds
- Bath: Strong infusion added to bath water to calm and restore

## **Safety & Contraindications**

- Safe for all ages, including infants and during pregnancy
- Use caution with allergies to Asteraceae family (ragweed, daisies)
- High doses may be overly drying for those with very dry constitutions
- May interact with blood-thinning medications in large amounts

## **Herbal Pairings**

- Lemon Balm – for uplifted calm and digestive joy
- Fennel – for gas, colic, and children’s digestion
- Lavender – for deeper nervous system relaxation
- Peppermint – for enhanced digestive cooling
- Marshmallow Root – to moisten and balance Chamomile’s dryness

## **Peridotflow Perspective**

Chamomile is the soft hand on the shoulder, the whispered lullaby, the warmth of a comforting cup. At Peridotflow, we honour it as a deeply intuitive herb—able to meet children in distress, elders in pain, and adults in emotional overwhelm with equal grace. Its golden light clears emotional static, brings peace to the gut-brain axis, and holds space for healing in its most gentle form. Chamomile reminds us that even the smallest blossoms can bring profound relief.