



The Chamomile Species

Essential oil extracted from: Flowers

Family: Asteraceae (Compositae)

Cultivated in: Europe, Morocco, Egypt, Asia

Planet: Sun

Element: Fire

Energy: Cool

Chakra association: Throat, Solar Plexus

Crystal association: Turquoise, Blue Lace Agate

Essential oil use: Skin conditions, digestion aid, inflamed joints and muscles, gout, arthritis

Herbal use: Indigestion, dyspepsia, anxiety

Flower essence: Soothes anger and irritability

Magical association: protection – hung in bunches over babies' cots to protect and keep them healthy.

Chamomile is the common name of a much used medicinal botanical plant for herbal products and skin/body care for thousands of years.

An important plant in Ancient Egypt, it was dedicated to Ra, the Sun god.

They are often known as the Blue oils as when steam distilled to produce the essential oil a beautiful blue color appears. Azulene is the chemical constituents of the oil that give the blue chamomiles its anti-inflammatory properties.

In the language of flowers Chamomile stands for "patience in adversity" also known as the "plants physician" because it seems to improve the health of the plants within its immediate area.

Which Chamomile?

Here are a few of the more widely used chamomiles used in holistic aromatherapy.

Botanical name: *Matricaria recutita*

English name: German chamomile

Strong anti-inflammatory properties for all skin disease.

Botanical name: *Anthemis nobilis*

English name: Roman chamomile

Works on the nervous system as a relaxant.

Botanical name: *Chamaemelum mixtum*

English name: Moroccan chamomile

Strong anti-inflammatory properties for all skin care.

Botanical name: *Tanacetum annuum*

English name: Moroccan blue chamomile

A natural anti-histamine, allergies.

Botanical name: *Eriocephalus punctulatus*

English name: Cape Chamomile

Allergies, analgesic (pain relief), soothing can help with sleep.

Important: The information given does not replace medical advice or opinion.

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