

## Matricaria Chamomilla

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Composite family (Asteraceae)

Description. One year of herbaceous plant with upright, naked, up to 50 centimeters high stem, highly branched in its upper part, with consistent double to triple pinnate cut with narrow pointed leaflets. Colorful baskets are located on top of the stem branches. Consist of 12-18 peripheral white flowers and numerous yellow inner florets. Lining of the baskets is keratinized, elongated ovoid, blunt, with broad membranous edge. Inflorescences bed is bare, with small fossa, hollow, hemispherical in just flowering baskets and extended to the cone at the end of flowering. The fruit is elongated green-brown seeds. Whole plant and especially colorful baskets are characteristic pleasant smell and sharp taste bitterish. It flowers from May to August.

The most common unauthorized synonyms from other plants are Polish podrumiche - *Anthemis arvensis* L., which differs in that the lining of the basket are dumb broad tunicates, while in chamomile are soft and the flesh colored bed of Chamomile - *Anthemis cotula* L., which has claimed styliform linear leaflets of the lining of the basket. Podrumiche Polish dog and a chamomile severe unpleasant smell, while the scent of chamomile is good.

Distribution. Grows in meadows, pastures and meadows around the settlements along the roads. It is distributed throughout the country. Not to be confused and mixed with Polish podrumiche dog and chamomile, which differ in that the lining of the baskets and have severe unpleasant odor.

Ingredients: The colorful baskets containing 0,5 - 1.5% essential oil with a characteristic blue or cyan color. Its color depends on the content of azulenes, which is different and depending on the species of plant and by its geographical origin. Azulene of chamomile is called hamazulene formed during the acquisition of oil from the volatile, colorless ingredients - matrisin. and not contained in the free state in the plant. Water or alcohol extracts containing hamazulene. are perishable. In the color of chamomile contain flavonoid glycosides and aglycones with apigenin, luteolin, quercetin, patuletin having antispasmodic action. Same Day → tion have coumarins and umbelliferone. Contained more mucus and substances, sterols, bitter substances and the fatty acids.

Curative effect and application. Chamomile has anti-inflammatory, antiseptic, analgesic, antispasmodic, ranozazdravivashto, soothing, potogonno and other actions. Long used in folk medicine, it has already entered into a broad and scientific. We studied its composition and action. The most important active ingredient in the essential oil is hamazulene. It has been proven its anti-inflammatory, antispasmodic and carminative action and stimulating effect of essential oil on the central nervous system. It is also holinolitichnoto and spasmolytic action of glycosides and spasmolytic of flavonoid and coumarin derivatives.

Chamomile is used primarily for diseases of the gastrointestinal tract, colds and upper respiratory tract and emollient. Herb is used internally or externally, respectively, at various inflammation - the lining of the mouth, gums, throat, toothache, gastritis, enteritis, colitis, stomach ulcers and duodenal, the conjunctiva, in piles, leucorrhoea, painful wounds and trudnozazdravivashti, wetting eczema, boils, sweating of the feet. Form of inhalation is prescribed for influenza, pharyngitis, laryngitis, etc. Also used as an emollient in painful menstruation and sleep disturbances. In cosmetics chamomile used for refreshing the skin and to maintain the color of blond hair.

In the Bulgarian folk medicine chamomile is used in inflammation of the kidneys and bladder, insomnia, headache, jaundice, flatulence, gout, rheumatism, epilepsy, hysteria, hemorrhoids, difficult urination, and urinating blood, fungus in the mouth, difficulty breathing, jaundice, painful menstruation .

Directions for use.

It is best to use the extract obtained in the cold (10 teaspoons of herbs is poured over with 500 cm<sup>3</sup> of cold water after 8 hours is filtered and drink for 1-2 days). You can make infusions for internal and external use - 2-3 teaspoons of herbs is poured over with 250 cm<sup>3</sup> of boiling water and stay in a closed vessel 1 hour. To drink tea two times. It is recommended that infusions be made immediately before use (when standing in aqueous solution rapidly decomposes hamazulenat). Drink for 15 minutes before eating.