

## Editorial Note on *Matricaria chamomilla*

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### EDITORIAL

Chamomile is an important herb being used widely for medicinal purposes. Chamomile, with the scientific name of *Matricaria chamomilla*, is one of the most widely used medicinal plants. *Matricaria chamomilla*, also known as German chamomile, has multitherapeutic, cosmetic, and nutritional values that have been established through years of traditional and scientific use and research. Azoline is one of the effective compounds in this plant that has anti-inflammatory and antiseptic effects. The anti-inflammatory effects of Chamomile are mostly due to compounds such as Matrisin and Bisabolol. The (semi) volatile fraction of *Matricaria chamomilla* L., an annual herbal plant from the family of Asteraceae, contains high quantities of sesquiterpenes and sesquiterpenoids.

Chamomile is most often used as a herbal tea, but can also be taken orally as drops, capsules, or tablets, applied topically, or inhaled. The primary part of the chamomile plant used for medicinal and nutraceutical purposes is the flower head. The dried flower heads are usually extracted with water, ethanol, or methanol, and added to gels, ointments, and creams; or dried and used in the form of tablets, capsules, or coated pills. Chamomile is most commonly prepared as a hot-water infusion (tea) using the dried flower heads. Chamomile is thought to aid in relaxation and enhance sedation. It is typically used as a 'bedtime tea' and its effects might be similar to benzodiazepines. Multi-therapeutic values of chamomile have been established through traditional and scientific use and research. In traditional medicine, chamomile has been used to treat multiple

diseases and ailments, including digestive disorders, conjunctivitis, dysmenorrhea, cold, cough, kidney stones, eye infection, headaches, and insomnia; colic and nervousness; sinusitis, burns, wounds, ulcers, and stomach ache; flatulence, infections, and pharyngitis; and hypertension, intestinal worms, anxiety, and hair loss. It can be used to treat irritation of the skin. While extremely rare, very large doses of chamomile may cause nausea and vomiting.

Chamomile shows its effects on stomach pain; irritable bowel syndrome, insomnia, and wound healing have been confirmed. Chamomile consumption was effective in reducing menstrual bleeding.

Menstrual disorders include dysmenorrhea, increased or decreased duration, and volume of menstrual bleeding, which is very common among women. Dysmenorrhea is a common gynaecological disorder affecting about 50% of women of reproductive age.

Primary dysmenorrhea is characterized by pain during menstruation. It is a common problem among females in their reproductive age which is caused by increased production of prostaglandin in the endometrium as one of the leading causes. Chamomile extract ceases the production of prostaglandins and leukotrienes. Chamomile has anti-prostaglandin properties.

Chamomile is also used in the form of an essential oil. Although the essential oil is found in all parts of the plant. The oil is obtained by subjecting flower heads to high pressure, temperature, and steam during the process known as steam distillation or hydrodistillation.

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**Received:** July 17, 2021; **Accepted:** July 23, 2021; **Published:** July 28, 2021

**Citation:** Aly KE (2021) Editorial Note on *Matricaria chamomilla*. Med Aromat Plants (Los Angeles) 10: 395.

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