

EO of the Month August 2013



Roman CHAMOMILE

Chamaemelum nobile

Anthemis nobilis

Plant Origin:

Egypt, France, Morocco, Italy, Spain, Germany, Hungary

*"Roman chamomile is a small perennial herb, with a hairy stem and feathery pinnate leaves, daisy like white flowers (larger than those of German chamomile) and grows about 25 cm high (about 10")."*³

Plant parts used:

Steam distillation of the flowers. The dried flowers are commonly used to make a relaxing Chamomile tea.

Unusual facts:

*"The name chamomile is derived from the Greek words **kamai** and **melon**, meaning 'ground apple', due to the apple-like scent of Roman Chamomile. The Spanish word for chamomile, **manzanilla**, likewise means 'little apple'."*¹

*"In Egypt, Roman Chamomile was dedicated to Ra, the sun god." "It was used to invoke all solar deities. An important remedy in Ancient Egyptian medicine, Chamomile is an emblem of the omnipotence of Ra through its power to restore wholeness to the Self."*¹

*"In Egypt, it is dedicated to the moon, for its cooling ability."*³

*"In the Middle Ages, Chamomile was used to sweeten the air of a room and create a relaxing atmosphere."*²

Like German Chamomile, it contains **azulene**, which is highly anti-inflammatory, but Roman Chamomile has much less of this constituent.

Colour and Scent:

Light blue to clear (depending on amount of **azulene**). Sweet, warm, herbaceous, apple-like.

Properties:

Analgesic, antiparasitic, anti-spasmodic, antiseptic, antibiotic, anti-inflammatory, anti-infectious, anti-depressant, anti-neuralgic, antiphlogistic, antiseptic, antispasmodic, bactericidal, carminative, cholagogue, cicatrisant, emmenagogue, febrifuge, hepatic, sedative, nervine, digestive, tonic, sudorific, stomachic, vermifuge and vulnerary

Mental, emotional and spiritual effects:

Stress, anxiety, irritability, temper tantrums, anger, insomnia, addiction, nightmares, depression, anger, helps release emotions from the past, supportive during pregnancy and post-natal depression. Especially good for children at night when diluted and dispersed in a diffuser.

Physical effects:

Toothaches and teething pain, colic, earaches, calming, reduce fevers, soothe digestive system, neutralizes allergies, blood cleanser, liver detoxification, muscle tension, nervous system tonic, restless legs, menopause, regulating and easing menstrual cycle, anorexia, back pain, muscle pain, arthritis, bowel disorders.

Skin:

Regenerates skin. Calms acne, eczema, rashes, wounds, dermatitis, dry and itchy skin and other allergic skin conditions, diaper rash, burns, sunburns.

Blends with:

Bergamot, Clary Sage, Grapefruit, Jasmine, Lavender, Lemon, Rose, Rose Geranium, Ylang Ylang. Blended with Clary Sage and Cypress, good for relieving premenstrual tension and menstrual pain.

CAUTIONS: Avoid if pregnant. Good in general for allergies, but should not be used by those allergic to ragweed as sometimes ragweed is present when the oil is distilled. Test for skin sensitivity.

Sources:

- ¹ [Aromatherapy for Healing the Spirit](#) by Gabriel Mojay
- ² [The Aromatherapy Book](#) by Jeanne Rose
- ³ www.essentialoils.co.za/essential-oils/chamomile.htm
[Complete Aromatherapy Handbook](#) by Susanne Fischer-Rizzi
- [Essential Oils Desk Reference](#) by Young Living Essential Oils
www.aromaweb.com