

## *Chamomile*



Chamomile, scientifically known as *Matricaria chamomilla* or *Chamomilla recutita*, is a medicinal plant with multiple uses and benefits. Here is some additional information about chamomile:

Chamomile is a plant with small, white, daisy-like flowers that grows in temperate areas around the world.

Chamomile flowers are the most used part of the plant for medicinal purposes. Chamomile has anti-inflammatory, antispasmodic, antiseptic, antibacterial, antioxidant and sedative properties.

Chamomile can be consumed as a tea, tincture, liquid extract, essential oil or applied topically as compresses or lotions.

Among the most common medicinal uses of chamomile are the treatment of digestive ailments such as indigestion, abdominal cramps, diarrhea and gastritis. It is also used to treat skin conditions such as eczema, dermatitis and minor burns. Chamomile is also used in the treatment of respiratory problems such as coughs and colds.

Although chamomile is considered safe for most people, allergic reactions can occur in people sensitive to plants in the Asteraceae family. There is also some evidence that chamomile can interact with certain medications, so it is recommended to consult a doctor before starting a chamomile treatment, especially if you have pre-existing medical conditions or are taking other medications.

Chamomile is generally considered a safe and effective medicinal herb with multiple health benefits. Chamomile has multiple medicinal benefits, including:

**1. Anti-inflammatory effect:** Chamomile can reduce inflammation and help treat inflammatory conditions such as arthritis and skin irritations.

**2. Calming properties:** Chamomile infusion is known for its ability to calm the nervous system, helping to reduce anxiety **and stress.**

**3. Treating Insomnia:** Drinking chamomile tea before bed can help improve sleep quality and fight insomnia.

**4. Antispasmodic Effects:** Chamomile can help relax muscles and can be useful in treating abdominal cramps and other digestive problems.

**5. Skin Benefits:** Chamomile oil is used in skin and body cosmetics for its anti-inflammatory and antioxidant properties, which can help soothe irritations and promote skin healing.

## **Chamomile legends**

**1. Brother of the sun:** In another legend, chamomile is the younger brother of the sun. Envious of his brother's brilliance and power, Chamomile wanted to find his own role in the world. The sun, seeing his little brother's desire, blessed him with the gift of healing, allowing him to shine in a different way, bringing peace and comfort to those who sought him.

**2. The Chamomile and the Moon:** One night, Luna noticed how beautifully the chamomile glowed under her rays in a quiet garden. Impressed by its beauty and simplicity, Luna granted chamomile the power to bring peace and restful sleep to those who rest under its light. Since then, a chamomile tea before bed is considered a gift from the Moon herself, ensuring a restful sleep and pleasant dreams.

**3. Legend of the Enchanted Chamomile:** In a secret garden, hidden from the eyes of the world, grew a chamomile with magical powers. It is said that this chamomile could fulfill any wish of the one who planted it and cared for it with devotion. However, access to the secret garden was difficult to obtain, and the lucky few who managed to find it found that the chamomile guided them to use their wishes for the good of those around them **th**

**4. Legend of chamomile and fearless love:** According to this legend, in a village in Moldova, a brave young woman used chamomile to free her lover from the hands of an evil sorcerer. She picked chamomile flowers on a full moon night and created a powerful elixir to give her the courage to face the sorcerer. Thanks to chamomile, she saved her lover and they lived happily ever after.

**5. Legend of chamomile and connection with the earth:** According to this legend, chamomile has a special connection with the earth and nature spirits. It is said that each chamomile flower is cared for by the spirits of the earth and receives magical powers from deep within the earth. This gives chamomile the ability to heal and bring balance to the world.

