



« Chamomile » medicinal plant

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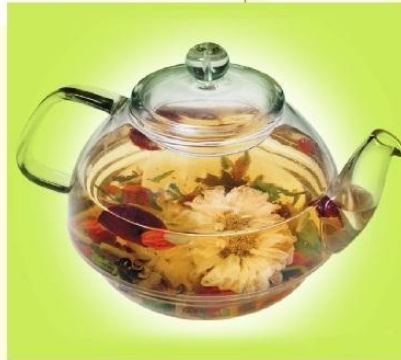


Chamomile is a perennial plant. The chamomile flower consists of a yellow central part and white or yellowish petals. The flower can grow up to 30-60 cm in height. The flowers of this flower are collected in baskets. The flowering period of chamomile is very early. It can begin to bloom already in the first months of spring, and since the flowering of all flowers does not begin at the same time, blooming chamomile can be found on earth until late autumn.

Chamomile grows best in loose soil and open areas. This flower is quite hardy. Propagated by seeds.

Лекарственные свойства ромашки

- от головных болей, болей в желудке и конечностях
- успокоительное действие
- противоаллергические свойства
- жаропонижающее средство
- входит в состав многих кремов и масок по уходу за кожей



Chamomile flowers contain essential oil, flavonoids, coumarins, organic acids, ascorbic acid, carotene, gums, polysaccharides, bitterness, and other biologically active substances.

Pharmacological properties

An infusion of chamomile flowers has an anti-inflammatory, antispasmodic and moderate antimicrobial effect, reduces fermentation processes in the intestines, and increases the secretion of the digestive glands.



Chamomile flowers, medicinal properties:

- anti-inflammatory;***
- disinfectant;***
- painkiller;***
- choloretic;***
- sedative;***
- antispasmodic;***
- anticonvulsant;***
- astringent (weak);***
- antiallergic;***
- carminative;***
- hemostatic.***

Inside - in the complex therapy for chronic gastritis, gastric ulcer and duodenal ulcer, chronic enteritis, chronic colitis, flatulence, intestinal cramps, diarrhea.



Chamomile oil

This tool is also used for various purposes.

Cosmetic use.

With freckles.

With acne.

For brittle and dry hair

Slimming tea.

baths.

Cream.



Contraindications

Despite the fact that many consider this plant to be absolutely harmless, there are still contraindications for chamomile. First of all, it is important to consider contraindications for women - chamomile is contraindicated for pregnant women, and nursing mothers should drink it with caution. People suffering from chronic diseases, as well as those who are taking life-saving medications, should consult a doctor before using decoctions, infusions or oils. Also do not use it for individual intolerance.

***Locally - for rinsing with infectious and inflammatory diseases of the upper respiratory tract and oral cavity (pharyngitis, tonsillitis, stomatitis, gingivitis).
Rectally - in the form of microclysters, it is used for spastic colitis, hemorrhoids.***



Dosage and administration

2 filter bags are placed in a glass or enamel bowl, pour 200 ml (1 glass) of boiling water, cover with a lid and infuse for 15 minutes.

Inside, adults and children over 12 years of age take 1/2-1 cup 3-4 times a day.

Topically and externally for adults and children over 12 years of age, use for rinsing (1/2-1 cup 3-5 times a day), irrigation, lotions.

It is recommended to shake the water extract (tea) before drinking. Water extract (tea) should be used freshly prepared.

The duration of the course of treatment is determined by the doctor individually, taking into account the characteristics of the disease, the effect achieved and the tolerability of the drug.



Side effects

When taken orally, the following negative manifestations may occur:

- increase in pressure;
- risk of bleeding;
- vomit;
- bronchospasm, Quincke's edema
- in people with intolerance.

For external use:

- allergic rash, urticaria;
- itch.

Hypersensitivity to the drug.

Use during pregnancy and lactation Use during pregnancy and during breastfeeding is possible if the expected benefit to the mother outweighs the potential risk to the fetus and child. It is necessary to consult a doctor.



How to prepare and store

Dried chamomile Flowers are harvested in summer, doing it in dry weather. The highest concentration of essential oil in chamomile is observed from June to August. For external use, the whole plant is used, respectively, for this purpose, raw materials are harvested in this way.

You need to dry the grass in the shade, while well ventilating the room.

When using a dryer, the temperature should not exceed 40 degrees. During the drying process, the plant is not turned over to prevent shedding of the petals.

Store dried raw materials in paper or cloth bags in a dry and dark place. Used throughout the year. Since chamomile has a strong smell, it should not be stored near foods that can absorb this aroma.



Chamomile for children

When used for children, chamomile flowers, medicinal properties and contraindications must be taken into account.

Pharmacy chamomile as a tea is used for children after 1 year. For small children, tea should be diluted with water or buy special children's tea. But outwardly, grass and chamomile flowers are used earlier, even before the baby is one year old. However, the concentration of the decoction should be low.

Parents of young children should consult a pediatrician on how to properly use chamomile flowers. Useful properties and contraindications to its use should be especially carefully considered by parents of infants.



Release form

Chamomile is produced in the following forms

- dry raw materials*
- tea, fees, flowers*
- ;- liquid tincture, extract;-capsules with extract;*
- chamomile oil.*
- Also, chamomile extract is included in many cosmetics, ointments, dietary supplements.*