

Matricaria recutita

Matricaria recutita, commonly known as Chamomile, is a flowering herb widely recognized for its calming and soothing properties. Native to Europe and Western Asia, chamomile has been used for centuries in traditional herbal medicine, teas, and wellness practices for relaxation, digestive comfort, and skin support.

Key facts

- **Scientific name:** *Matricaria recutita*
- **Common names:** Chamomile, German Chamomile
- **Family:** Asteraceae
- **Active compounds:** Apigenin, bisabolol, chamazulene
- **Typical forms:** Teas, capsules, extracts, essential oils

Botanical characteristics

Matricaria recutita is an annual herbaceous plant with delicate white petals and yellow flower centers. The flowers are harvested and dried for medicinal and aromatic use in teas, oils, and herbal preparations.

Traditional and modern uses

Traditionally, chamomile has been used to support relaxation, digestion, sleep, and skin comfort. In modern herbal medicine and wellness industries, it is commonly included in calming teas, skincare products, and digestive support formulations.

Mechanism and research

Research suggests that compounds such as apigenin may contribute to chamomile's calming and anti-inflammatory effects. Clinical studies have investigated chamomile for sleep quality, anxiety-related symptoms, digestive support, and skin irritation, although additional research is still ongoing.

Safety and regulation

Chamomile is generally considered safe for most individuals when consumed in moderate amounts. People with allergies to plants in the Asteraceae family should use caution due to possible hypersensitivity reactions.

Culinary and supplement context

Chamomile is one of the world's most widely consumed herbal teas and is also available in supplements, extracts, essential oils, and cosmetic formulations. Its gentle aroma and calming profile continue to support its popularity worldwide.