

The Importance of Chamomile in the Treatment of Diseases

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Abstract: Chamomile known herb. The ancient medicine considered that reception in inside broth of a chamomile opens obstruction of a body, strengthens a brain, nerves, increases a libido, is antidote from all poisons, drives sweat, milk, wet, stops development of cold, treats diseases of eyes and winds of an ear. Broth of a chamomile treats suffocation, jaundice, fatigue, hepatic pains, belly-aches, back pass, a uterus, dissolves tumors in these bodies. The chamomile cleans a body from harmful matter, treats mucous and bilious fever. If to sit in a bathtub of broth of a chamomile will expel a fruit, monthly, will crush stones in kidneys. In the form of a bandage, flowers of a chamomile treat a skin itch, dacryagogue. If it is useful to chew chamomile flowers at inflammations mucous a mouth. Powder of flowers of a chamomile, at introduction to eyes treats them diseases.

Keywords: chamomile, *Matricaria recutita*, *Matricaria chamomile* L., *M. suaveolens* Buch., phytotherapy, traditional medicine, ancient medicine.

Introduction

Matricaria recutita, *Matricaria chamomile* L., *M. suaveolens* Buch. This is one of the most popular medicinal plants. Chamomile has been used as a medicine since ancient times. It is a very common plant. Chamomile is found throughout the former USSR. In Central Asia, only fragrant chamomile is found wild. It grows along roads, along the banks of ditches. Chamomile is also cultivated as an ornamental and medicinal plant. The plant is official and can be purchased at the pharmacy chain. Chamomile is widely used in modern cosmetics. Chemical composition of the plant: Chamomile flower baskets contain up to 0.85% essential oil. This oil contains over 40 components, including chamazulene, bisabolol and its oxides, en-in bicycloesters, etc. [1-4]. The following were detected in *M. recutita* oil: bisabolol oxide A (28%), α -bisabolol oxide B (17.1%), (Z)- β -farnesene (15.9%) α -bisabolol (6.8%) [2-5]. Flavonoids were also identified - apigenin and its derivatives (cosomosiin, apiin, apigenin glycoside), luteolin and its derivatives, quercetin and its derivatives, isorhamnetin, kaempferol derivatives, gossypetin derivatives; coumarins – umbelliferon, herniarin; triterpene alcohol – taraxasterol; sesquiterpene lactones – matriacin, matricarine [15, 12]. Phytosterols were also identified; choline; organic acids - isovaleric, salicylic, caprylic [25]. Vitamin C, carotenes, gums, mucus, bitterness, and polyacetylenes were determined. The plant concentrates salts Zn, Cu, Se [16]. Coumarins have also been identified in chamomile leaves - skimine (umbelliferone-7-O- β -d-glucoside), dafnin (davnetin-7-O- β -d-glucoside), dafnetin - [6-10]. Ancient medicine defined the nature of the plant as hot in the II degree and dry in the I degree.

Chamomile flowers applied externally dissolve tumors and soften compactions. Ingestion of a decoction of the herb opens blockages in the body, strengthens the brain, nerves, increases libido, is an antidote to all poisons, drives away sweat, milk, urine, menstruation, stops the development of a runny nose, treats eye diseases and windy ears [1-3]. Chamomile decoction treats suffocation, jaundice, fatigue, liver pain, pain in the abdomen, anus, uterus, and dissolves tumors in these organs. Chamomile cleanses the body of harmful matter, treats mucous and bilious fever. If you sit in a bath, chamomile decoction will expel fetuses, menstruation, and crush kidney stones [9]. In the form of a bandage, chamomile flowers treat itchy skin and watery eyes. Chewing chamomile flowers is useful for inflammation of the oral mucosa. Chamomile flower powder, when injected into the eyes, treats eye diseases. Smoking with chamomile is useful for colds. Steam from boiling chamomile infusion relieves pain in the eyes and ear. The dose for taking chamomile flowers is up to 15 g. It is believed that it harms the spleen, some that it harms the throat. In such conditions, you need to eat celery or

honey [1-6]. Chamomile roots are hotter and drier and medicinally better than flowers. If you drink 4.5 g. Its roots with wine and honey greatly strengthens libido. Oil is obtained from chamomile. For this, 100 gr. 400 grams of flowers are poured. sesame oil and leave in the sun. After the flowers are bleached, they are filtered and a new portion of flowers is added. This procedure is performed several times [4-7]. Another way to prepare oil is 100 gr. chamomile flowers are poured into 400 g. water and prepare a decoction. Then, 100 grams are added to the decoction. sesame oil and simmer over low heat until all the water has evaporated. Chamomile oil is hot in the II degree and dry in the I degree. External use of this oil treats cold and complex tumors, dries moisture, treats chills during fever, drives away sweat, eliminates fatigue, treats joint and lumbar pain. It is also useful for tremors and uterine pain [9-13]. Chamomile is very popular in modern folk medicine. In Central Asian countries, chamomile tea is recommended for diseases of the liver and biliary tract, as an analgesic, diaphoretic, diuretic, and anticonvulsant. It is recommended for constipation [11]. In Russian folk medicine, chamomile is used as an analgesic, diuretic, and antiseptic. Externally, chamomile and salt (200 grams per 10 liters) in the form of baths are used in the treatment of gout. Pads filled with chamomile and elderberry flowers are applied to sore joints and muscles. Taken internally, chamomile tea is recommended for flatulence, cramps, as a choleric, sedative. Chamomile decoction is used to wash hair for dandruff [11-15]. In Bulgarian folk medicine, chamomile is used as an antiallergic remedy for leucorrhoea. It has been noticed that mice are afraid of the smell of chamomile. For the flu, it is recommended to inhale the vapors of chamomile decoction [10]. In modern scientific medicine, almost all the data obtained by traditional and ancient medicine have been confirmed. The main properties of chamomile are associated with its essential oils. It should be noted that fragrant chamomile essential oil differs from chamomile in the absence of chamazulene. Chamomile essential oil has pronounced antioxidant properties [20-23]. Its anti-inflammatory and analgesic properties were confirmed by scientific research back in 1927 by Arnold. Good results have been obtained in the treatment of vaginal candidiasis with chamomile extract [13-15]. A mouthwash containing 1% chamomile extract, due to its anti-inflammatory and bactericidal properties, reduced the formation of films and bleeding from the gums in patients with gingivitis [17-20].

Experimental studies have revealed the wound-healing properties of aqueous extracts and chamomile oil [21-24]. Chamomile, thanks to biologically active substances, mainly apigenin 7 - glycoside, proazulene matrices, has an anti-inflammatory effect [24]. Chamomile extracts, when used in combination with diclofenac, due to their properties to inhibit cyclooxygenase, act synergistically in the treatment of inflammatory pain [25-29]. Tunisian chamomile (*Matricaria recutita*) has leishmaniacidal and amoebocidal properties [12]. This variety of chamomile also has anthelmintic effects [13]. Scientific research on chamomile has revealed its antioxidant, bactericidal, antidepressant, anti-inflammatory, antidiarrheal, antitumor, hepatoprotective, and antidiabetic properties [14]. Thanks to its antioxidant properties, chamomile extracts protect red blood cells and changes in blood parameters [5], liver tissue from damage [15-17], and ethyl alcohol poisoning. The antispasmodic properties of chamomile are associated with chamazulene and bisabolol. The antiallergic and carminative properties of chamomile preparations have been confirmed [11].

When used externally and in microenemas, chamomile preparations have an astringent, anti-inflammatory, and antiseptic effect. The hemostatic and anticonvulsant properties of the herb have also been determined. Plant preparations stimulate the medulla oblongata [2].

Research results

Experimental studies have shown that chamomile flower infusion has an antithrombotic effect [30]. The plant has no toxic side effects and is used in generally accepted concentrations. Chamomile is widely used in the form of inhalations for colds. In general, chamomile is one of the most popular medicinal herbs – [20]. Randomized, placebo-controlled clinical trials have shown that chamomile infusion is more effective in treating pain associated with premenstrual syndrome than mefenamic acid [7-11]. Randomized, placebo-controlled studies have shown that taking chamomile infusions has a therapeutic effect in cyclic mastalgia. Due to the properties of chamomile extracts to inhibit the enzymes metalloproteinase-9 and elastase, they prevent the development of inflammation of the gastric

mucosa [31-35]. Weiss (1974) offers “cylinder treatment” for stomach ulcers: 15 minutes before meals, take 1 glass of hot chamomile infusion and alternately lie on the left and right sides, on the stomach and back. Experimental studies of chamomile on animals have shown that its daily use prevents the development of peptic ulcers and protects against the damaging effects of ethyl alcohol. Experimental studies have shown that *Matricaria chamomilla* has antidiarrheal, antisecretory and antispasmodic properties through its effects on K(+) channels. The combined use of aloe with chamomile flowers has a therapeutic effect on irritable bowel syndrome in children [29].

Chamomile increases the effectiveness of the antitumor drug fluorouracil in the treatment of leukemia [36]. The alcoholic extract of chamomile has a pronounced neuroprotective and anticonvulsant effect. Chamomile infusion significantly reduced withdrawal symptoms in morphine addiction [40]. Clinical randomized trials have revealed tranquilizing properties of chamomile [27]. Anxiolytic and antidepressant properties of the herb have also been identified [28].

Randomized, placebo-controlled clinical trials have shown that long-term administration (for 12 weeks) of chamomile extract 1500 mg (500 mg capsule 3 times daily) reduces the severity of symptoms of generalized anxiety disorder [25]. Psychotherapy, in combination with chamomile infusion, is effective in the treatment of burning mouth syndrome [16]. Substances with psychostimulating activity have been identified in chamomile oil [32]. Randomized, placebo-controlled clinical trials have shown that topical application of chamomile oil reduces the incidence of nocturia in children with monosymptomatic nocturnal or daytime enuresis. Chamomile oil prevents damage to the testicular apparatus by daunorubicin. Randomized, clinical, controlled studies have shown that chamomile helps with chronic insomnia [26]. Randomized, placebo-controlled clinical trials have shown that topical chamomile oil is effective in the treatment of migraine pain without aura [8-12]. Randomized, placebo-controlled clinical trials have shown that topical application of chamomile oil has a therapeutic effect in carpal tunnel syndrome and osteoarthritis. Chamomile also has immunomodulatory properties [8].

Conclusion

Due to the fact that chamomile preparations prevent the release of histamine, they have a pronounced antiallergic effect. Topical use of aqueous infusions of chamomile has a therapeutic effect for atopic dermatitis. Due to its antioxidant and γ glutamyl transferase inhibitory properties, chamomile protects the kidneys from the damaging effects of cisplatin. In general, chamomile is a safe remedy. You just need to be careful when taking warfarin at the same time as chamomile. A case is described in which the simultaneous use of warfarin and chamomile led to heavy bleeding. Combination preparations “Alarom”, “Azokan”, “Romazulan” and others have been created based on chamomile. Chamomile is widely used in cosmetics.

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