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CHAMOMILE (*Matricaria chamomilla*) CROP AND ITS BENEFIT

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The Asteraceae family includes the well-known medicinal plant species chamomile (*Matricaria chamomilla* L.), which is frequently referred to as the "star among medicinal species." The Asteraceae family of plants includes the herb chamomile. It is grown in the Bundelkhand districts of Hamirpur, Mahoba, and Jalaun. Farmer and laborer economics have improved as a result of its cultivation. Farmers and laborers alike benefit greatly from its cultivation, which also yields higher crop profits than other crops. Two popular chamomile cultivars are German (*Chamomilla recutita*) and Roman (*Chamaemelum nobile*), which are frequently used for tea. T as well as Eastern Europe. In addition, Brazil, Yugoslavia, Germany, Hungary, and France grow it. The roots grow straight, slender, and spindle-shaped. Up to 80 cm can grow on the stems. Its leaves have cracks and are long, thin, and pinnate. The head's diameter ranges from 10 to 30 mm. The central feature of chamomile flowers is a yellow tubular petal, and the flowers are little white flowers of the Composite family. Flowers of *Anthemis nobilis* (L.) have silky stalks, two petals, and a scent similar to that of green apples (Dai, Y. L., 2022). For farmers, it is the most cost-effective crop. Egyptians employed chamomile, one of the earliest known medical herbs, to treat ague and as a sacrifice to their gods. Fresh flowers have an aroma similar to that of some apples. The market for chamomile is well-established and growing daily, both domestically in India and internationally.



Socio economic Value:- Since the farmers started growing this crop, the economic condition of the farmers has been improved as compared to the previous situation. Because their standard of living is improving as compared to the previous situation.

Nutritional, vitamins, Electrolytes, Minerals and Phyto-nutrients Value of Chamomile

See the table below for in depth analysis of nutrients:

Chamomile tea (*Matricaria chamomilla*), brewed, Nutritive value per 100 gm.

Principle	Nutrient Value	Principle	Nutrient Value
Energy	1 Kcal	Electrolytes	
Carbohydrates	0.20 g	Sodium	1 mg
Protein	0 g	Potassium	9 mg
Total Fat	0 g	Minerals	
Cholesterol	0 mg	Calcium	2 mg
Dietary Fiber	40.3 g	Copper	0.015 mg
Vitamins		Iron	0.08 mg
Folates	1 µg	Magnesium	1 mg
Niacin	0 mg	Manganese	0.044 mg
Pyridoxine	0 mg	Zinc	0.04 mg
Riboflavin	0.004 mg	Phyto-nutrients	
Thiamin	0.010 mg	Caffeine	1 mg
Vitamin A	20 IU	Carotene-β	12 µg
Vitamin C	0 mg	Cryptoxanthin-β	0 µg
Vitamin E	0 mg	Lutein-zeaxanthin	0 µg
Vitamin K	0 µg	Theobromine	0 µg

(Source : www.nutrition-and-you.com)

Health benefits

Tea is the most common way to use the herb. Many people drink a cup after a meal to aid digestion and soothe stomach troubles.

Menstrual symptoms: Chamomile’s anti-inflammatory, antispasmodic, sedative, and anti-anxiety properties might help relieve anxiety and discomfort due to premenstrual syndrome (PMS).

Diabetes and blood sugar: Chamomile tea can lower blood sugar in people with diabetes.

Inflammation: Inflammation is an immune system reaction to fight infection. Chamomile tea contains compounds that may reduce Trusted Source inflammation.

Cancer: Chamomile tea may target cancer cells or even prevent those cells from developing in the first place. Results from laboratory tests have suggested that compounds in chamomile may help prevent the growth of glioma, liver cancer, cervical cancer, and leukemia. However, more research is needed to prove chamomile’s anticancer claims.

Who should avoid chamomile tea?

People with a history of severe allergies, previously had an allergic reaction even mild to chamomile products, Drug interactions, Pregnant women, Infants and very young children.

Uses of chamomile: Chamomile preparations are commonly used for many human ailments such as hay fever, inflammation, muscle spasms, menstrual disorders, insomnia, ulcers, wounds, gastrointestinal disorders, rheumatic pain, and hemorrhoids. Essential oils of chamomile are used extensively in cosmetics and aromatherapy. Potential Uses of Chamomile for the Brain, Heart, Diabetes, in Common Cold, the Bones the Skin, an Antimicrobial, Cancer, the Kidneys Wound Healing etc. (NIH)

Processed Chamomile Product



Future Scope

This crop is economically beneficial for both farmers and laborers. It provides employment to children, old and young as the flowers are plucked only by hands. This could be a trillion-dollar market in the future. Because it’s demand is high in the international market. And the supply is less. Therefore, it can be suggested that if farmers are cultivating chamomile as business motive and value addition of same would be helpful to reduce the unemployment and boost the economy of the state.

Conclusions

Today's Indian agriculture needs new crops and improved cultivation techniques to support and elevate farmers' livelihoods. For example, chamomile is a short-lived crop that is

very beneficial, but not many people know about it. Therefore, the government should take the lead in promoting chamomile cultivation and increasing farmer awareness. Another crop that can help farmers improve their standard of living is roselle, which requires less input than traditional crops while yielding higher output.

References

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