

## *Matricaria chamomilla*

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### Scientific Classification

*Kingdom*     *Plantae*

*Order*        *Asterales*

*Family*       *Asteraceae*

*Tribe*         *Anthemideae*

*Genus*        *Matricaria*

*Species*      *M. Chamomilla*



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### Plant profile

*Matricaria chamomilla* (synonym: *Matricaria recutita*), commonly known as chamomile (also spelled camomile), German chamomile, Hungarian chamomile (kamilla), wild chamomile or scented mayweed, is an annual plants of the composite family Asteraceae. *M. chamomilla* is the most popular source of the herbal product chamomile, although other species are also used as chamomile.

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### Description

*M. chamomilla* has a branched, erect and smooth stem, which grows to a height of 15–60 cm (6-24inches). The long and narrow leaves are bipinnate or tripinnate. The flowers are borne in paniculate flower heads (capitula). The white ray florets are furnished with a ligule, while the disc florets are yellow. The hollow receptacle is swollen and lacks scales. This property distinguishes German chamomile from corn chamomile (*Anthemis arvensis*), which has a receptacle with scales. The flowers bloom in early to midsummer, and have a strong, aromatic smell.

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### Possible side effects

Chamomile, a relative of ragweed, can cause allergy symptoms and can cross-react with ragweed pollen in individuals with ragweed allergies. It also contains coumarin, so care should be taken to avoid potential drug interactions, e.g. with blood thinners. While extremely rare, very large doses of chamomile may cause nausea and vomiting. Even more rarely, rashes may occur. A type-IV allergic reaction with severe anaphylaxis has been reported in a 38-year old man who drank chamomile tea.