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A comprehensive review on ecological description, ethnomedicinal uses along with pharmacological activity of matricaria chamomilla L. (german chamomile)

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Abstract:

Matricaria chamomilla is the plant used for medicinal plant and the species is well known in the Asteraceae family. Also known as the "miracle plant." The plant is now a highly valued and commonly used remedy plant in both indigenous medicine and unconventional medicine. After doing research in scientific and conventional field for many years researchers have demonstrated its multitherapeutic, cosmetic, and nutritional benefits. In folk medicine, this plant is often used as an ailment for various ailments, which includes infections, liver disorders, gastrointestinal, respiratory, and neuropsychiatric disorders. Furthermore, it contains antimicrobial, antiemetic, sedative, and antispasmodic effects. Chamomile tea, made from its flower heads, is another traditional herbal beverage used to soothe the body and soul. These historical applications have influenced modern study into its medical characteristics, which has included extensive in vitro and in vivo studies as well as clinical trials. *M. chamomilla*'s pharmacological properties are attributed to its rich phytochemical composition, which includes flavonoids such as luteolin, apigenin, and quercetin, as well as sesquiterpenes like chamazulene and (-)- α -bisabolol. This review has brought together information regarding chamomile plant classification, description regarding botany and ecology, its use as an ethnomedicine, phytochemistry, biological and pharmacological properties, prospective industrial applications, and encapsulation. Scientific search engines such as springer-link, google scholar, PubMed etc., has been used to collect the data about Chamomilla.