



## The chamomile in islamic and iranian traditional medicine context

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### Abstract:

The chamomile is one of the crucial medical plants in the Compositae family. It has different types and grows in different areas. The aroma of aerial organs of this plant has been noticed since ancient times. This plant has played a big role in Islamic and Iranian traditional context. Dioscoridus, Galen, Avicenna, Jarjani and Ibn Bitar pointed to therapeutic effects of this plant in nervous, digestive and respiratory systems. *Matricaria Chamomilla* var. *chamomilla* (babune-e shirazi), *Matricaria chamomilla* var. *recutita* (babune-e moattar), *Tripleurospermum disciforme* (babune-e dashti) and *Anthemis nobilis* L. (babune-e roomi) are the species those identified as chamomile. In new pharmaceutical sciences many components in chamomile has been identified and used in different therapeutic dosage form as cream, lotion, oral drops and powder. In this study we tried to collect information about therapeutic effects in Islamic and Iranian books and articles. Although they are pointed to many different effects of this plant we think it is essential to do some clinical trials to approve global effect of chamomile in scientific contex.

**Keywords:** traditional medicine context, chamomile, therapeutic effects

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