



# How to Use Chamomile As a Fungal Treatment

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Reviewed

Three Methods: [Taking Chamomile Internally](#) [Applying Chamomile Externally](#) [Knowing When to Avoid Chamomile](#)

Chamomile is an effective herb that has been used to treat everything from upset stomach to eczema. In fact, some studies have shown that chamomile is as effective as a 0.25% hydrocortisone cream for treating skin ailments.<sup>[1]</sup> While not as many studies have been done on its antifungal properties, many people use it to treat internal and external fungal infections through methods like teas, poultices, and creams. Nonetheless, you should always talk to your doctor before starting any treatment, even an herbal one.

Method  
1

## Taking Chamomile Internally

**1 Find dried chamomile.** You can either use Roman chamomile (*Chamaemelum nobile*) or German chamomile (*Matricaria recutita*), though the German version may be easier to find. You can buy chamomile dried at natural health food stores or online. You can also buy pure chamomile teas from most grocery stores, as teas are usually made from Roman or German chamomile. You can also dry your own flowers for use as a tea.<sup>[2]</sup>

- If you want to dry your own, you'd do best to grow it from seed, so you know that you're getting the right flower and that it doesn't have pesticide on it. To dry your own flowers, pull off just the flower heads in the morning. Wash them in a bowl filled with water, letting any bugs and dirt float off. Lay them out on parchment paper on a baking sheet, shaking off water as you go. Spread them apart.
- Heat the oven to 400 degrees Fahrenheit, but once it comes up to temperature, turn it off. Put the flowers in, leaving the door open slightly. Leave them there for several hours. You can always add a bit more heat later if they don't dry. You can save the dried flowers in a jar for about half a year.<sup>[3]</sup>
- You can also dry them in the sun, spread out inside, or use a dehydrator. Make sure to check the jar you put the dried flowers in to see if it is gathering moisture at the top inside. If it does, lay the flowers out for drying again.<sup>[4]</sup>
- Some people believe this treatment helps with internal yeast infections.<sup>[5]</sup>

**2 Measure out your tea.** Use 2 to 3 teaspoons for each cup of tea you want to make. If you're using ready-made tea, add one teabag per cup of tea. Measure it out into a heat-safe teapot or tea cup. You can use a metal tea ball if you prefer.<sup>[6]</sup> You can crush the flowers or leave the whole.

**3 Steep the tea.** Pour boiling water over the tea or tea bags. You'll need a cup of water for each serving of tea you're making. Once you've poured the water over, cover the tea (so it stays warm), and leave it to steep for 10 minutes or a bit longer.<sup>[7]</sup>

**4 Strain out the tea.** If you didn't use a tea ball, you'll need to strain out the herbs. Pour the tea through a mesh strainer into another container or teapot, straining out the herbs as you go. Pour out the tea and drink it. You can drink the tea three or four times a day. It's best to drink it when you're not eating.<sup>[8]</sup>

**5 Take it internally in other ways.** You don't have to drink the tea to take chamomile internally. For example, you can take 400 milligram chamomile capsules up to 3 times daily. You can find capsules at health food stores.<sup>[9]</sup> You can also add a drop or two of essential oil to a full glass of water. Drink the whole glass.<sup>[10]</sup>

Method  
2

## Applying Chamomile Externally

**1 Apply a poultice.** To make a poultice, simply mix dried crushed flowers with a bit of water. You only want enough water to make a thick paste. Apply the poultice to the affected area of skin, and leave it on the skin for as long as you need.<sup>[11]</sup>

- Topical applications, including poultices and baths, can help with skin rashes and inflammation, including those from fungus.<sup>[12]</sup>

**2 Try a bath.** Another way to use chamomile topically is to take a bath. You will need significantly more flowers or essential oil for a bath. Simply draw a bath as normal, and add a 1/4 a pound of flowers to the bath. You can also use 10 drops or so of essential oil in a full bath. Then, soak in the bath as you normally would.<sup>[13]</sup>

- You can also use chamomile tea bags if the tea is pure chamomile. You can leave them in the tea bags or open them up to get the flowers out.

**3 Try a cream.** Another option is to apply a cream. You can find chamomile creams at natural health food stores or online. Look for creams that are about 10 percent or less chamomile. Apply the cream to the fungal skin or nail infection several times a day.<sup>[14]</sup>

- You can also make your own cream by adding a few drops of chamomile essential oil to a cream-based lotion.

**4 Try a honey-chamomile cream.** For a vaginal yeast infection, you can add dried chamomile to honey.<sup>[15]</sup> Even though honey is sugar and yeast eat sugar, honey is a known antifungal agent that yeast have a hard time eating.<sup>[16]</sup>

- Place the mixture in your vaginal cavity, and leave it overnight. Wash it out in the morning.
- You can add a few drops of cinnamon essential oil to help increase your chances of fighting the infection.

Method  
3

### Knowing When to Avoid Chamomile

**1 Don't use it when you're pregnant.** It's not recommended that you use chamomile while you are pregnant. Chamomile can increase your chances of having a miscarriage, so stick to other treatments instead of chamomile while you are pregnant.<sup>[17]</sup>

**2 Skip chamomile while on certain medications.** Chamomile can interact with other drugs in your body, so take precautions when using it. It makes some drugs stronger, such as sedatives, so you shouldn't take those with chamomile. It also has a blood thinning affect when taken with other blood thinners, so that should be avoided. The same is true for blood pressure medications, as it can lower blood pressure.<sup>[18]</sup>

- Similarly, chamomile can cause problems with some estrogen pills, as well as pills that are broken down in the liver, such as statins, fexofenadine, and some antifungal drugs.
- It also lowers blood sugar to a degree, so it shouldn't be taken with diabetic medications.

**3 Be careful if you have allergies.** If you are prone to allergies, you should be careful taking or using chamomile, as it is known to cause reactions. You should be especially careful if you know you are allergic to ragweed, chrysanthemums, asters, or daisies.<sup>[19]</sup>

- Talk to your doctor about whether it is safe to take it with your known allergies.
- If you drink the tea, start with a small amount at first. You can also test the cream on a small patch of skin first, just to make sure you don't react.

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## Warnings

- When in doubt about the progress of a fungal treatment, always see your doctor to ask questions about treatment options.

## Sources and Citations

1. <http://www.ncbi.nlm.nih.gov/books/NBK92761/>
2. <http://umm.edu/health/medical/altmed/herb/roman-chamomile>
3. <http://www.ryansgarden.co.uk/2010/08/chamomile-tea-how-to-make-your-own.html>

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