

## **Chamomile: A Promising Herbal Remedy for Anxiety Relief**

A recent systematic review sheds light on the potential anxiolytic effects of chamomile, offering new hope to the 4.05% of the global population affected by anxiety disorders seeking herbal alternatives to conventional treatments.

Researchers at Bushehr University of Medical Sciences conducted a comprehensive search across multiple databases, identifying 10 clinical trials examining the efficacy of oral chamomile consumption in treating anxiety symptoms.

Results from 9 out of the 10 selected studies indicate that chamomile effectively reduces anxiety levels, highlighting its potential as a natural anxiolytic agent.

Though the exact mechanism behind chamomile's anxiolytic properties remains unclear, preliminary evidence suggests that its active compounds, such as apigenin, may influence neurotransmitter pathways within the hypothalamic-pituitary-adrenocortical axis.

The findings of this systematic review demonstrate that chamomile could be a safer, more accessible treatment option for those experiencing anxiety disorders.

As complementary and alternative medicine continues to gain traction, chamomile emerges as a promising herbal remedy for anxiety relief. Further research is needed to fully understand its anxiolytic properties and establish clinical guidelines for its use in managing anxiety disorders.

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