

Effect of Chamomile Tea On Anxiety

Dr. Nisha Shukla

Associate Professor

Department of Home Science

M.L. & J.N.K. Girls Collee

Saharanpur, U.P.

Email: nisha.mlnjnk@gmail.com

Ms. Garima Tyagi

Research Scholar

Department of Home Science

M.L. & J.N.K. Girls Collee

Saharanpur, U.P.

Email: gtyagi19@gmail.com

Abstract

Recent researches show that people are more prone to anxiety disorder. Today's fast paced life is stressful. To deal with it, you need to know what anxiety is, how to recognize symptoms of anxiety and how to manage and prevent anxiety.

Anxiety is the body's natural response to stress. It is a feeling of fear or apprehension about what is to come. The feeling of anxiety can change into anxiety disorder if it persists for at least 6 months. This anxiety disorder involves more than temporary anxiety or fear. 90% of all health problems are related to anxiety. It builds up poor immune system, contributes to heart disease, stroke, increased inflammation, which increases the risk of everything from common cold to cancer. Anxiety does not go away and can get worse over time.

Certain foods and beverages act as powerful stimulants in the body and are therefore a direct cause of anxiety e.g. caffeine, alcohol, smoking, unhealthy diets, fast foods etc. A well balanced diet with some nutritional interventions is vital in protect health and helping to reduce anxiety. Balanced nutrition is essential to maintaining overall good health, but diet intervention can affect the capacity to cope with anxiety. Body needs more of all nutrients, particularly the B-vitamins and calcium in anxious condition. Energy is needed to give a support a exhausted body and the minerals and vitamins play a major role in fighting with anxiety. Instead of that nutritional intervention with proper counseling is also an effective tool in handling anxiety issues.

Keywords

Anxiety, Nutrition, Balance Diet, Nutritional Intervention.

Reference to this paper should be made as follows:

**Dr. Nisha Shukla,
Ms. Garima Tyagi**

Effect of Chamomile
Tea On Anxiety

Vol. XIII, No.1
Article No.11,
pp. 074-080

Similarity Check: 8%

[https://anubooks.com/
jgv-vol-xiii-no-1-jan.-
june-2022/](https://anubooks.com/jgv-vol-xiii-no-1-jan.-june-2022/)

DOI : [https://doi.org/
10.31995/
jgv.2022.v13i01.011](https://doi.org/10.31995/jgv.2022.v13i01.011)

Introduction

Recent studies show that people are facing anxiety issues. Today's hasty lifestyle is putting strain on everyone's life. For treating it, it is important to know what anxiety? What are the symptoms of anxiety and ways to manage and prevent anxiety? Anxiety is a natural response of body to stress. It's a feeling of fear or apprehension about what to come. The feeling of anxiety can convert in anxiety disorder if it is continued last for at least 6 months. This anxiety disorder involves more than temporary worry or fear. 90% of all health problems are related to anxiety. It generate a deprived immune system, contributes to heart disease, stroke, improper thyroid function, uncontrollable blood sugar levels, , troubling in remembering, learning and other cognitive functions, decline in muscle tissue, low bone density uncontrolled blood pressure, very slow lesion healing, tendency to deposition in abdominal fat which is tends to a greater amount of health issues. Anxiety does not go away and can get worse over time. According to National Institute of Mental Health (April 2022) anxiety disorder can be of various types such as generalized anxiety disorder, panic disorder, social anxiety disorder and various phobia related disorder.

Symptoms of Anxiety

Erica Julson (2021) stated that every person has different experiences in his/her life though they feel anxiety differently. Some common symptoms of anxiety are-

- Anxious thoughts those are difficult to control
- Restlessness
- Trouble in concentrating
- Fatigue
- Irritability
- Unexplained aches and pains
- Excessive worrying
- Feeling agitated
- Sleep disturbances
- Shaking
- Nausea
- Sweating
- Stammering etc.

Food That Spur Anxiety Level

A well balanced diet is a safe guard for health and helping to reduce anxiety. Some foods products and drinks are great provocative to the body and hence they

are major reason of anxiety. These catalysts are pleasurable to a certain extent but may be injurious for long period. Examples are-

- **Caffeine-** Coffee, tea, chocolate, etc are the source of caffeine. It is the reason of adrenaline secretion and high level of stress. When it consumes in controlled amount, it can enhance alertness, bustle in the muscles, nervous system and heart. Consuming caffeine in high amount it can raise anxiety. Thus we should have vouch in consumption of caffeine.

- **Alcohol-** Alcohol is another reason of anxiety. People take alcohol as a solution to struggle anxiety. But, actually it makes worse by consuming alcohol. Alcohol enhances adrenaline secretion which results many problems such as nervous stress, bad temper and sleeplessness. High amount of alcohol will boost the fat deposition in the heart and affects the immune system as well. Alcohol restricts liver to remove toxins from the body too. In anxious conditions, several toxins as hormones, has been generated. In the impaired filtering by the liver, these harmful toxins circulate through the body and result in severe damage.

- **Smoking-** People smoke cigarettes to manage anxious situation. For short duration is give relieved from anxiety but its disadvantages are more important than its short-term benefits. Cigarette smoking causes dangerous diseases like cancers, cardiovascular diseases and respiratory diseases.

- **Sugar-** Simple Sugars are short term energy provider for the body and else has no essential nutrients, resulting possibly in the collapse of the adrenal glands. Therefore it can be a outcome of low temper, bad attention, anxiety and depression. High sugar consumption also creates a severe load on the pancreas.

- **Salt-** Salt is related to the high blood pressure; exhausted adrenal glands and emotional insecurity. Potassium can be used as a substitute of sodium. Junk foods have high amount of salt such as pickles, sausage, chips etc.

- **Fat-** Saturated fats are harmful for our body. Foods rich in saturated fats should be keep away from the diet. Obesity is also the result of saturated fats and put unnecessary load on the heart. High amount of fat is supposed to the foundation of cancers in breast, colon cancer and prostate cancer. Fried foods and foods rich in saturated fatty acids are highly immune-depressing.

- **Crash Diets-** Due to excess weight gain from emotional imbalances and stressful conditions, people deliberately starting eat less food and try dangerous fad diets to facilitate the excess weight loss. These fad diets are not balanced with nutrients, can often be harmful for health in the later stages, even if they look beneficial for short term. Crash diets are also very dangerous healthy well being.

Fad diets or crash diets are not only become a cause of extreme food craving, but they can also chaos with mood swings. Depression and anxiety are majorly related to the crash diet. Crash diets and refusal for food can also give people serious health issues, particularly eating disorders like anorexia and bulimia.

- **Fast Food-** human brain's behaviour and what food we eat are closely related to each other. A mal nourished diet, which is low in nutritive values especially excessive junk foods, is a general source of depression. Kind of food that we eat directly connected to the levels of brain chemicals known as neurotransmitters. These neurotransmitters effect our behaviour and mood state.

Ways to Reduce Anxiety

- **Supplementation-** Umadevi Naidoo (2019) affirmed in terms of nutritional psychiatry 'the food we eat effects how we feel'. There are some persons who seek complementary treatment such as food-mood interventions in addition to medications to boost their chances of improving illness. Good supplementation with balanced diet can reduce anxiety disorder.

- **Limiting caffeine** – Excessive caffeine intake may worsen feelings of anxiety specially those with anxiety disorder. Adenosine, which is a brain chemical promotes sleep and make us feel exhausted, affected by caffeine. Simultaneously, it activates the release of adrenaline which known as “fight-or-flight” hormone, related with increased energy.

- **Abstaining from alcohol-** Drinking alcohol can affect the anxiety. Anxiety can be worsed by alcohol consumption in excess for a long time and suddenly stop the drinking habit, as this is the side effects of alcohol withdrawal. Therefore it may helpful to stay away from alcoholic beverages.

- **Quitting smoking-** Smoking may increase the risk of developing anxiety disorder. Nicotine creates an immediate sense of relaxation but this feeling is temporary and soon gives way to increased cravings.

- **Exercise** – Regular exercise may lower the risk of developing an anxiety disorder by releasing feel-good endorphins and other brain chemicals that can enhance the sense of well-being.

- **Meditation and yoga practicing** – Doing meditation and yoga on regularly significantly reduce symptoms in people with anxiety disorders. Focusing on breathing, become aware of sensations in the body, practicing of holding thoughts may help in coping with anxiety.

Other then above there are various strategies to deal with anxiety e.g. hopefulness and a optimistic approach, time management skill, assertiveness, little

hilarity, walking in natural environment, enjoying good music and having good nutritional meals etc. The purpose of this study is to retain good health with nutritional supplement and anxiety management. In addition, it is essential to get rid of anxiety and build positive coherence between mind and body harmony to see improved health.

Role of Chamomile Tea in Improvement the Feeling of Anxiety

During the stress period, digestion is disrupted. All homeostasis of bodily functions will be in a feeble state. If the person is suffering from anxiety for a long time, it will definitely leave his/her nutrient and energy supply depleted. For this reason, a healthy diet is essential in anxious situations. Food has profound effect on the brain's behaviour. An unbalanced diet is a common cause of depression and anxiety.

What kind of diet we eat regulates the levels of brain chemicals (neurotransmitters), which control the behaviour and directly linked with emotions. The neurotransmitters often associated with mood and dopamine, serotonin, and nor-epinephrine. When the brain produces serotonin, anxiety subsides. When it produces dopamine or nor-epinephrine, we are cautious and often think and act very quickly.

Chamomile, a flower in the daisy family, is a popular dietary supplement for a variety of uses including insomnia, **anxiety, digestion** problems, mouth sores, skin infections diseases etc. Chamomile is available as capsules, liquid extracts, tinctures, teas and topical creams among other preparations. Chamomile is mostly used in the form of tea.

Researches have shown chamomile is effective in helping to relax and also help with anxiety, depression and insomnia. As a remedy, it will not have powerful effect on a feeling of anxiety of an individual like a prescribed drug like Klonopin or Ativan, but Dr. D'Adamo a distinguished professor of clinical sciences at the University of Bridgeport College of Naturopathic Medicine told that chamomile has still been revealed meaningful benefits.

In 2016 Journal **Phytomedicine** found in the Studies that long-term chamomile use significantly reduces moderate-to-severe symptoms of generalized anxiety disorder. Dr. D'Adamo told that in fact there have been placebo-controlled studies on the benefits of chamomile, which found that its potency far exceeded the placebo effect. When people are anxious and seek non-medical treatments, chamomile is always the first to come out. For an adult chamomile as tea 1 to 4 cups per day is recommended by Arlin Cuncic in her study.

It is clear from the above that anxiety is an important issue in this world. So there is a worldwide need for a solution to this problem. Since India is not far from this problem, the focus should be on reducing anxiety among Indian people. Looking at these considerations, I had begun my research work with two variables called chamomile tea & anxiety of working women. The aim of present research was to identify the prevalence of anxiety among working women in Amroha city & to spread awareness about the forth coming dangers of anxiety & the natural way to prevent them.

Objectives

- To see the impact of chamomile tea on the anxiety of working women

Hypotheses

- There is no significant effect of chamomile tea on anxiety of working wome.

Methodology

The One Group Pretest Posttest design of pre-experimental designs was used to present research study. A single group of 35 working women in Amroha, was selected as sample and they were taught nutritional supplement by the mean of lecture method. The study was conducted only for one month & without disturbing the normal schedule of the samples.. To analyze the collected data, Mean, SD & t-test was applied as statistical techniques.

Data Analysis & Interpretation of Result

The statistical results of study is as given in following table

t-test Results

Tests	N	Mean	Standard Deviation	MD M ₁ -M ₂	±r	SE _D	Calculated 't'-value	Table value of 't' for d. f.=68
Pre-Test	35	8.8	6.04	7.8	.48	1.16	6.71	2.03 (at .05 level of significance)
Post-Test	35	16.6	7.32					2.72 (at .01 level of significance)

A statistically significant difference was found between the Means of pre-test & post-test. Since the calculated value of greater than the table value of t at both levels of significance, null hypotheses is rejected at these levels. In other words, chamomile tea has a measurable effect on the anxiety of working women's anxiety as the mean of posttest is much larger than the pretest.

Conclusion

A nutritious and balanced diet with some intervention is essential to maintaining health and helps to reduce anxiety. Good nutrition is important for maintaining a good overall health, but dietary intervention can affect the ability to

cope with anxiety. Body needs above all nutrients, especially B-vitamins and calcium in case of anxiety. Energy is needed to support a tired body and minerals and vitamins play a major role in fighting with anxiety. Instead it is a nutritional intervention with appropriate counseling is an effective tool in anxiety issues.

Since everyone is different, the nutritional needs vary to some extent. It will probably take few months to change eating habits and establish healthy eating habits. Testing and taking the time to change diets will have excellent immediate and long- term results. Choose delicious foods and try to make food fun times. Always try to eat a healthy diet. Continue with the healthy foods and supplements even after the stress period has passed so that body is best better prepared for next situation. This paper is the small desire to maintain a high level of health through healthy eating, exercise and stress management.

References

1. (2022). Anxiety Disorders. National Institute of Mental Health. 15 April. From <https://www.nimh.nih.gov/health/topics/anxiety-disorders>.
2. Erica, Julson. (2021). Signs and Symptoms of Anxiety Disorder. Healthline. Updated on 15 September. from. <https://www.healthline.com/health/anxiety-disorder-symptoms>.
3. Firth, J., Gangwisch, J. E., Borsini, A., Wootton, R. E., Mayer, E. A. (2020). Food and mood: how do diet and nutrition affect mental wellbeing? Food for Thought. 29 June. *BMJ*. 369:m2382. <https://doi.org/10.1136/bmj.m2382>
4. Charles, Spielverger. (1979). Understanding Stress and Anxiety. Harper & Row Publication: New York.
5. Magda, Arnold. (1970). Feelings and Emotions. Academic Press: New York.
6. (2009). How to Control Your Emotions with Nutrition.
7. Lawrence, Wilson. (2008). How Nutrition Affects Emotions And Behavior.
8. Ronald, K. Frazer. (2007). Depression and Diet: Stress. Junk Food and the Loss of Neurotransmitters. 13 Aug.
9. Umadevi, Naidoo. (2019). Nutritional Psychiatry: The Gut-Brain Connection. Psychiatric Times. Psychiatric Times Vol 36. Issue 1. 17 January.
10. Lisa, Ryan. (2017). Will Chamomile Help Ease My Anxiety? The Cut magazine: New York. 30 may. From. <https://www.thecut.com/2017/05/chamomile-tea-benefits-reduce-anxiety.html>
11. Jun, J. Mao, Sharon, X. Xie., John, R. Keefe. et. al. (2016). Long-term chamomile (*Matricaria chamomilla* L.) treatment for generalized anxiety disorder: A randomized clinical trial. *Phytomedicine*. 15 Dec.