

Chrysanthemum Flowers Profile

Also known as

Chrysanthemum morifolium, Anthemis grandiflorum, Anthemis stipulacea, Chrysanthemum sinense, Chrysanthemum stipulaceum, Dendranthema grandiflorum, Dendranthema morifolium, Florist's Chrysanthemum, Ju Hua, Matricaria morifolia, Mum.

Introduction

An ancient Chinese proverb says that "if you would like to be happy for a lifetime, grow chrysanthemums". The chrysanthemum, first described in the 15th century B.C.E in China, it was introduced to Japan by the 8th century C.E. The Japanese were so enthralled by the flower that they made it the official seal of the Emperor. It still ranks as one of the most important herbs in traditional Japanese medicine; It is thought to have the power of life. The wild chrysanthemum is a sprawling, leafy plant with clusters of daisy like flowers at its crown. It was first officially described in the west by the famous Botanist Karl Linnaeus in 1753.

Constituents

Ascorbic acid, beta-carotene, calcium, fiber, folacin, iron, magnesium, niacin, potassium, riboflavin, essential oils.

Parts Used

The whole flowers, dried, sometimes powdered.

Typical Preparations

Teas, tinctures, creams, lotions. When making the tea, be sure to allow the herb to steep in hot water for no more than 10 minutes in a closed vessel, to preserve the essential oil. Chrysanthemum is often combined with self-heal (prunella) to make teas and lotions for treating infection. May also be taken as a capsule.

Summary

In the US it is considered the "Queen of the fall flowers" in no small part to its inclusion in most college homecoming festivities and it is the largest commercially produced flower in the US due to its ease of cultivation, capability to bloom on schedule, and its wide diversity of form and color. Chrysanthemum is used for its effects on the eyes. Traditional Chinese Medicine teaches that the herb corrects imbalances in liver and kidney function that cause blurred vision, dizziness, dry red eyes, excessive tearing, or spots in front of the eyes. Chrysanthemum also treats headaches accompanying infection, carbuncles, furuncles, and vertigo. Wild chrysanthemum is thought to be more useful than the cultivated variety for treatment of sores abscesses, especially those of the head and back. Chrysanthemum also

contains compounds that fight staph infections of the skin.

Precautions

None