

The Chamomile Steam

When she gets a nasty upper respiratory infection, my Swiss spouse makes and deploys a chamomile steam. First, she boils a large handful of chamomile blossoms in water in a pot that is 10 inches in diameter and 9 inches high.



Then she brings it to the kitchen table, with a beach towel to drape over the pot and the human taking the steam. The human gets under the drape and breathes in the chamomile steam. Adjustments to the drape and the distance from human to pot are employed to control the intensity of the steam. I alter between nose breathing and mouth breathing. I am thinking that the latter might be more effective for steaming the lungs, the former for steaming the nose, both of which might be infected.

Here is a photo of Silvia under the drape.



The tissues are there because the steam draws a lot of mucus out of your nose, throat, and lungs. You will be blowing and spitting that mucus out like a mucus monster.

Does it matter what herb you throw into the pot. Likely, but I think the main action is steam action. Chamomile is reputed to have some disinfectant and some tranquilizing action. It is easy to grow here in eastern North Carolina, but harvesting the (small) blossoms is labor intensive, as can see from the photo of Silvia harvesting, below.



The dried chamomile we still have on hand in January, 2020, after steams to treat a nasty infection.

