

This Tiny Blossom Might Hold the Key to Your Dog's Zen

Whether your pup struggles with anxiety, itchy skin, tummy troubles, or just needs occasional comfort, this fragrant little flower deserves a spot in your home.

Reviewed by [Dr. Arielle Walton](#)

STORY AT-A-GLANCE

- Chamomile is a gentle, versatile herb that can support your dog's anxiety, digestion, skin health, and overall comfort
- Its natural anti-inflammatory and calming properties help soothe stress, ease upset stomachs, and reduce itchiness or irritation from allergies, bites, and hot spots
- Chamomile compresses and rinses can bring relief to irritated skin, swollen anal glands, or mild eye puffiness (used only around the eye)
- It may also support dogs prone to intestinal worms when used as part of a broader herbal wellness approach
- While generally safe, chamomile isn't for every dog — avoid it with dogs allergic to daisies/ragweed and use caution with puppies, pregnant dogs, or those on certain medications

When you picture chamomile, you might think of a warm cup of tea at bedtime, a peaceful moment when your worries melt away. But that tiny white-and-yellow flower, the same one you use to make tea before bedtime, has a lot more to offer than you might expect. And surprisingly, it isn't just helpful for people. Chamomile may also provide significant benefits for your dog's daily comfort, digestion, skin health, and emotional well-being.

In fact, chamomile has been used for thousands of years across ancient cultures, including Egypt, Greece, and Rome, for its soothing, healing qualities. Today, modern holistic veterinarians, herbalists, and pet parents alike continue to use chamomile as a gentle, natural support for common issues in dogs. Thanks to its calming and anti-inflammatory properties, this simple blossom may be just what your dog needs to feel more relaxed, settled, and balanced.

Chamomile — A Flower with a Long History of Healing

Chamomile is a small, daisy-like blossoms that belong to the Asteraceae family, the same family as daisies, sunflowers, and marigolds. Two types exist — Roman chamomile and German chamomile. People and dogs both receive herbal care of each kind. This flower's name comes from the Greek word khamaimelon, meaning "earth apple," because of its faint apple-like scent.¹

The flowers contain a range of natural plant compounds, including flavonoids and terpenoids. These compounds give chamomile its well-known benefits, including anti-inflammatory, antianxiety, antispasmodic (muscle-relaxing), antimicrobial, and antioxidant effects.²

Chamomile serves as an herbal remedy for mild anxiety. It eases inflammation. It relaxes muscles. It calms irritated digestive tissue. It can be used both internally and externally, depending on the issue. This combination of gentle but powerful actions is what makes chamomile such a valuable “first-aid herb” for the home, especially for dogs.³

Even though chamomile is a plant, it behaves in the body much like a mild natural medicine. It’s gentle enough for most dogs, yet versatile enough to help with many everyday concerns. Let’s look more closely at how it supports your dog’s well-being.

Chamomile Is a Natural Calming Support for Stress and Anxiety

If your dog is anxious in the car, nervous during thunderstorms, or easily upset by changes in routine, chamomile may offer gentle, natural comfort. It’s one of the best-known herbs for relaxation in both people and animals.

Chamomile can help soothe everyday anxiety in dogs. Many pet parents use a chamomile tincture or a cooled cup of chamomile tea before bedtime or stressful events. Puppies benefit as well. Some caregivers use homeopathic chamomile to help with teething. It helps calm fussiness and discomfort.⁴

Chamomile doesn’t “knock out” your dog or change their personality. Instead, it helps your dog’s nervous system settle into a calmer state, making it easier for them to cope with stress.

It Gives Gentle Relief for Upset Tummies

If your dog has ever had a bout of indigestion, vomiting, or acid reflux, you know how uncomfortable these issues can be. Chamomile’s anti-inflammatory properties make it a helpful option for calming an irritated stomach and digestive tract.

Chamomile can soothe digestive upset by reducing inflammation and relaxing gut muscles. It supports dogs with nausea. It eases discomfort after meals. It soothes stress-related stomach troubles. This herb has also been used internally for conditions like stomach ulcers and inflammatory bowel disease in veterinary herbal medicine.⁵

Chamomile Helps Ease Itchy, Irritated, or Inflamed Skin

Chamomile works as a soothing herb for the skin. If your dog struggles with itchy paws, hot spots, bug bites, or environmental allergies, chamomile can help calm the skin and support healing. It can help ease redness, itching, swelling, and mild wounds.

To use chamomile for skin relief, use a chamomile tea compress on irritated skin or pour a diluted (and cooled) chamomile rinse over your dog after being outdoors, especially during allergy season.⁶

Chamomile Provides Support for Anal Gland Discomfort

Anal gland issues are a common (and unpleasant) problem for many dogs. While chamomile can’t replace veterinary care for infected or severely clogged glands, it can help soothe mild discomfort.

Chamomile compresses may help calm swollen or irritated anal glands. Using cooled chamomile-tea compresses — sometimes mixed with green tea — can ease inflammation and help your dog feel more comfortable.⁷

It Protects Against Intestinal Worms

While chamomile isn't a stand-alone deworming treatment, it may help dogs who are prone to roundworms or whipworms. Holistic herbalist Rita Hogan recommends chamomile, in tea or tincture form, as part of a larger herbal blend for dogs needing natural digestive parasite support.⁸

Chamomile Provides Gentle Care for Eye Irritation

Use caution when caring for the eyes. For mild redness, puffiness, or irritation around the eye, not inside the eye, chamomile offers gentle soothing support. Apply chamomile as a soft compress for swelling around the eyes. The herb feels soothing and does not sting.

However, if your dog has eye discharge, squinting, or pain, see a veterinarian before using any home remedy.

Is Chamomile Really Safe for Dogs?

While chamomile is considered very safe for most dogs, there are some important safety notes to keep in mind. For example, it's not safe for dogs that are allergic not just to chamomile, but also to daisies, ragweed, related plants, or other herbal remedies. In addition, use with caution in:⁹

- Puppies
- Pregnant or nursing dogs
- Dogs with major health issues or who are frail
- Cats (as they are more sensitive than dogs)

In some cases, chamomile can lead to side effects, such as stomach upset, skin irritation, although these are usually mild. Rare allergic reactions like rashes, swelling, and breathing problems may also occur if an allergic dog has accidentally ingested the plant.

If your dog is taking medications, especially nonsteroidal anti-inflammatory drugs (NSAIDs), sedatives, or warfarin, talk with your veterinarian first. Chamomile can interact with these drugs.¹⁰

How to Introduce Chamomile Safely

Even though chamomile is gentle, it's still a good idea to introduce it slowly. Here's how to get started:

1. **Do a skin patch test** — Apply a small amount of diluted, cooled chamomile tea or tincture to a hairless area like the belly. Watch for redness, hives, itching and swelling. If none appear, you can move forward.
2. **Start with a small amount** — Give about a quarter of the normal dose at first, then slowly increase over a few days.

3. **Choose high-quality, organic chamomile** — Look for organic dried flowers or chamomile tea (without added flavors). If using tinctures, only go for veterinary-approved brands.
4. **Use only when needed** — Chamomile is not recommended for long-term daily internal use. Use it for acute issues unless advised otherwise by a professional.

When You Should Not Use Chamomile

While chamomile is gentle, it is not a cure-all. Do not use chamomile for:

- Serious infections
- Deep wounds
- Eye injuries (inside the eye)
- Chronic digestive disease without supervision
- Dogs taking medications without vet approval

And remember, allergic reactions can develop over time, even if your dog seemed fine at first. Always monitor for changes.

A Tiny Flower with Big Benefits

Chamomile is more than a soothing tea for humans — it's a versatile, gentle herb that supports dogs in many ways. From calming anxious moments to easing tummy troubles, smoothing irritated skin, helping with minor eye or anal gland discomfort, and even supporting parasite resilience, chamomile is a lovely addition to your dog's natural care toolkit.

So the next time your dog feels stressed, itchy, or unsettled, consider reaching for chamomile. This tiny blossom just might hold the key to your dog's calm, comfort, and everyday zen.

Sources and References

^{1,2,4,6,7,8} [Adored Beast, August 25, 2023](#)

^{3,5,9,10} [VCA Hospitals, Chamomile](#)
