

#HEALTH & FITNESS

# Chamomile tea: The herbal elixir that helps fight sleepless nights

Whether you are winding down after a long day, seeking relief from a health ailment, or simply enjoying a moment of tranquillity chamomile tea stands out as a timeless and versatile herbal infusion.

Here are some of the benefits of chamomile tea that experts frequently highlight —

## Alleviates insomnia

Chamomile tea enhances sleep quality. A study in the Journal of Advanced Nursing found that chamomile tea significantly improved the sleep quality of patients in intensive care units — suggesting potential benefits for those suffering from insomnia under less critical conditions as well.

## An ally in immune defence

Brewing a cup of chamomile tea might also bolster your immune system. The tea contains compounds that are thought to have antibacterial properties, which can help prevent and ease colds while fighting off bacterial infections.

Furthermore, the presence of antioxidants in chamomile strengthens the body's defence against deep-seated ailments.

## Supports digestive health

Drinking chamomile tea is also beneficial for the digestive system. It can help soothe the stomach, relieve bloating, and mitigate indigestion. A comprehensive

review highlighted in the Journal of Herbal Medicine suggests that chamomile tea stimulates gastric juices, which aid in digestion and alleviate troublesome gastrointestinal symptoms.

It's a natural remedy often recommended for those suffering from irritable bowel syndrome (IBS) and other inflammatory bowel diseases.

## Skin health and more

Chamomile's healing properties are also good for skin health. Applied topically or ingested as tea, chamomile can help alleviate skin irritations and conditions like eczema, due to its anti-inflammatory and antibacterial properties. It's also used in

cosmetic products for its ability to lighten the complexion and impart a healthy glow.

## A word of caution:

While chamomile tea is generally safe for many, it can have potential side effects. It may cause allergic reactions in individuals sensitive to plants in the daisy family. Therefore, it's prudent to consult with a healthcare provider before incorporating it regularly into your regimen — especially if you have existing health concerns or are on medication.

By Ayman Anika

Photo: LS Archive/ Sazzad Ibne Sayed

## HOROSCOPE



### ARIES (MAR. 21-APR. 20)

Take advantage of moneymaking opportunities. Expect drastic changes to your luck. Avoid making any residential changes. Your lucky day this week will be Thursday.



### TAURUS (APR. 21-MAY 21)

Don't get involved in disputes. Get your family involved in a project. You will be able to communicate well this week. Your lucky day this week will be Sunday.



### GEMINI (MAY 22-JUN. 21)

Don't let worries take a toll on you. Talk to someone you trust. Make time for your partner this week. Your lucky day this week will be Thursday.



### CANCER (JUN. 22-JUL. 22)

You could happen upon an unexpected fortune. Take advantage of travel opportunities. Don't push your philosophies on others. Your lucky day this week will be Friday.



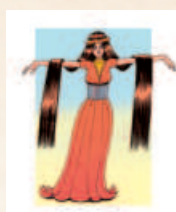
### LEO (JUL. 23-AUG. 22)

Help others emotionally. Your hard work may fail. Don't let your partner push you around. Your lucky day this week will be Monday.



### VIRGO (AUG. 23-SEP. 23)

Family troubles will be trivial. Promote your own interests. Consider making a fresh start. Your lucky day this week will be Wednesday.



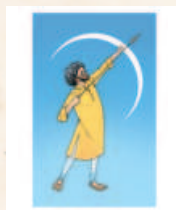
### LIBRA (SEP. 24-OCT. 23)

You and your partner may have emotional problems. Seek out individuals who stimulate you. Investment deals will pay big dividends. Your lucky day this week will be Sunday.



### SCORPIO (OCT. 24-NOV. 21)

Put your energy into behind-the-scenes activities. You might learn something good if you listen. Look into ways of making extra cash. Your lucky day this week will be Tuesday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Find an outlet to release your anxiety. Explain your mood swings to your partner. Don't get involved in joint financial ventures. Your lucky day this week will be Sunday.



### CAPRICORN (DEC. 22-JAN. 20)

Don't exaggerate in confrontations with loved ones. Don't overspend this week. Present your ideas at work. Your lucky day this week will be Thursday.



### AQUARIUS (JAN. 21-FEB. 19)

Problems with loved ones are likely. New partnerships will be in group activities. Luxuries will cost you more than you expect. Your lucky day this week will be Saturday.



### PISCES (FEB. 20-MAR. 20)

Keep pushy people at arm's length. Your emotional state can suffer through conflicts with your partner. Make plans to travel. Your lucky day this week will be Wednesday.

এখন প্রতিটি **বিউটিনা** হেয়ার অয়েল  
২০০ মি.লি. এর সাথে **৫০ গ্রাম**  
**ম্যান্ডারিনা** **ফ্রী**  
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**BENEFITS**

- চুল পড়া নিয়ন্ত্রণ করে।
- চুলের গোড়ায় অতিরিক্ত পুষ্টি যোগায়।
- চুলকে করে খুশকিমুক্ত।
- চুলকে করে হালকা ও নরম।
- চুলকে করে উজ্জ্বল ও ঝলমলে।



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