

Patchouli

Pogostemon Cablin, or patchouli, is an aromatic herb native to Southeast Asia and part of the Lamiaceae family. It holds significant commercial value and finds extensive use in the pharmaceutical and cosmetics industries. Patchouli is known for its unique taste, aromatic characteristics, and various biological activities, including insecticidal, antibacterial, and antifungal properties. (Galovičová et al., 2022)

Inhaling patchouli resulted in a decreased response in the sympathetic nervous system, which **lowered systolic blood pressure** and acted as a good tonic for veins. In the study conducted by Haze et al. (2002), the main components of patchouli oil detected by GC/MS analysis were alcohols such as patchouli alcohol, citronellol, geraniol, and nerol which induced inhibition of sympathetic activity. These components are involved in mediating the inhibitory effect.

Patchouli oil has been studied for its **anti-inflammatory** effects. Patchouli alcohol (PA), derived from the dried aerial part of patchouli, is a tricyclic sesquiterpene known for its pharmacological activities. In a study conducted by Xian et al. (2011), the anti-inflammatory properties of PA were investigated on lipopolysaccharide (LPS)-stimulated RAW264.7 cells. The findings not only validate the traditional use of patchouli in Chinese medicine but also indicate the potential of PA as a chemical agent for treating inflammatory diseases.

Patchouli alcohol has showcased its antiviral prowess **against influenza A virus**, with a particular focus on the H1N1 strain and the HSV-1 virus. Notably, it effectively combated these specific viruses while leaving other strains unharmed. Furthermore, its inhibitory effects on influenza virus replication resulted in the emergence of a Patchouli-alcohol-resistant influenza strain, characterized by a mutation in the HA gene. (Fan et al., 2023)

NOTES

1. Galovičová, L., Borotová, P., Valková, V., Ďúranová, H., Štefániková, J., Vukovic, N. L., Vukic, M., & Kačániová, M. (2022). Biological Activity of Pogostemon cablin Essential Oil and Its Potential Use for Food Preservation. *Agronomy*, 12(2), 387. <https://doi.org/10.3390/agronomy12020387>
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3. Xian, Y. F., Li, Y. C., Ip, S. P., Lin, Z. X., Lai, X. P., & Su, Z. R. (2011). Anti-inflammatory effect of patchouli alcohol isolated from Pogostemonis Herba in LPS-stimulated RAW264.7 macrophages. *Experimental and Therapeutic Medicine*, 2(3), 545–550. <https://doi.org/10.3892/etm.2011.233>
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