



## Essential Oil Therapeutic Uses and Properties Chart

Common Name ( <i>Botanical Name</i> )	Therapeutic Uses	Therapeutic Properties	Precautions
<u>Balsam Fir (<i>Abies balsamea</i>)</u>	arthritis, bursitis, can often be used in place of Myrrh, cystitis, depression, anxiety, E. coli, hemorrhoids, inflammation, kidney function, muscle pain, fatigue, aches, osteoporosis, pain, parasites, thread worms, stress, nervous tension, tendons, ligaments, tumors, urinary tract infections (UTI), respiratory conditions: bronchitis, flu, catarrh, colds, coughs, flu, sore throat, rheumatism, sinus infection; skin: sores, cuts, staph, eczema, psoriasis, burns	antifungal, anticancerous, antioxidant, antitumoral, anti-inflammatory, antiseptic, astringent, diuretic, expectorant	May irritate highly sensitive skin; a skin patch test is advised.
<u>Basil, sweet (<i>Ocimum basilicum</i>)</u>	Muscular spasm and contraction, rheumatism, digestive problems, nausea, flatulence, menstrual cramps, dysmenorrhea, headache, migraines, tension, stress, physical and mental exhaustion	Antibacterial, anti-infectious, antiseptic, antispasmodic, carminative, digestive, restorative, stomachic, tonic	May irritate highly sensitive skin; a skin patch test is advised. Avoid use in baths and showers. Always dilute. Avoid during pregnancy and breast-feeding.
<u>Bergamot (<i>Citrus bergamia</i>)</u>	Infections, fevers, indigestion, cystitis, wounds, acne, herpes, sores, anxiety, depression, stress, tension, insomnia, fear, emotional crisis, emotional strengthening, convalescence, loss of appetite, parasites, nervous tension, agitation, inflammation, vaginal candida, UTI, cold sores, oily complexion, respiratory infection, sore throat, thrush, tonsillitis, regulate appetite, hormone support	Antibacterial, antidepressant, anti-infectious, anti-inflammatory, antiseptic, antispasmodic, calmative, carminative, febrifuge, sedative, stomachic, vulnerary	Photosensitive; do not apply to the skin prior to sun exposure.
<u>Black Pepper (<i>Piper nigrum</i>)</u>	General aches and pains, stomach cramp, digestive problems, rheumatism, circulatory conditions, cold limbs, chills, exhaustion, convalescence; a general nerve tonic, increase cellular oxygenation, stimulate endocrine system, increase energy, cholera, respiratory infections, constipation, coughs, diarrhea, dysentery, neuralgia, quinsy, sprains, toothache, vertigo, virus, vomiting, nausea	Analgesic, antibacterial, anti-infectious, antimicrobial, antiseptic, circulatory, diuretic, expectorant, febrifuge, general tonic, immunostimulant, nervine, restorative, tonic	May cause irritation on highly sensitive skins

Common Name ( <i>Botanical Name</i> )	Therapeutic Uses	Therapeutic Properties	Precautions
<u>Cajuput (Melaleuca cajuputi)</u>	Arthritis, rheumatism, neuralgia, muscular spasms and contractions, sciatica, sore throats, sinusitis, bronchitis, coughs, colds, parasite-induced skin problems, skin infections, head lice, insect bites, fatigue	Analgesic, antibacterial, antiinfectious, antimicrobial, antispasmodic, decongestant, expectorant, febrifuge, insect deterrent, pectoral, stimulant, tonic	No contraindications known
<u>Cardamom (Elettaria cardamomum)</u>	Indigestion, intestinal cramp, flatulence, dyspepsia, nausea, gastric migraine, constipation, IBS, colitis, Crohn's disease, muscular cramps and strains muscular spasm, bronchial congestion, exhaustion and mental fatigue; strengthening, fortifying, paralysis, rheumatism, arthritis, cardiac disorders, epilepsy, pulmonary disease, digestive, urinary issues, appetite stimulant, debility, halitosis, mental fatigue, headaches, heartburn, sciatica, menstrual issues and irregularities	Analgesic, antibacterial, anti-inflammatory, anti-infectious, antispasmodic, calmative, carminative, expectorant, fortifying, nervine, pectoral, stomachic, strengthening	No contraindications known
<u>Cedarwood Atlas (Cedrus atlantica)</u>	Chest infections, catarrh, detoxifying, cellulite, anxiety, stress, tension, physical exhaustion, acne, scalp disorders	Anti-inflammatory, antiseborrheic, antiseptic, depurative, pectoral, regenerative, restorative, tonic	No contraindications known
<u>Chamomile, German (Matricaria recutita)</u>	Pain relief, inflammation, fever, rheumatism, arthritis, muscular spasm, neuralgia, endometriosis, menstrual cramp, detoxification, abdominal cramp, stomachache, inflamed skin conditions, infected skin conditions, wounds, rashes, psoriasis, eczema, acne, spots, chilblains	Analgesic, antibacterial, anti-inflammatory, antiphlogistic, antiseptic, antispasmodic, calmative, cicatrizing, emmenagogue, febrifuge, hepatic, immunostimulant, stomachic, vulnerary	No contraindications known
<u>Chamomile, Roman (Anthemis nobilis)</u>	Muscular spasm and contraction, rheumatism, menstrual cramp, rashes, acne, eczema, psoriasis, skin irritation, inflammatory skin infections, sunburn, dental and teething problems, insomnia, anxiety, nervousness, depression, stress-related conditions, insect bites and stings	Analgesic, antibacterial, anti-infectious, anti-inflammatory, antineuralgic, antispasmodic, calmative, cicatrizing, immunostimulant, nervine, sedative, vulnerary	No contraindications

Common Name ( <i>Botanical Name</i> )	Therapeutic Uses	Therapeutic Properties	Precautions
<u>Cinnamon Bark (Cinnamomun zeylanicum)</u>	Bacterial and viral infections, parasitic infection, intestinal infection, fungal infection, respiratory infection, fevers, coughs, flu, muscular injury, aches and pains, rheumatism, arthritis, cold limbs, general physical debility, exhaustion, fatigue, tired all the time	Analgesic, anthelmintic, antibacterial, antifungal, antimicrobial, antiputrescent, antiseptic, antispasmodic, antiviral, carminative, circulatory, depurative, immunostimulant, stimulant, tonic	Best avoided if using multiple medications or anticoagulants. Those with hypersensitive skin are advised to carry out a skin patch test
<u>Cistus/Labdanum/Rosckrose (Cistus ladaniferus)</u>	Viral infection, influenza, bronchial conditions, joint aches and pains, muscular pain, arthritis, cuts, wounds, spots, acne, stems bleeding, scarring, nervousness, tension, stress	Analgesic, antibacterial, antiseptic, antispasmodic, antiviral, calmative, cicatrizing, immunostimulant	Best avoided during pregnancy
<u>Citronella (Cymbopogon nardus)</u>	Muscular aches and pains, infectious skin conditions, fevers, heat rash, excessive perspiration, fungal infection, fungal foot infection, fatigue, insect deterrent, insect bites	Antibacterial, antifungal, antiinflammatory, antiphlogistic, antiseptic, febrifuge, insect repellent	May cause irritation on highly sensitive skin; a patch test is advisable. Skin applications are best avoided during pregnancy.
<u>Clary Sage (Salvia sclarea)</u>	Menstrual problems, menstrual cramps, endometriosis, PMS, menopausal problems, hot flashes, muscular aches and pains, muscular fatigue, muscular spasm, excessive perspiration, headache, loss of concentration, memory, insomnia, nervousness, depression, anxiety, physical stress, psychological stress	Analgesic, antibacterial, antidepressant, antiseptic, antisudorific, calmative, emmenagogue, nervine, restorative, soporific, spasmolytic, tonic	Best avoided during pregnancy
<u>Clove Bud (Syzygium aromaticum)</u>	Pain relief, bacterial infection, fungal infection, viral skin infections, warts, verrucas, toothache, gum disease, muscle pain, rheumatism, flu, bronchitis, tired limbs, nausea, flatulence, stomach cramps, abdominal spasm, parasitic infection, scabies, ringworm	Analgesic, anthelmintic, antibacterial, antifungal, anti-infectious, antineuralgic, antiseptic, carminative, spasmolytic, stomachic	Avoid prolonged use. Avoid using undiluted on skin; apply a skin patch test for highly sensitive skins. Avoid during pregnancy
<u>Copaiba (Copaifera officinalis)</u>	Bronchitis, sore throats, tonsillitis, varicose conditions, varicose veins, hemorrhoids, urinary tract infection, cystitis, intestinal cramp and spasm, stomachache, stomach discomfort, Helicobacter pylori, muscular pain, bacterial and inflammatory skin conditions, fungal skin infection, onychomycosis, nail infection, athlete's foot	Analgesic, antifungal, anti-inflammatory, antimicrobial, antiseptic, astringent, cicatrizing, circulatory, diuretic, expectorant, stimulant	No contraindications known

Common Name ( <i>Botanical Name</i> )	Therapeutic Uses	Therapeutic Properties	Precautions
<u>Cypress (Cupressus sempervirens)</u>	Varicose veins, fluid retention, hemorrhoids, congestive conditions, heavy and tired legs, edema, rheumatism, menstrual cramp, menopausal fatigue, hot flashes, cellulite, dry cough, bronchial spasm, asthma, respiratory conditions	Antispasmodic, antisudorific, antiussive, astringent, circulatory, diuretic, hepatic, restorative, vasoconstrictor, venous decongestant.	Avoid prolonged used. Best avoided in pregnancy and while breast-feeding.
<u>Dill Seed (Anethum graveolens)</u>	Colic, indigestion, dyspepsia, flatulence, gastrointestinal spasm, intestinal cramp, gastric spasm, IBS, diverticulosis, constipation, detoxifying, headache, nervous stomach, menstrual pain, digestive stimulant, nervousness	Antiputrescent, antiseptic, antispasmodic, antispasmodic, calmative, carminative, cholagogue, decongestive, depurative, digestive, hepatic, sedative	Best avoided if using multiple medications
<u>Eucalyptus Globulus (Eucalyptus globulus)</u>	Respiratory infections, bronchitis, fever, catarrh, sinusitis, fever, muscular aches and pains, rheumatism, arthritis, urinary infection, cystitis, parasitic infection	Analgesic, anthelmintic, antibacterial, antifungal, anti-infectious, anti-inflammatory, antimicrobial, antiputrescent, antirheumatic, antiseptic, antiviral, expectorant, febrifuge, pectoral	Eucalyptus radiata is preferable for use with seniors and those convalescing. Best avoided during pregnancy and while breast-feeding
<u>Eucalyptus Lemon (Eucalyptus citriodora)</u>	Muscular injuries, fungal skin infection, bacterial skin infection, sores, wounds, respiratory tract conditions, asthma, fever, candida, insect bites; insect repellent	Analgesic, antibacterial, antifungal, anti-infectious, anti-inflammatory, antimicrobial, antiputrescent, anti rheumatic, antiseptic, antiviral, expectorant, febrifuge, pectoral	No contraindications known
<u>Eucalyptus Radiata (Eucalyptus radiata)</u>	Respiratory tract infection, bronchitis, catarrh, sinusitis, rhinitis, colds, influenza, fever, asthma, rheumatism, muscular aches and pains, neuralgia, abdominal cramp, menstrual cramp, headache, mental exhaustion, fatigue, general stimulant and tonic, insect stings and bites	Analgesic, antibacterial, anti-infectious, anti-inflammatory, antiphlogistic, antirheumatic, antiseptic, antispasmodic, antitussive, antiviral, expectorant, febrifuge, immunostimulant, pectoral, tonic, vulnerary	No contraindications known
<u>Fennel, sweet (Foeniculum vulgar var, dulce)</u>	Digestive disorders, colic, dyspepsia, gastrointestinal spasm, flatulence, nausea, constipation, IBS, abdominal spasm, menstrual problems, menstrual cramp, premenstrual syndrome, infertility, endometriosis, menopausal symptoms, detoxifying, cellulite, fluid retention, heavy legs, bronchitis, respiratory conditions, cystitis, gout, parasites, facilitating birth, increasing lactation	Analgesic, anti-inflammatory, antiseptic, antispasmodic, carminative, depurative, diuretic, emmenagogue, expectorant, spasmolytic, stomachic, vermifuge	Avoid if using multiple medications. Avoid during pregnancy and while breast-feeding.

Common Name ( <i>Botanical Name</i> )	Therapeutic Uses	Therapeutic Properties	Precautions
<u>Frankincense (<i>Boswellia carterii/frereana</i>)</u>	Coughs, colds, bronchitis, nervous asthma, skin infections, scars, wounds, urinary tract infection, mental fatigue, depression, nervousness, stress, tension, inability to communicate	Antibacterial, antidepressant, antimicrobial, antiseptic, calmative, cicatrizing, cytophylactic, expectorant, nervine, restorative, tonic	No contraindications known
<u>Geranium (<i>Pelargonium graveolens/ Pelargonium x asperum</i>)</u>	balancing hormones: female reproductive disorders, menstrual cramp, infertility, sterility, endometriosis, PMS, menopausal symptoms. Circulatory disorders, stimulating lymphatic system, Raynaud's disease, varicose veins, hemorrhoids, neuralgia, depression, fatigue, emotional crisis, stress-related conditions, <i>Candida albicans</i> , skin care, skin conditions (acne, burns, dermatitis, eczema, psoriasis, vitiligo), herpes, shingles, bleeding, tumor growth, regenerating and revitalizing skin tissue and nerves, dilates bile ducts for liver detox, balances sebum (oily secretion of sebaceous glands of skin that keep it moisturized and supple), cleansing oily skin, restoring and enlivening pale skin, gingivitis, pancreas	Analgesic, antibacterial, antidepressant, antidiabetic, antifungal, anti-infectious, anti-inflammatory, antiseptic, antispasmodic, antitumoral, astringent, circulatory, hemostatic (stops bleeding), nervine, restorative, spasmolytic, stimulant, tonic, vulnerary	No contraindications known
<u>Ginger (<i>Zingiber officinale</i>)</u>	Pain relief, fractures, rheumatism, arthritis, muscle fatigue, muscular weakness, numbness, menstrual cramp, gastrointestinal spasm, digestive problems, flatulence, diverticulosis, IBS, constipation, nausea, sea and travel sickness, protective against UVB-induced skin disorders, colds, chills, influenza, sinus congestion, chronic catarrh, circulatory tonic, Raynaud's disease, cold limbs, nervousness, mental exhaustion, general debility, lower cholesterol, normalize heart beats, reduce frequency and severity of migraines, detoxifying of oxidative damage to liver and lungs	Analgesic, antioxidant, anti-inflammatory, antimicrobial, antiseptic, antispasmodic, antitussive, carminative, chemopreventative, circulatory, diuretic, expectorant, febrifuge, fortifying, pectoral, stimulant, stomachic, thermogenic	No contraindications known
<u>Grapefruit (<i>Citrus paradisi</i>)</u>	Muscle fatigue, muscular weakness, cellulite, migraine, headache, fluid retention, IBS, detoxifying, physical exhaustion, mental exhaustion, depression, stress	Anti-infectious, antiseptic, cholagogue, depurative, digestive, diuretic, hepatic, immunostimulant, tonic	Avoid if using multiple medications. Is a low-risk photosensitizer; do not apply to the skin prior to sun exposure.

Common Name ( <i>Botanical Name</i> )	Therapeutic Uses	Therapeutic Properties	Precautions
<u>Helichrysum/Immortelle/Italian Everlasting</u> ( <i>Helichrysum italicum</i> )	Pain relief, bruising, wounds, contusions, coughs, bronchial congestion, rhinitis, abdominal cramp, muscular spasm, rheumatism, tendonitis, edema, varicose veins, hemorrhoids, circulatory conditions, ulceration, acne, pimples, eczema, psoriasis	Analgesic, anticholagogue, anticoagulant, anti-inflammatory, cicatrizing, circulatory, diuretic, expectorant, hepatic, mucolytic, spasmodic, stimulant, vulnerary	Avoid prolonged use. Best avoided during pregnancy
<u>Juniper Berry</u> ( <i>Juniperus communis</i> )	Fluid retention, cystitis, urinary tract infections, abdominal bloating, menstrual cramp, heavy legs, detoxifying, cellulite, gout, rheumatism, arthritis, acne, ulcers, dermatitis, eczema, mental exhaustion, chronic fatigue, anxiety, tension, depression, liver problems, muscle soreness, wounds	Analgesic, anthelmintic, anti-inflammatory, antiseptic, astringent, carminative, depurative, detoxifying, digestive stimulant, diuretic, emmenagogue, nervine, purifying, spasmolytic, tonic	No contraindications known
<u>Lavender</u> ( <i>Lavandula angustifolia</i> )	Inflammatory conditions, skin infections, wounds, cuts, grazes, rashes, itching, stress-related eczema, nervous psoriasis, sunburn, burns, muscular spasm, muscular contraction, abdominal cramp, headache, migraine, insomnia, nervousness and related conditions, acne, pimples, insect bites, stress, tension, anxiety, tension, panic; insect deterrent	Analgesic, anthelmintic, antibacterial, antidepressant, anti-infectious, anti-inflammatory, antimicrobial, antiseptic, antivenomous, calmative, cicatrizing, cytophylactic, sedative, soporific, spasmolytic, vulnerary	No contraindications known
<u>Lemon</u> ( <i>Citrus limon</i> )	Digestive problems, loss of appetite, detoxifying, cellulite, bronchial conditions, influenza, sore throat, laryngitis, varicose veins, hemorrhoids, acne, skin infections, herpes, abscesses, physical exhaustion, fatigue, debilitation, anxious depression, nervous tension, inability to concentrate or focus	Anti-infectious, antimicrobial, antiseptic, antispasmodic, antiviral, astringent, calmative, carminative, cicatrizing, circulatory, depurative, digestive, diuretic, hemostatic, stimulant, tonic, vermifuge	Expressed lemon oil is a photosensitizer; do not apply to the skin prior to sun exposure. Distilled lemon oil is a nonphotosensitizer. May cause irritation on highly sensitive skin; skin patch test is advisable.
<u>Lemongrass</u> ( <i>Cymbopogon citratus/flexuosus</i> )	Muscular aches and pains, muscular ligament and tendon injury, gastrointestinal disorders, indigestion, colitis, diuretic, detoxifying, cellulite, fever, nonspecific infections, physical and mental exhaustion, acne, pimples, insect bites	Analgesic, anthelmintic, antifungal, anti-infectious, antimicrobial, antiseptic, astringent, depurative, digestive, diuretic, febrifuge, insect deterrent, tonic	May cause irritation on highly sensitive skins; a patch test is advisable. Best avoided during pregnancy. Avoid if using multiple medications.

Common Name ( <i>Botanical Name</i> )	Therapeutic Uses	Therapeutic Properties	Precautions
<u>Marjoram, sweet (<i>Origanum majorana</i>)</u>	Muscle relaxant, muscular spasm, muscular pain, general aches, numbness, bodily stiffness, abdominal pain, menstrual cramp, menstrual problems, menopausal symptoms, contusion, bruises, head pain, gastrointestinal disorders, abdominal spasm, indigestion, intestinal spasm, constipation, IBS, diverticulosis, insomnia, stress-related conditions, anxiety	Analgesic, antibacterial, antiseptic, antispasmodic, calmative, circulatory, digestive, nervine, sedative, vasodilatory	No contraindications known
<u>Myrrh (<i>Commiphora myrrha</i>)</u>	Coughs, catarrh, bronchitis, bronchial congestion, wounds, sores, ulceration, eczema, skin infections, ringworm, scabies, insect bites, parasitic bites, excess mucus, gum disease, mouth ulcers, fungal nail infection	Antifungal, anti-inflammatory, antimicrobial, antiseptic, astringent, balsamic, carminative, cicatrizing, expectorant, pectoral, vulnerary	Avoid during pregnancy and while breast-feeding
<u>Orange, sweet (<i>Citrus sinensis</i>)</u>	Nervous anxiety, constipation, intestinal spasm, fluid retention, detoxifying, heavy legs, cellulite, insomnia, depression, anxiety and stress-related conditions, tension, convalescence	Antibacterial, antiseptic, calmative, cholagogue, depurative, diuretic, sedative, stimulant, stomachic, tonic	No contraindications known
<u>Patchouli (<i>Pogostemon cablin</i>)</u>	Fungal infection, parasitic skin infection, ringworm, scabies, mites, scalp infection, problematic skin conditions, sores, abscess, cuts, grazes, insect repellent, insect bites and stings, PMS, depression, moodiness, irritability	Antidepressant, antifungal, anti-infectious, anti-inflammatory, antimicrobial, antiseptic, astringent, calmative, cicatrizing, cytophylactic, insect deterrent, nervine	No contraindications known
<u>Peppermint (<i>Mentha piperita</i>)</u>	Headache, migraine, digestive problems, nausea, colic, gastrointestinal disorders, flatulence, colitis, diverticulitis, Crohn's disease, IBS, sinus congestion, sinusitis, muscular aches and pains, muscular injuries, muscular spasm, sciatica, sprains, rheumatism, menstrual cramp, neuralgia, mental exhaustion, tension, physical exhaustion, fatigue, apathy	Analgesic, antibacterial, anti-infectious, anti-inflammatory, antiseptic, antispasmodic, antiviral, carminative, cholagogue, circulatory, decongestant, digestive, emmenagogue, stimulant, stomachic, tonic	Avoided during pregnancy and while breast-feeding. Avoid using undiluted in baths and showers.
<u>Ravintsara (<i>Cinnamomum camphora</i> ct. <i>cineole</i>)</u>	Bronchitis, bronchial congestion, colds, sinusitis, rhinitis, excess mucus, laryngitis, respiratory infection, viral infection	Anthelmintic, antibacterial, anticatarrhal, antifungal, anti-infectious, antiseptic, antiviral, expectorant, immunostimulant, mucolytic	Best avoided during pregnancy

Common Name ( <i>Botanical Name</i> )	Therapeutic Uses	Therapeutic Properties	Precautions
<u>Rosemary</u> ( <i>Rosmarinus officinalis</i> )	Muscular aches and pains, rheumatism, arthritis, muscular weakness, muscular injuries, headache, migraine, gastric upset, abdominal spasm, respiratory conditions, sinus congestion, fluid retention, heavy legs, edema, cellulite, detoxifying, memory enhancement, general debility, acne, pimples, boils, abscesses, dandruff, hair loss	Analgesic, antimicrobial, antiseptic, antispasmodic, carminative, cicatrizing, decongestant, depurative, diuretic, immunostimulant, insect deterrent, restorative, spasmolytic, stomachic, stimulant	Best avoided during pregnancy
<u>Rosewood</u> ( <i>Aniba rosaeodora</i> )	Bronchial infections, tonsillitis, coughs, stress headache, convalescence, acne, eczema, psoriasis, scarring, insect bites and stings, nervousness, depression, anxiety, stress-related conditions; tonic	Analgesic, anthelmintic, antifungal, antimicrobial, antiseptic, antiviral, calmative, cytophylactic, spasmolytic, tonic	No contraindications known
<u>Sandalwood</u> ( <i>Santalum album</i> )	Coughs, sore throats, urinary infection, cystitis, vaginal infections, heavy legs, scarring, insomnia, anxiety, nervous tension, nervous exhaustion, depression	Antidepressant, anti-inflammatory, antiseptic, antispasmodic, astringent, calmative, cicatrizing, diuretic, emollient, nervine, pectoral, restorative, sedative, tonic	No contraindications known
<u>Spearmint</u> ( <i>Mentha spicata</i> )	Colic, dyspepsia, nausea, flatulence, digestive upsets, stomachache, neuralgia, lumbago, muscular aches, nervous migraine, nervous fatigue	Antiseptic, calmative, decongestant, digestive, nervine, restorative, spasmolytic, stimulant, stomachic	No contraindications known
<u>Tea tree</u> ( <i>Melaleuca alternifolia</i> )	Bacterial skin infections, parasitic skin infection, respiratory tract infection, sinusitis, rhinitis, wounds, ulceration, pimples, acne, abscesses, head and body lice, athlete's foot, fungal foot infection, warts, verrucas	Anthelmintic, antibacterial, antifungal, antiseptic, antiviral, decongestant, immunostimulant, vulnerary	May cause irritation on sensitive skins; a skin patch test is advisable.
<u>Thyme linalol</u> ( <i>Thymus vulgaris</i> ct. <i>linalool</i> )	Influenza, coughs, colds, bronchitis, sinusitis, rhinitis, laryngitis, sore throat, mucus congestion, viral and bacterial skin infection, circulatory problems, cold limbs, numbness, muscular pain, tendonitis, arthritis, rheumatism, acne, warts, verrucas, lethargy, inability to concentrate	Analgesic, antibacterial, antifungal, anti-infectious, antiputrescent, antiseptic, antispasmodic, antiviral, expectorant, immunostimulant, pectoral, restorative, stimulant, tonic, vermifuge	No contraindications known
<u>Vetiver</u> ( <i>Vetiveria zizanoides</i> )	Stress-induced conditions, nervous tension, muscular spasm, muscular pain, menstrual cramping, premenstrual syndrome, restlessness, restless legs, workaholism, physical exhaustion, irritability, depression	Antimicrobial, antiseptic, antispasmodic, depurative, nervine, restorative, sedative, tonic	No contraindications known



Common Name ( <i>Botanical Name</i> )	Therapeutic Uses	Therapeutic Properties	Precautions
<u>Ylang Ylang</u> ( <i>Cananga odorata</i> )	Hypertension, circulation, muscular cramp, menstrual cramp, intestinal spasm, insomnia, nervous tension, stress, nervousness, depression, physical exhaustion	Antidepressant, antiphlogistic, antiseptic, antispasmodic, calmative, nervine, sedative, tonic	May cause irritation on highly sensitive skin; a skin patch is advisable.

## Therapeutic Properties - Definition - Laymen's Terms

**alopecia** - baldness, loss of hair - maintains health hair growth  
**alterative** - produces gradual beneficial change in body (usually by improving nutrition) - promotes continued improvement of body systems  
**amenorrhea** - absence of menstruation - promotes healthy menstruation  
**anabolism** - the creation of body tissue—the opposite of catabolism—usually from other nutrients or components  
**anesthetic** - deadens feeling or sensation - eases minor pains associated with non-disease states  
**analgesic** - deadens or relieves pain; *anodyne* - eases minor pains associated with non-disease states  
**anaphrodisiac** - reduces sexual desire or potency - helps maintain a naturally balanced and healthy sex drive, especially to ease over-activeness  
**anthelmintic** - destroys or expels worms and parasites; *vermifuge* - supports the natural elimination of parasites  
**anodyne** - soothes pain and calms disturbed feelings - eases minor pains associated with non-disease states  
**antibacterial** - prevents bacterial growth - supports the body's natural defense to bacterial growth  
**antibiotic** - destroys or prevents growth of bacteria - supports the body's natural defense to bacterial growth  
**anticatarrhal** - helps remove excess catarrh (excess mucous secreted by inflamed mucous membranes) from the body - promotes the healthy functioning of the respiratory system  
**anticoagulant** - prevents clotting (blood) -  
**antidepressant** - alleviates depression - calms emotions and reduces feelings of sadness  
**anti-emetic** - reduces the incidence and severity of nausea or vomiting - supports gastrointestinal calm and resistance to vomiting  
**antifungal** - prevents fungal growth - maintains a healthy resistance to fungal growth  
**antihistamine** - counteracts the effects of histamine (which produces capillary dilation and, in larger doses, hemoconcentration) -  
**antihydrotic** - reduces or suppresses perspiration - supports the body's natural suppression of perspiration at appropriate times  
**anti-infectious** - prevents uptake of infection - maintains a healthy resistance to infection  
**anti-inflammatory** - reduces inflammation - supports the proper reaction of living tissue to inflammation, irritation, injury, or infection  
**antilithic** - prevents the formation of a calculus or stone - supports the body's natural resistance to calculus or stone formation  
**antimicrobial** - resists or destroys pathogenic microorganisms - supports the body's natural defense to micro organisms  
**antineuralgic** - relieves or reduces nerve pain - eases minor nerve pains associated with non-disease states  
**antioxidant** - inhibits destructive oxygen and free radical-induced deterioration (oxidation) of substances and tissues in the body, can be natural or synthetic - antioxidant or supports natural resistance to free radicals or oxidants  
**antiperiodic** - counteracts periodic/intermittent diseases (such as malaria) - bolsters the immune system  
**antiphlogist** - acts against inflammation and fever - supports the proper reaction of living tissue to irritation, injury, or infection as well as body temperature control  
**antipruritic** - relieves or prevents itching - soothes skin  
**antiputrescent** - acts against the process of decay or rotting in a body or other organic matter - supports the body's natural defense to decay or rotting  
**antipyretic** - prevents or reduces fever; *febrifuge* - maintains proper body temperature control  
**antirheumatic** - relieves symptoms associated with rheumatic conditions - supports proper joint function  
**antisclerotic** - prevents hardening of cells and tissues - maintains suppleness of cells and tissues  
**antiseborrheic** - relieves excessive secretion of sebum - supports the regulation of excessive sebum release  
**antiseptic** - destroys and prevents the development of microbes/bacteria - supports the body's natural eradication and defense of bacterial and microbial growth  
**antispasmodic** - prevents and eases spasms, convulsions, or cramps - supports the body's natural calming response to spasms, convulsions, or cramps  
**antisudorific** - prevents sweating - assists with maintaining appropriate perspiration, especially when none is desired  
**antitoxic** - antidote or treatment that counteracts the effects of poisons and toxins - supports the body's natural response to counteract poisons and toxins  
**antitussive** - relieves coughs - assists with cough relief  
**antivenomous** - used against the effects of venom - supports the body's natural response to counteract poisons and toxins, particularly venom  
**antiviral** - inhibits the growth of virus - supports the body's natural defense of viral infections  
**aperient** - mild laxative or purgative - promotes purging (laxative)  
**aphrodisiac** - arousing or increasing sexual desire - helps increase a naturally balanced and healthy sex drive  
**appetizer** - excites the appetite  
**aromatic** - having an agreeable odor with stimulating qualities -  
**astringent** - causes contraction of organic tissues, reducing secretions or discharges - promotes proper release of secretions or discharges  
**balsam** - soothing or healing agent -  
**balsamic** - soothes sore throats, coughs, etc. - soothing, coughs & throat  
**bitter** - increases appetite and promotes digestion - promotes a healthy appetite & digestion, especially when increase is desired  
**bechic** - relieves coughs; or refers to coughs - soothes coughs  
**calmative** - a sedative or mild tranquilizer - promotes relaxation  
**carcinogen** - produces or creates cancer -  
**cardiotonic** - having a stimulating effect on the heart - promotes proper stimulation of heart  
**carminative** - expels gas (flatulence), easing abdominal pain and bloating - digestive assistance, targeting bloating and gas  
**catabolism** - the breaking down of tissue or material within the body (digestion is a catabolic process)  
**cathartic** - purgative; laxative; capable of causing a violent purging or catharsis of the body - promotes powerful purging (caution: can be a very strong laxative)  
**cellulite** - accumulation of toxic matter in the form of fat in the tissue  
**cholagogue** - stimulates the secretion and flow of bile into the duodenum - supports proper secretion and flow of bile into duodenum  
**choleric** - aids excretion of bile by the liver; so there is a greater flow of bile - promotes increase of bile flow  
**cicatrisant** - promotes healing by the formation of scar tissue - promotes natural skin regeneration, especially scar tissue  
**cicatrizing** - promotes the formation of scar tissue, thus healing - promotes the needed production of scar tissue when necessary  
**circulatory** - promotes flow of blood and lymph - promotes flow of blood and lymph  
**coagulant** - induces clotting of a liquid (blood) - promotes clotting of a liquid (blood)  
**counterirritant** - promotes irritation in one part of the body to counteract irritation or inflammation in another  
**cutaneous** - pertaining to the skin  
**cytophylactic** - referring to cytophylaxis; the process of increasing the activity of leucocytes to defend the body against infection -  
**cytotoxic** - toxic to all cells -

**decongestant** - *reduces congestion such as mucus* - assists with decongestion

**demulcent** - *soothes and protects from irritation in tissues, particularly the mucous membranes* - promotes a proper calm of tissue irritation, particularly mucous membranes

**deodorant** - *destroys or masks odors* - assists with masking or destroying odors

**depressant** - *lessens nervous or functional activity; opposite of stimulant* - promotes the lessening of nervousness as well as functional activity

**depurative** - *purifies the system, particularly the blood* - supports the body's natural process of purifying the system, particularly the blood

**detergent** - *cleanses wounds and sores of diseased or dead matter* - supports the cleansing (of wounds, sores or dead matter)

**detoxifying** - *assist in the removal of toxins*

**diaphoretic** - *promotes perspiration; sudorific* - assists with maintaining appropriate perspiration, especially when more is desired

**digestive** - *promotes or aids digestion*

**disinfectant** - *helps fight the spread of germs*

**diuretic** - *aids in removal of excess water from the body; promotes urination*

**edema** - *a painless swelling caused by fluid retention beneath the skin's surface*

**emetic** - *induces vomiting*

**emmenagogue** - *promotes or assists menstruation*

**emollient** - *softens and soothes skin externally*

**enteritis** - *inflammation of the mucous membrane of the intestine*

**expectorant** - *promotes the discharge of mucous from the respiratory system*

**febrifuge** - *supports the combat, reduction, or elimination of fever*

**fomentation** - *preparation of cloths soaked in hot herbal infusions or decoctions (strong teas) and then wrung out and applied over sore, infected, or painful areas to reduce inflammation or pain*

**fortifying** - *protecting and strengthening to the entire organism*

**fungicidal** - *prevents and combats fungal infection* - supports the body's natural defense and elimination of fungal infection

**galactagogue** - *induces the flow of breastmilk* - promotes the flow of breastmilk

**germicide** - *destroys germs or microorganisms such as bacteria* - supports the destruction of germs or microorganisms such as bacteria

**halitosis** - *offensive breath*

**hemostatic** - *arrests bleeding* - promotes the arrest of bleeding

**hepatic** - *relating to the liver, tones and aids its function*

  

**hydragogue** - *purgative that produces abundant water discharge* - promotes purging, particularly abundant water discharge

**hypertensive** - *agent which raises blood pressure* - supports body's proper raising of blood pressure

**hypnotic** - *promotes or causes sleep* - promotes sleep

**hypcholesterolemia** - *lowers the cholesterol content of the blood* - supports body's proper lowering of cholesterol in blood

**hypotensive** - *lowers blood pressure* - supports body's proper lowering of blood pressure

**immunostimulant** - *stimulates the action of the immune system*

**infusion** - *mixture of herb and water; brought to a boil, removed from the fire, steeped or infused, and used as a drink or an external wash*

**irritant** - *causes inflammation or abnormal sensitivity in living tissue*

**laxative** - *promotes evacuation of the bowels; mild purgative* - promotes evacuation of the bowels

**lipolytic** - *causing lipolysis, the chemical disintegration or splitting of fats* - promotes the disintegration or splitting of fats

**macerate** - *extraction and softening by soaking in a fluid*

**microbe** - *a minute living organism, especially pathogenic bacteria, viruses, etc.*

**mucilaginous** - *characterized by gummy or gelatinous consistency*

**mucolytic** - *dissolving or breaking down mucous* - promotes the breakdown and dissolving of mucous

**narcotic** - *substance which induces sleep; intoxicating or poisonous in large doses* - promotes sleep, caution: do not use in large amounts

**neat** - *term used for describing the application of essential oil without dilution in a carrier oil*

**nephritic** - *applicable to the diseases of the kidney* - supports proper kidney function

**nephritis** - *inflammation of the kidneys* - supports the proper reaction of living tissue to irritation, injury, or infection, particularly the function of the kidneys

  

**nervine** - *soothing and toning to the nerves and nervous system*

**neuralgia** - *a stabbing pain along a nerve pathway*

**neurasthenia** - *nervous exhaustion*

**olfaction** - *the sense of smell*

**ophthalmia** - *inflammation of the eye, a term usually applied to conjunctivitis*

**otitis** - *inflammation of the ear*

**oxytocic** - *stimulates contraction of uterine muscle, therefore speeding up childbirth* - promotes the contraction of the uterine muscle, therefore being of importance in the progression of childbirth

**pathogenic** - *causing or producing disease pruritus; itching*

**pectoral** - *remedy for pulmonary or other chest diseases* - promotes pulmonary health

**poultice** - *application of hot, moist herb or infusion directly to the skin*

**purgative** - *promotes a vigorous emptying of the bowels*

**psychosomatic** - *the manifestation of physical symptoms resulting from a mental state*

**regenerative** - *tends to regenerate, regrow* - Supports & speeds the natural process of cell replication & regrowth

**restorative** - *helps strengthen and revive the body systems* - supports and speeds the strengthening and reviving of the body systems

**rhinitis** - *inflammation of the mucous membrane of the nose*

**rubefacient** - *irritant; reddening the skin; an agent that reddens the skin by producing hyperemia*

**sedative** - *soothing agent that reduces nervousness, distress, or irritation* - promotes soothing and calm

**sialagogue** - *stimulates the secretion of saliva* - promotes saliva secretion

**soporific** - *substance which induces sleep* - supports proper sleep patterns, especially inducing sleep

**spasmolytic** - *antispasmodic* - supports the ceasing of spasms

**stimulant** - *excites or quickens the activity of physiological processes* - supports the appropriate quickening of physiological processes  
**stomachic** - *digestive aid and tonic; improving the appetite* - supports appetite and digestion  
**styptic** - *astringent agent which stops or reduces external bleeding; contracts tissues* - supports proper ceasing of blood flow externally, promotes tissue contraction  
**sudorific** - *promotes or increases sweating* - assists with maintaining appropriate perspiration, especially when more is desired  
**thermogenic** - *stimulants heat production* - promotes heat production  
**thrombosis** - *the formation of a blood clot (thrombus)*  
**tincture** - *strained solution of herbs and alcohol, to be used internally or externally*  
**topical application** - *refers to applying something directly to the exterior surface of the skin; not internal*  
**tonic** - *strengthens or invigorates organs or the entire organism* - supports the strengthening of the organs and entire organism  
**vasoconstrictor** - *causes narrowing of the blood vessels; raises blood pressure* - supports body's proper raising of blood pressure by promoting narrowing of blood vessels

**vasodilator** - *causes dilation of the blood vessels; lowers blood pressure* - supports body's proper lowering of blood pressure by promoting dilation of blood vessels  
**vermicide** - *destroys intestinal worms* - promotes natural destruction of intestinal worms  
**vermifuge** - *expels intestinal worms* - promotes natural expulsion of intestinal worms  
**vesicant** - *causing blistering to the skin*  
**vulnerably** - *healing application for wounds and sores*  
**vulnerary** - *heals wounds and sores by external application* - promotes external wound & sore healing