

[Home](#) › [Other](#) › [Camphor](#) › Camphor Oil

# 11 Surprising Benefits Of Camphor Essential Oil

by [Meenakshi Nagdeve](#) last updated - February 26, 2021

✓ Evidence Based

The health benefits of [camphor essential oil](#) include its properties as a stimulant, antispasmodic, antiseptic, decongestant, anesthetic, sedative, and nervous pacifier. It also acts as an antineuralgic, anti-inflammatory, disinfectant, and an insecticide.

## What is Camphor Essential Oil?

The essential oil of camphor is obtained during the process of its extraction of camphor from two types of camphor trees. The first one is the Common Camphor tree, bearing the scientific name *Cinnamomum camphora*, from which the common camphor is obtained. The second variety is the Borneo Camphor tree, which is where Borneo Camphor is derived from; it is scientifically known as *Dryobalanops camphora*. The camphor oil obtained from both have similar properties, but they differ slightly in aroma and the concentration of various compounds found in them.

The various components of camphor essential oil are alcohol, borneol, pinene, camphene, camphor, terpene, and safrole.

## Health Benefits of Camphor Essential Oil

Camphor essential oil has many medicinal properties, which are explained in greater detail below.

### Improves Circulation

Camphor essential oil is an effective stimulant that can help boost the activity of the circulatory system, [metabolism](#), digestion, secretion, and excretion. This property helps in giving relief from problems and ailments associated with improper circulation, digestion, sluggish or overactive metabolic rates, obstructed secretions, and a wide variety of uncommon conditions. [\[1\]](#)

## Prevents Skin Infections

Camphor oil is an excellent disinfectant, insecticide, and germicide. It can be added to [drinking water](#) to disinfect it, particularly during the summer and in rainy seasons when there is a higher chance of water becoming infected. An open bottle or container of camphor oil, or burning a piece of cloth soaked in camphor oil, drives away insects and kills germs. A drop or two of camphor oil mixed with plenty of food grains also helps in [keeping](#) them safe from insects. Camphor is also used in many medical preparations such as ointments and lotions to cure [skin](#) diseases, as well as bacterial and fungal infections [of the skin](#). When mixed with bathing water, camphor oil disinfects the whole body externally, and also kills lice. [\[2\]](#) [\[3\]](#) [\[4\]](#)



---

Use camphor to relieve pain, irritation, and itching. Photo Credit: Shutterstock

## Eliminates Gas

It is very helpful in giving relief for gas trouble. Primarily, it does not let gas form and secondarily, it effectively removes the gases and healthily expels them.

## Reduces Nervous Disorders

It acts as a good anesthetic and is very effective for local anesthesia. It causes numbness of the sensory nerves in the area of application. It also reduces the severity of nervous disorders and convulsions, epileptic attacks, nervousness, and chronic [anxiety](#). <sup>[5]</sup>

## Relieves Spasms

It is a very efficient antispasmodic and gives immediate relief from spasms and cramps. It is also effective in curing extreme spasmodic cholera. <sup>[6]</sup>

## Increases Libido

Camphor oil, when consumed, boosts the libido by stimulating those portions of the brain which are responsible for sexual desires. When externally applied, it helps

to cure erectile problems by increasing blood circulation in the affected parts since it is a powerful stimulant. <sup>[7]</sup>

## Relieves Neuralgia

Neuralgia, a painful condition caused when the ninth cranial nerve is impacted due to swelling of the surrounding blood vessels, can be relieved using camphor oil. This oil can make the blood vessels contract and thereby reduce pressure on the ninth cranial nerve. <sup>[8]</sup>

## Reduces Inflammation

The cooling effect of camphor oil makes it an anti-inflammatory and sedative agent. It is very helpful in curing nearly all types of inflammation, both internal and external. It also relaxes the body and mind while giving a feeling of peace and freshness. It proves to be very cooling and refreshing, particularly in the summer. Camphor oil can also be mixed with bathing water to have that extra sensation of coolness in the summer heat. [\[9\]](#)

## Reduces Arthritis Pain

A detoxifier and a stimulant for the circulatory system, camphor oil excites blood circulation and gives relief to rheumatic diseases, arthritis, and [gout](#). It is also considered an antiphlogistic as it reduces the swelling of body parts. This is yet another beneficial effect of proper blood circulation. [\[10\]](#)

## Relaxes Nerves & Brain

Camphor oil has a narcotic effect since it temporarily desensitizes the nerves and relaxes the brain. It can also make a person lose control over their limbs if taken in excess since it impacts brain function. The smell of the oil is somewhat addictive. People have been seen to develop strong addictions to repeatedly smelling the oil or consuming it, so be careful.

## Relieves Congestion

The strong penetrating aroma of camphor oil is a powerful decongestant. It immediately relieves congestion of the bronchi, larynx, pharynx, nasal tracts, and lungs. It is, therefore, used in many decongestant balms and cold rubs. [\[11\]](#)

## Other Benefits

It is sometimes used in cases of cardiac failure, in combination with other medicines. It is also beneficial in providing relief from symptoms of hysteria, viral diseases like cough, measles, flu, food poisoning, infections in the reproductive organs, and insect bites. [\[12\]](#)

**Word of Caution:** Camphor oil is toxic and can be fatal if ingested in excess. Even 2 grams can be lethal. Ingestion of a slight overdose can still manifest symptoms of poisoning, including extreme thirst, vomiting, and a drop in body temperature. [\[13\]](#)

**Blending:** Camphor oil blends well with [basil](#), cajuput, [chamomile](#), Melissa, and [lavender oil](#) for uses in [aromatherapy](#).



### About the Author

[Meenakshi Nagdeve](#), Co-Founder, Organic Facts is a health and wellness enthusiast and is responsible for managing it. She has completed the [Nutrition And Healthy Living Cornell Certificate Program](#), Cornell University, US. She holds a Post Graduate Diploma in Management from IIM Bangalore and B. Tech in Metallurgical Engineering and Materials Science from IIT Bombay. Prior to this, she worked for a few years in IT and Financial services. An ardent follower of naturopathy, she believes in healing with foods. In her free time, she loves to travel and taste different types of teas.

## Read This Next:

---

## Popular Articles