



Cardamom Essential Oil



Botanical Name: *Elettaria cardamomum*

Main Constituents:

1,8-Cineole: 38.2%

Terpinyl acetate: 43.8%

Plant Part: Seeds

Origin: India

Processing Method: Steam Distilled

Child Safe: See safety precautions below.

Description / Color / Consistency: A light, colourless to very pale-yellow liquid.

Aromatic Summary / Note / Strength of Aroma: A top note with a strong aroma, Cardamom Essential Oil is sweet, spicy and almost balsamic in fragrance.

Product Abstract: A perennial, reed-like herb, Cardamom grows wild and is cultivated in India and Sri Lanka. It grows up to 4 meters (13 feet) and has long, green silky blades, small yellowy flowers, with a violet tip and a large fleshy rhizome, similar to ginger. Oblong gray fruits follow the flowers, each containing many seeds. Cardamom was well known in ancient times. The Egyptians used it in perfumes and incense, and the Arabs used it ground in their coffee. The seeds are an important ingredient in Middle Eastern and Asian cooking.

About Cardamom Essential Oil

Both masculine and feminine colognes and perfumes are energized by Cardamom essential oil's spicy and enchanting aroma. It is soothing, yet also very gently uplifting. Some aromatherapists recommend diffusing Cardamom essential oil to invigorate the home and workplace.

The aroma of Cardamom essential oil is warm and spicy with middle notes that are lightly sweet and bordering on floral. A member of the ginger family, this well-known culinary herb is universally valued and used extensively around the globe as a lovely and lively flavoring agent.

This powerful oil is well-known for calming the respiratory and digestive systems and can often provide relief to those who struggle on boats or long car rides.

Therapeutic Properties



Analgesic: One of the main components, 1,8 cineole, is noted for its antinociceptive actions (Liapi *et al.* 2008). This probably works in synergy with other components to contribute to Cardamom's reputed analgesic action.

Anti-inflammatory: 1,8 cineole is a good anti-inflammatory agent with an excellent peripheral analgesic effect (Santos and Rao 2000). This contributes to Cardamom's potential as an anti-inflammatory oil.

Cephalic: This is attributed to 1,8 cineole, which imparts alertness and improves cognitive functioning (Moss and Oliver 2012).

Decongestant and expectorant: An important use of Cardamom in folk medicine was the alleviation of respiratory congestion. Because of the presence of 1,8 cineole, Cardamom is used in Aromatherapy massage blends and creams for its expectorant and decongestant actions.

Digestive aid: Cardamom has been used for millennia as a digestive aid. Traditional uses include the alleviation of nausea (anti-emetic), abdominal cramping (antispasmodic), and gas (carminative).

Rubefacient: 1,8 cineole has mild irritant qualities. This can be harnessed in counterirritant topical applications to impart warming sensations and pain relief.

Warming: See **rubefacient**.

Cardamom Essential Oil Uses

Digestive: Cardamom belongs to the same family as Ginger (Zingiberaceae), and they are both warming and hot oils. Cardamom has been used for centuries as a digestive aid in India. I've used it on my clients in the suggested cream recipe to relieve gas, nausea, heartburn, and diarrhea. To help alleviate nausea, put a drop on a tissue and inhale, or make the suggested cream and apply to the abdomen. Also consider blending Cardamom with spicy oils (such as Black Pepper and Nutmeg), and with citrus oils (such as Sweet Orange) in massage blends and creams to reduce digestive discomfort.

Mental fatigue: Cardamom is wonderful for aiding mental concentration. It is 'cephalic.' Try inhaling it to combat mental fatigue. It can also reduce anxiety. For this, try blending it with Jasmine, Rose, Ylang Ylang, Frankincense, and Sandalwood. Diffusing Cardamom lifts the atmosphere while imparting a fresh, warm, sweet, spicy aroma.

Respiratory: Reduces damp, congested conditions in the respiratory and digestive systems. A fantastic oil to use while sick, it eases multiple symptoms of chest and head pain due to tightness and congestion. For congestion and breathing problems, Cardamom can be inhaled or used in a chest rub or massage oil, along with Lavender, Black Pepper, Ginger, Laurel, and Frankincense.

General Safety Information

Do not take any oils internally and do not apply undiluted essential oils onto the skin without essential oil knowledge or consultation from a practitioner. Consult a practitioner before using oils with children, the elderly, if you are pregnant, if you have medical issues or are taking medications.



Cautions: Dilute before use; for external use only. May cause skin irritation in some individuals; a skin test is recommended prior to use. Contact with eyes should be avoided. The 1,8 cineole content may cause dry skin if used often. If you're using it often on the skin, such as in a bath or massage oils, use in a low dilution. The hot and spicy nature can cause skin irritation if not diluted.

Cardamom should not be used for children under 5 years old, as 1,8 cineole can also cause CNS and breathing problems in young children. Use with caution on children between 5-10 years old.

IMPORTANT: All Essentially You Oils products are for external use only unless otherwise indicated. This information is not intended to diagnose, treat, cure, or prevent any disease, and it should not be used by anyone who is pregnant or under the care of a medical practitioner. See [Disclaimer](#).