



PATCHOULI Essential Oil



Botanical Name: *Pogostemon Cablin*

Main Constituents:

Patchoulol: 35%

Plant Part: Leaves

Origin: Indonesia

Processing Method: Steam Distilled

Description / Color / Consistency: A viscous, pale golden liquid.

Aromatic Summary / Note / Strength of Aroma: A base note with a medium aroma, Patchouli has an earthy aroma with light fruity notes.

Product Abstract: Patchouli is a very fragrant herb with soft oval leaves and square stems. It grows from 2 to 3 feet in height and provides an unusual odor that is nonetheless characteristic of patchouli when the leaves are rubbed. It became very popular throughout the British Empire when silks and cashmere shawls from India were packed with Patchouli to discourage insects during shipping, the scent being the final proof of origin. Genuine India Ink was also scented with it. Patchouli improves with age, and the aged oil is what is preferred over that which is freshly harvested. In aromatherapy and perfumery, Patchouli provides an excellent fixative that can help extend other, more expensive oils. The color of the oil is affected by the distillation machine; if the young leaves are distilled in a stainless steel vessel, the oil will be light, but if done in an iron vessel, the color will be dark.

Emotional/Energetic Qualities

Balances an overactive mind

Reduces nervous strain

Counteracts disjointed and spacey feelings, opens up the breath

Supports connecting with one's sensual nature

Therapeutic Properties

Analgesic: Patchouli can provide pain relief because of its anti-inflammatory action.

Anti-inflammatory: Patchouli and its component patchoulol are potential COX-1 inhibitors, which makes them anti-inflammatory agents (Raharjo and Fatchiyah 2013). Numerous other studies have demonstrated that patchoulol has anti-inflammatory actions (Li et al. 2011; Jeong et al. 2013; Li et al. 2014; Yu et al. 2015; Su et al. 2016).



Antibacterial: Patchouli essential oil has a strong, broad-spectrum antibacterial activity (Yang *et al.* 2013). The main component, patchoulol has strong antibacterial potential against *Escherichia coli*, *Pseudomonas aeruginosa*, *Proteus spp.*, *Shigella dysenteriae*, and *Staphylococcus aureus*. It also has selective antibacterial activities against *Helicobacter pylori* without affecting the normal flora of the gastrointestinal tract (in vitro) (Yang *et al.* 2013; Yu *et al.* 2015).

Antifungal: Research on 12 different fungi (three yeast-like and nine filamentous) showed Patchouli inhibited all 12 (Pattnai *et al.* 1996). Its dominant alcohol patchoulol is active against *Aspergillus flavus* and *A. oryzae* (Mirko *et al.* 2006) - these are not pathogens but it suggests that it might be used to control fungal growth on surfaces, thus improving our environment.

Antidepressant: The scent of Patchouli has uplifting and calming effects that can counteract mild depression.

Antispasmodic: Patchoulol is known to be an antispasmodic (Ichikawa *et al.* 1989). In an ex vivo study, it inhibited contractions in guinea pig colon muscle (Yu *et al.* 2015).

Cicatrisant: See skin healing

CNS sedative: Inhalation of the essential oil has been seen to inhibit sympathetic activity and elicit a 40% decrease in plasma adrenaline (Haze, Sakai and Gozu 2002). In inhalation studies in mice, patchoulol showed sedative activity by reducing spontaneous activity (Ito and Ito 2011).

Cooling: In traditional medicine, Patchouli is regarded as a cooling remedy. Its anti-inflammatory and calming actions would support this.

Immunostimulant: Hu *et al.* (2006) suggested that Patchouli essential oil can strengthen immune activity and resistance to bacterial infection. Patchouli alcohol is active against strains of the influenza virus (in vitro), and may help aid recovery because of its immunostimulating and anti-inflammatory actions (Ghule *et al.* 2006; Wu *et al.* 2011; Kiohara *et al.* 2012; Li *et al.* 2012; Wu *et al.* 2013). It has also been established that oral administration of patchoulol can enhance phagocytic capability and improve immune response. It is thought that patchoulol's significant immunomodulatory properties are related by its ability to activate the mononuclear phagocytic system, augment humoral immune response while suppressing the cellular immune response (Liao *et al.* 2013).

Skin healing: Based on its traditional uses in Chinese, Ayurvedic, and Greek medicines, Holmes (1997) noted that the essential oil is indicated for numerous skin disorders and scar tissue. Its antibacterial and anti-inflammatory actions can promote skin healing.

Applications

Anxiety and depression: I've used Patchouli in blends to reduce stress, depression, and anxiety. Its sedative action makes it great at night in a bath. It brings about balancing actions, helping unite the mind and emotions with the physical world.



Immune support: Patchouli is a good addition to blends for immune support. It works well with Palmarosa.

Musculoskeletal: Patchouli is a perfect base note in blends for inflammation, and stress-related aches, muscle spasms, pains, and tension.

Skin: Patchouli is great in blends for skin conditions such as dryness, inflammation, scars, sores, eczema, and wounds. It moisturizes and cools the skin. You can also use it to repel insects

Safety Data

Non-toxic, non-irritating.

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.



****These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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