



SPIKENARD Essential Oil



Botanical Name: Nardostachys jatamansi

Main Constituents:

β-Gurjunene: 5%

Seychellene: 4.2%

Spathulenol: 2.4%

Patchouli Alcohol: 2.5%

Maaliol: 2%

Plant Part: Root

Origin: Nepal

Processing Method: Steam Distilled

Description / Color / Consistency: A slightly viscous golden yellow to greenish liquid.

Aromatic Summary / Note / Strength of Aroma: A base note with a strong aroma, Spikenard Essential Oil has a harsh, earthy, woody smell that is slightly musty.

Product Abstract: Spikenard is a soft, aromatic herb with a strongly pungent rhizome root. It is native to the mountainous regions of Northern India, as well as China and Japan. Also known as Nard and Musk Root, Spikenard was one of the early aromatics used by the ancient Egyptians and is mentioned in the Bible in The Song of Solomon, and in the Gospel Of John where Mary used it to anoint the feet of Jesus. It was used in ancient Rome in perfumes and beauty preparations. It was also used in culinary recipes from Roman times throughout the Middle Ages, and was used to spice wine and beer.

Emotional/Energetic Qualities

Calms the heart

Stabilizes the mind

Settles the emotions

Therapeutic Properties

Anti-inflammatory: It is believed that the oil has anti-inflammatory actions, attributed to the sesquiterpene content.

Antifungal: Spikenard is helpful in antifungal blends, as the oil helps reduce inflammation and heal tissue, and may have some antifungal activity of its own.



Antispasmodic: According to Gabriel Mojay, Spikenard has antispasmodic and digestive actions that make it useful for nausea and constipation. I have found it useful in many blends for abdominal spasms.

CNS sedative: Inhaling Spikenard oil can cause a strong sedative effect (Takemoto *et al.* 2008, Takemoto, Yagura and Ito 2009).

Warming: Dioscorides considered Spikenard to be a warming and drying herb (Rhind 2014).

Applications

Anxiety: For anxiety, insomnia, and a general feeling of being out of sorts, this oil can provide wonderful support. Spikenard calms the heart, relaxes the mind and excessive thinking, and inspires peaceful emotions. It's been used successfully to deal with tachycardia. Try combining it with equal amounts of Ylang Ylang and applying the blend to the chest.

Bug repellent: Spikenard is a great bug repellent.

Insomnia and hyperactivity: Spikenard can be inhaled to induce sleep and reduce hyperactivity.

Menorrhagia: Spikenard may help slow down heavy menstrual bleeding.

Musculoskeletal: Spikenard is a great anti-inflammatory! For muscle and joint inflammation, and stress-related aches and pains and tension, Spikenard can provide a warming base note in massage blends.

Skin care: Spikenard is helpful in antifungal blends, as the oil helps reduce inflammation and heal tissue, and may have some antifungal activity of its own.

Safety

Generally non-toxic, non-irritant and non-sensitizing. Always test a small amount first for sensitivity or allergic reaction.

If pregnant or under a doctor's care, consult a physician. **Avoid if you are epileptic.**

****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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