

Patchouli

General Properties

- antidepressant
- antifungal
- anti-inflammatory
- antiseptic
- aphrodisiac
- cytophylactic
- febrifuge
- insecticidal

Description

Patchouli is a bush from which the oil is steam distilled from the large furry leaves to produce a thick, dark oil, yellowish brown in color. Its main active principles are patchoulene, patchoulol and norpatchoulol. The patchoulene is very similar in structure to azulene (found in chamomile) and has the same anti-inflammatory properties. The plant has a long history of use in traditional Chinese medicine as a stimulant, tonic and antiseptic. It is widely used in the perfume industry as a fixative due to its long lasting character. Patchouli continues to get better with age. Some of its countries of origin are Malaysia, Indonesia, and Paraguay.

Patchouli has long been known as a tissue regenerator, fungicide, antidepressant and insecticide as well as being antiseptic and anti-inflammatory in nature. This makes it useful in treating many different skin conditions; especially when you consider that Patchouli possess the same cell regenerating ability as Lavender and Neroli (cytophylactic). Patchouli can be used for treating acne, cracked skin, certain types of eczema, fungal infections (athletes' foot), some skin allergies and even dandruff. Mentally, this oil has been found useful for treating all forms of depression, anxiety and stress related issues. It also has the reputation of being a natural aphrodisiac.

This oil blends well with Bergamot, Cedarwood, Clary sage, Clove, Geranium, Lavender, Myrrh, Rose, Sandalwood and Vetivert.

Specific Cautions

Avoid in the first trimester of pregnancy.

References

Information about this essential oil came from the following sources:

1. Worwood, Valerie Ann. *The Fragrant Pharmacy*. (Toronto: Bantam Books, 1990)
2. Davis, Patricia. *Aromatherapy: An A-Z*. (United Kingdom: Saffron Walden, 1988)
3. Tisserand, Robert and Tony Balacs. *Essential Oil Safety*. Edinburgh: Churchill Livingstone, 1995)

Note and Disclaimer

The information and opinions provided here are for general educational purposes only and do **not** replace medical advice. It is your responsibility to consult a suitably qualified medical practitioner to ensure that you will not have any medical problems from any of our products.