

The Chemistry of Essential Oils



The chemical components that make up essential oils is what gives an individual oil its therapeutic properties. For example oils with a high ester content are observed to be calming and antispasmodic whereas those with a high monoterpene content as antiviral. This is one of the beautiful aspects of aromatherapy that offers diverse aspects of nature for relaxation, immune strengthening, wound and problematic skin conditions and health preventative.

Aromatherapy activates the olfactory process and demonstrates the relationship between physical and emotional health. Over time what is discovered is an intimate-intuitive understanding of how natural aromatic scent and their medicinal properties can influence our well-being to form a healing network that is missing in conventional health care.

Bergamot: Studies have investigated the effectiveness of Bergamot as an **antidepressant** due to its warm fruity-sweet scent and chemical components of esters and limonene.

Eucalyptus globulus: Eucalyptus oil and 1,8-cineole have been reputed to have **antiseptic** and **expectorant** properties and **strong antiviral** activity against several strains of *Streptococcus* bacterium. The cause of many skin and throat infections.

Roman chamomile: When used in massage, caused a significant **reduction of anxiety** in Cancer patients in a British study due to its sedative chemical of esters.

Lavender: Lavender has also been shown to help people cope with a trip to the dentist. A study of 340 people by King's College London research found those exposed to Lavender oil scent were less anxious about the treatment ahead. True Lavender contains a high content of linalool and linalyl acetate which are both **soothing and calming to the nervous system**.

Oregano: contains constituents that are deadly against **MRSA** (*methicillin-resistant staphylococcus aureus*). Infection caused by the *Streptococcus* bacterium, can cause: tonsillitis, strep throat, pneumonia also skin and wound infections. Another type is often responsible for UTI (urinary tract infection).

Patchouli: Inhaling Patchouli essential oil has a **significant effect on the sympathetic nervous system**. Part of the autonomic nervous system (ANS), this system is responsibility for involuntary activities of the body such as: heart beat, sweating, dilation of pupils. Fight or Flight response. The parasympathetic nervous system's effect is the opposite of the ANS and brings the body back to *homeostasis*.

Important: The information given does not replace medical advise or opinion.

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