

Aromatherapy Magic Post # 3

Pacific Institute of Aromatherapy



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Coming out safely after
Lockdown:
The Essential Oil
Protection Suite

Cytokine Update: Thymus
satureioides

Antitumor component
Eudesmol in mystical
Araucaria oil

The Magic of
St. Johnswort and Lovage
Root

Safe after Lockdown: A Protection Suite

As we venture back out after Lockdown well known aromatic allies can offer a sense of protection. This post will revisit the appropriate oils and will suggest innovative applications geared towards chasing away excess virus and also nagging anxiety.

Going by recent science, it seems to be essential, even if we become exposed to keep the virus count low.

In this post we would only like to reference the classic French style aromatherapy approach,

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which holds that oils have varying degrees of antiviral properties and are therefore suited to achieve this. Scientific studies confirming the antiviral properties of essential oils have been referenced in many places, also in our recent post on antiviral properties of essential oil (click here).

Going by French style aromatherapy and current research essential oils with an internal synergy of 1,8 cineole, terpene hydrocarbon and monoterpene alcohol components have especially powerful antiviral properties.

We have selected a set of oils which have been shown to protect against infection. When we get home from an outing into more populated venues we can use these oils to counteract viruses, especially enveloped viruses. (The virus on everyone's mind today is an enveloped virus.)

Simple Applications

Putting a few drops on the palms of the hands with the soap or after washing offers added antiviral activity.

A minute amount of mild oils such as a specific sinus blend (click here) can be put into the nostrils for the same purpose, if one is comfortable with this procedure.

Using the oils topically after or in the shower (click here) is a method that helps to keep the virus count down. At the same time it is quite pleasant and we can benefit from the additional properties of the chosen oil.

As essential oils always have multiple effects on multiple biological targets we have selected oils which combine their antiviral power with other valuable physiological properties. The selected oils allow to toggle between a small variety of different oils which are all mild enough to be used liberally.

Also choosing between a variety of oils for preventive purposes is desirable as it provides a larger spectrum of activity. In addition it is simply pleasant to use different oils at different moments. On the next page is a description of the selected oils.



Niaouli (*Melaleuca quinquenervia viridiflora*) is an allround immune strengthener!

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The Essential Oil Protection Suite

Ravintsara (Cinnamomum camphora)

is high in 1,8 cineole and also contains around 10% α -terpineol. Unlike some other oils with a high 1,8 cineole content it is extremely mild and can be used liberally on the skin, even in larger quantities (i.e . 10 - 20 drops distributed over the whole body). Its added quality is that it is a nerve tonic and as such always provides an upward shift in mood and emotion.

Eucalyptus radiata

is a classic antiviral agent in French style aromatherapy. It has a sizeable content of alpha terpineol and of course 1,8 cineole and different monoterpene hydrocarbons.

Palmarosa

has a high proportion of geraniol, and is a powerful antiviral agent. It is an efficient lymphatic decongestant with a very pleasant fragrance.

Niaouli

features the classic synergy of 1,8 cineole, different terpene hydrocarbons and alpha terpineol as well as terpinene-4-ol. It has very broad antimicrobial qualities and is used in French style aromatherapy for influenza, herpes simplex and genitalis and fungal infections. In addition it prevents damage from radiation therapy if applied before the treatment.

Thymus satureioides

This Thyme oil is known by different designations. In some texts it is referred to as Moroccan Thyme and in others as Thyme

borneol. Its main characteristic is its high (30%) borneol content. Because of this relatively high concentration the borneol may crystallize in this oil and sink to the bottom of the container in the shape of crystalline white needles. To bring the oil back to a homogeneous consistency it needs to be warmed to 30 - 35 degrees Celsius. It will take a while for the oil to become fully liquid again. For a description of its qualities please see next page.

Modern Magic: Antiviral Magic Extra Strength

While it is intuitively advantageous for the immune system to use different oils at different times it is also practical to have a specific blend handy, when we look for short dash of virus remediation.

The EO Protection Suite

Ravintsara 15 ml
Eucalyptus radiata 15 ml
Palmarosa 15 ml
Niaouli 15 ml
Thyme satureioides 15 ml
Antiviral Magic Extra Strength 15 ml

5 Antiviral EOs 15 ml, Antiviral Magic Extra Strength 15 ml.

Pricing for the above collection:

\$ 95.00 (Regular 116.35)

please visit www.originalswissaromatics.com

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Cytokine Update: Borneol, Preventing Acute Lung Injury

Recent studies have shown that borneol down-regulates pro-inflammatory Cytokines and suggest that it may help ameliorate or prevent acute lung injury (ALI) when pro-inflammatory Cytokines are over expressed.

Thyme satureioides

Thyme satureioides or Borneol Thyme has a unique composition that almost miraculously fits the demands of the current health issues. It contains about 30% borneol, which is practically not found in higher concentrations in any of the common oils in aromatherapy. *Borneol inhibits pro-inflammatory Cytokines (TNF α , IL-1 β IL-6).*

This Thyme also contains about 6 - 10% carvacrol. This medium to low concentration of carvacrol allows for this oil to be used relatively liberally. This is an advantage compared to other oils with a high carvacrol content like *Oreganum compactum* or *Oreganum vulgare* which are generally quite irritant and require skillfull blending to get the benefits of the carvacrol without causing damage from its irritant qualities.

Carvacrol is not only highly anti-microbial but also induces the anti-inflammatory Cytokine IL -10. This perfect combination of properties teams up with the high borneol and the medium α -terpineol content to make this a powerful antiviral agent which, at the same



Thymus satureioides is the rare oil with a high proportion of borneol

time, *inhibits* pro-inflammatory Cytokines and *induces* anti-inflammatory Cytokines.

As the oil regulates these important immuno parameters it has been used in French style aromatherapy as an effective immuno modulator that slows down excessive immune reactions without compromising its necessary defensive functions.

Thymus satureioides (click here) is in some respects the oil of the moment as it is not only antiviral and antimicrobial in general, but its composition is such that it counteracts the excess Cytokines that arise with the overreaction of the immune system which may be caused by certain viruses and other triggers.

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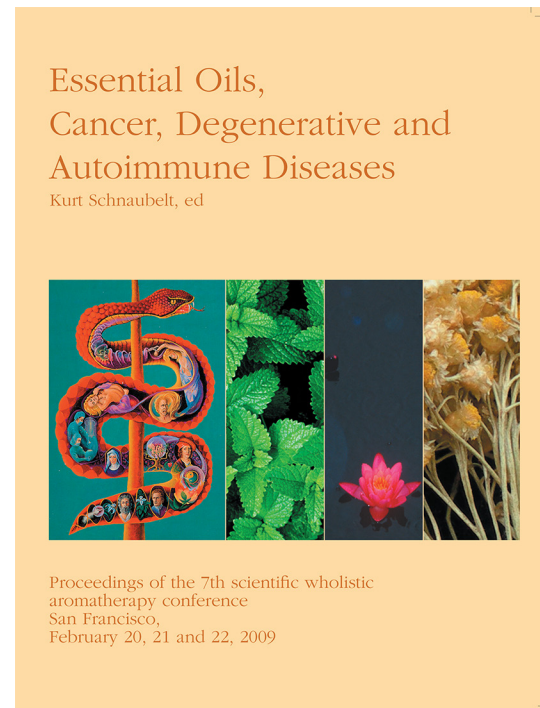
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Surprising Therapeutic Properties in Uncommon Essential Oils

A brief introductions to the properties of two less commonly used essential oils.

In 2009 international PIA conference one of the main presenters was Dr. Anne-Marie Giraud-Robert. She introduced her 8 year study about using essential oils for cancer patients. Her findings were nothing short of spectacular. To sum up, she found that it was possible to use essential oils for cancer patients to successfully ameliorate the side effects of conventional treatments such as chemotherapy. It was established that essential oils could be used in these settings without negative interactions or effects. Furthermore she found that the patients who were treated with essential oils in addition to the conventional treatments had better rates of survival.

This is just one, albeit a major, indication that essential oils help with many issues that they are not conventionally associated with. Obviously there are no 'approved' cancer treatments with essential oils, however, the scientific literature is full of studies that demonstrate antitumor effects of many essential oils and their components. It is probably not too contentious to conclude that many of the oils contribute to prevention of degenerative diseases and generally a healthy lifestyle. In addition to these commonsense considerations, there are also the reports from members of the aromatherapy community



Proceedings of the 7th international PIA aromatherapy conference feature Dr. Giraud-Robert's work about the antitumor properties of essential oils in a hospital setting.

about events where essential oils have lead to unexpected cures.

So in the absence of corporate research and FDA approval the aromatherapy community typically relies on common sense, anecdotal or personal experience and intuition powered by encouraging scientific data.

In this post please find out about Araucaria, St. Johnswort and Lovage Root.

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Araucaria (*Neocallitropsis pancheri*) with α -, β -, and γ -Eudesmol

Araucaria oil is described in Steffen Arctander's classic "Perfume and Flavour Materials of Natural Origin." In his time the tree *Neocallitropsis pancheri* grew abundantly in New Caledonia. Today it is on the IUCN (International Union for the Conservation of Nature) list.

Its composition is unique as it contains sizeable proportions of alpha, beta and gamma eudesmol. The eudesmol sesquiterpenes give the oil a powerful fixative character. Arctander describes it as delicately woody, rich and sweet, almost floral like nerolidol or Cabreuva oil. Mandy Aftel attributes a creamy tea-rose aroma to the oil. As often in aromatherapy the captivating fragrance is connected to health benefits. In a Brazilian study, the antitumor activity of α -, β -, and γ -eudesmol was determined. The scientists concluded that α -, β -, and γ -eudesmol possess significant antitumor activity and have only low systemic toxicity. While originally determined in essential oil of *Guatteria friesiana* they concluded that the effects could be attributed to its eudesmol components.

In "Essential Oil Safety" Tisserand and Young quote studies which find that eudesmol inhibited the growth of human liver cancer cells and suppressed hepatoma and sarkoma growth in mice. While common sense will have it that it would be a gross exaggeration to use this oil in and of itself as a treatment for tumors, the same common sense and the collective experience



Araucaria is a modern rarity with a high proportion of antitumor eudesmol components

of the aromatherapy community suggest that using this oil may have benefits that are difficult to measure precisely, but are nonetheless substantial (Click here).

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St. Johnswort essential oil is more volatile than many other essential oils. It has a very unusual composition, often containing 30% or more of highly effusive non-terpenoid hydrocarbon (alkan) components. The proportion of these chemically very inert components may add to the oils very unusual and calming properties.

St. Johnswort is a notable aromatic plant which commands much esteem in western herbalist cultures, often associated with magical myths. The oil's completely non-irritant character certainly contributes to its very special qualities. In French style aromatherapy it is

recommended to counteract inflammation of the mucous membranes and to relief the effects of emotional and physical trauma. It is also recommended for kidney infections.

Beyond these serious and material indications the oil is simply a joy to have, as it connects to so many of the more ethereal aspects of aromatherapy ([click here](#)).

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Lovage Root Essential Oil

Lovage essential oil is another almost magical potion in aromatherapy. It is all about pulling toxins out of our tissues. It can do so because of its content of two pronged molecules called Phtalides.

These two pronged phtalides can connect with two valenced toxic metals such as lead or cadmium and absorb them into molecules which are water soluble and can be eliminated through the urinary tract.

In French style aromatherapy it is considered one of the most powerful detoxifying agents and hence also recommended as a component in blends to treat psoriasis.

References

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