

Carrot seed

Daucus carota - Apiaceae (Umbelliferae)

Native to the British Isles and northern Europe with elegant fern-like leaves, the wild carrot is usually found growing in fields. The blossoms are densely clustered together in flattened heads, in which the flower bearing stalks of the head all arise from one point in rays, like the ribs of an umbrella. (This is typical of members of the Apiaceae family of plants)

<u>Place of Origin</u>	<u>Part of plant used</u>	Dried fruits (seeds) Steam distillation
France, Hungary	<u>Method of Extraction</u>	1-1.5%
<u>Characteristics</u>	<u>Yield</u>	
Colour: Pale Yellow - amber	<u>BF</u>	3-5
Perfume notes: middle	<u>TR</u>	D
Aroma		

Chemical Composition

Esters	geranyl acetate	% 4	Sesquiterpenol	carotol daucol	% 22-35 5-15
Monoterpenes	limonene alpha-pinene} beta-pinene}	1 15-25	Monoterpenol	linalool geraniol	

An *infused* oil is produced from *infusing* carrot roots and vegetable oil, this is not to be confused with the essential oil

Properties:

Anti-inflammatory, carminative, cytophylactic, diuretic, depurative, regenerative, calming, decongestant, emmenagogue, hepatic, revitalizing

Precautions:

Non-toxic, non-irritant, non-sensitising

Emmenagogue - caution in pregnancy and during menstruation

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Indications

Circulatory

Digestive

IBS, flatulence, colic, indigestion, liver toxicity / congestion

Genito-Urinary / Gynaecological

PMT, menstrual imbalances

Immune System

Musculo-skeletal

Rheumatism, arthritis, gout, post sports treatment

Nervous

Anxiety, tension, stress, frustration, irritability

Respiratory

Skin

Dermatitis, eczema, psoriasis, rashes, mature skins, scar tissue, wrinkles, irritated dry skins

Other

Believed to have hormone balancing effect and useful for fertility

Clinical Research

Carrot seed oil has exhibited toxicity towards mosquito larvae.
Active Against Staph. Aureus and E.coli

Psychological uses

The properties of carrot seed are powerful when recovering from an acute pathology. It is a powerful regenerative remedy, both physically and psychologically. This warming, comforting oil is ideal for use in treating the depression and debility that frequently accompanies illness. It can regenerate feelings of self-worth and rebuild the confidence of those who have suffered Nervous system exhaustion or breakdown. A wonderful tonic for the mind and body.

Summary

Physical and psychological regenerative