

## Cedarwood, Atlas

### *Cedrus atlantica* - Pinaceae

Native of the Atlas mountains of North Africa, with cones resembling those of the Cedar of Lebanon. It makes a dense, closely branched tree of pyramidal form. Cedars prefer a well-drained rich soil and are not quick growers. Cones are not produced until the trees are at least 40 years old.

<b><u>Place of Origin</u></b>	<b><u>Part of plant used</u></b>	Sawdust, wood Steam distillation
Morocco	<b><u>Method of Extraction</u></b>	
<b><u>Characteristics</u></b>	<b><u>Yield</u></b>	
Colour: Yellow – pale orange	<b><u>BF</u></b>	3-6
Perfume notes: base	<b><u>TR</u></b>	D
Aroma:		

### **Chemical Composition**

Sesquiterpenes (total 50%)	<b>cedrene</b> cadinene caryophyllene	%	Sesquiterpenols (Total: 29%)	<b>cedrol</b> <b>atlantol</b>	%
Ketone	<b>atlantone</b>	<b>19</b>			

*Cedrus atlantica* must be distinguished from *Juniperus ashei* (Texas cedar) and *Juniperus Virginia* (Virginian cedar) as it is quite different botanically and in chemistry and odour

**Properties:** Astringent, diuretic, expectorant, mucolytic, nervous system sedative, scalp tonic, balances sebum production, calming, tonic, fungicidal

**Precautions:** Non-toxic, non-irritant, non-sensitising

Some texts state cedarwood to be an abortifacient but this would require high oral doses and is highly unlikely to be an action attributable to *Cedrus atlantica*

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### Indications

#### **Circulatory**

#### **Digestive**

#### **Genito-Urinary / Gynaecological**

Traditional urinary antiseptic

#### **Immune System**

#### **Musculo-skeletal**

Rheumatism, arthritis, gout

#### **Nervous**

Anxiety, tension, insomnia

#### **Respiratory**

Bronchitis, sinusitis, cough, excessive mucus

#### **Skin/hair**

Acne, dandruff, oily skin, psoriasis, alopecia, fungal skin infections, excellent scalp tonic

### Clinical Research

None listed

### Psychological uses

The scent of cedarwood promotes a sense of spiritual strength and combined with other wood oils will deal with psychological states of anxiety, confusion and mental disarray. It is an excellent aid to meditation, opening our intuition and emotional sensitivity, making it useful in cases of mental rigidity and tension.

### Summary

Scalp tonic, mucolytic