

## Eucalyptus

### *Eucalyptus globulus* - Myrtaceae

There are over 700 species of eucalyptus, mostly native to Australia and New Zealand. It is an evergreen tree that attains a height of 100 metres. It achieves this amazing growth by absorbing vast quantities of moisture in its tissues. The leaves are pale bluegreen in colour and have a leathery appearance. It is from the leaves that the oil is obtained.

<b><u>Place of Origin</u></b>	<b><u>Part of plant used</u></b>	Leaves
Spain, North Africa, France, Australia	<b><u>Method of Extraction</u></b>	steam distillation
<b><u>Characteristics</u></b>	<b><u>Yield</u></b>	0.5-4%
Colour: Pate yellow - clear Perfume notes: Top	<b><u>BF</u></b> <b><u>TR</u></b>	2-5 D
Aroma		

### **Chemical Composition**

Monoterpenes	<b>pinenes</b>	%	Sesquiterpenes	aromadendrene	%
	limonene	<b>3-30</b>			1-15
		0-4			
Oxides	<b>1,8 cineole</b>	<b>40-85</b>			

***There are several eucalyptus oil that are used in aromatherapy, each having quite different chemical compositions: for example, Eucalyptus citriodora contains only 1 % 1,8 cineole, but is 80% citronellal; Eucalyptus dives contains 0% 1,8 cineole and 45% piperitone***

### **Properties:**

**Antibacterial, analgesic, decongestant, expectorant, immunostimulant**, antifungal, antineurafgic, antirheumatic, antiviral, diuretic, insect repellent, rubefacient, stimulant

### **Precautions:**

Non-toxic, non-sensitising, non-irritant

Internally: as little as 2 - 3 ml can poison a child if ingested

Believed to antidote homeopathic remedies

## **Eucalyptus globulus - Myrtaceae**

### **Indications**

#### **Circulatory**

#### **Musculo-skeletal**

Muscular stiffness, arthritis, rheumatism, cramps, pre-sports treatment, gout

#### **Digestive**

#### **Nervous**

Migraines, headaches, neuralgia

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

#### **Respiratory**

Asthma, excessive catarrh, acute & chronic bronchitis, sinusitis, coughs, colds, chills & fever, chest infections

#### **Immune System**

Immunostimulant, combats infectious diseases. Effective against herpes, chickenpox

#### **Skin**

Insect bites, insect repellent, lice, acne, oily skin

### **Clinical Research**

Antibacterial and antifungal activity demonstrated against a range of species including: Staph. Aureus and E.coli

A 1988 study tested the antiseptic properties of eucalyptus globules against pathogenic germs found commonly in hospitals and compared the oil to antibiotics: although the concentration of essential oils was much lower than that of the antibiotics, the antibacterial effects were comparable. The oil was particularly effective against the strains of bacteria responsible for bronchial infections.

Proven effective against the human body louse and comparable in effect to DEET (synthetic repellent). Low concentrations (0.2%) of eucalyptus oil in 30 degrees washing machine cycle on woollen blankets containing house dust mites showed post-wash survival of 0.6% compared to 97.6% on untreated blankets.

### **Psychological uses**

The fresh aroma of eucalyptus helps to dispel melancholy and revive the spirits, restoring vitality and strengthening the mind. It clears mental stagnation and allows a sense of greater freedom to predominate with people who feel constricted and restrained both emotionally and physically.

### **Summary:**

Antimicrobial, classic Respiratory System remedy