



## Pelargonium graveolens - Geraniaceae

### Indications

#### **Circulatory**

#### **Digestive**

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

PMT, mood swings, menopausal imbalances, all menstrual problems including menorrhagia

#### **Immune System**

#### **Musculo-skeletal**

Rheumatism, neuralgia

#### **Nervous**

Depression, anxiety, stress related tension, excessive worry, emotional vulnerability

#### **Respiratory**

#### **Skin**

Acne, congested skin, cellulite, oily skin, lymphatic congestion, ringworm, broken capillaries, eczema, mature skin, psoriasis, impetigo, athlete's foot, frequent bruising

### Clinical Research

The antifungal vapours of Bourbon geranium oil were tested against airborne fungal spores: the vapours had a significant fungistatic action, which leads to the possibility that repeated applications could help to reduce the proliferation of allergenic moulds in homes.

The wound healing ability of geranium is largely due to its powerful antimicrobial

activity, however one study of 16 different samples of oil found the activity to be variable amongst the samples, thought to be as a result of the different compositions of the oils. Despite this variability, the activity against a range of bacteria and fungi was described as good.

The insecticidal properties of geranium oil are well documented.

### Psychological uses

Geranium is an adaptogen, which has the ability to sedate or stimulate as required. It can relax the mind, calm agitation and ease frustration and irritability. The calm strength and security arising from its use makes it ideal in cases of chronic anxiety and Nervous system exhaustion. It is also believed to possess aphrodisiac qualities, a reflection perhaps of its sensual, liberating nature. It has a particular affinity with the female psyche.

### Summary

Harmonising, balancing, adaptogenic