

Lemongrass

Cymbopogon flexuosus - Poaceae (Gramineae)

This tropical grass is from a genus native to Asia where it inhabits barren land. It grows 1 - 1.5 metres tall with thin highly aromatic grass-like leaves from which the oil is extracted.

<u>Place of Origin</u>	<u>Part of plant used</u>	partially dried leaves
India, Guatemala, Turkey, Argentina	<u>Method of Extraction</u>	steam distillation
<u>Characteristics</u>	<u>Yield</u>	6 %
Colour: Yellow	<u>BF</u>	1
Perfume notes: Top, Middle and Base	<u>TR</u>	D

Aroma

Chemical Composition

Monoterpenes	limonene	%	Aldehydes	citral	%
	myrcene	trace		geranial	75-80
Monoterpenols	linalool	5-20		neral	
	geraniol	1-2			
		5-10			

Properties:

Analgesic, antimicrobial, fungicidal, carminative, nervine, sedative, antidepressant, insecticidal, tonic

Precautions:

Oral use of citral can cause a rise in ocular tension

Animal tests have shown citral-rich oils to produce hormonal effects (in *doses higher than those used in aromatherapy*). Effects include the development of benign prostatic hyperplasia and reduced female fertility rates

Dermal sensitisation reactions occur with isolated citral but the presence of monoterpenes in the whole oil act as quenchers

*caution with sensitive skin and children

*use low doses only

***Cymbopogon flexuosus* - Poaceae**

Indications

Circulatory

Musculo-skeletal

Muscular stiffness, headaches, migraines, arthritis, back pain

Digestive

IBS, colitis, anorexia, indigestion, traditionally used in gastroenteritis

Nervous

Insomnia, stress related tension, regulates ANS

Genito-Urinary / Gynaecological

Dysmenorrhoea

Respiratory

Immune System

Skin

Athlete's foot, acne, ringworm, fungal skin infections, sweaty feet

Clinical Research

Active against a range of fungal pathogens including *Candida albicans*; Dermatophytes (ringworm, athlete's foot)

Tests with individual constituents myrcene and dipentene showed no antifungal activity

Myrcene has been identified as the component responsible for the analgesic effect

Oxidised lemongrass was inactive against bacteria

Psychological uses

The physically cleansing and refreshing Properties of lemongrass simultaneously affect the psyche, clearing the mind and assisting mental acuity and clarity. It has a stabilising effect on the emotions and is useful in times of psychological trauma and distress.

Summary

Sedative, antifungal