

Niaouli

Melaleuca quinquenervia viridiflora - Myrtaceae

Native to Australia and Madagascar, this tall tree has a long flexible trunk with irregular branches covered with a pale thick bark, which is soft and spongy and it occasionally throws off its outer layer in flakes. The leaves are very aromatic and the oil is distilled from the leaves and twigs.

<u>Place of Origin</u>	<u>Part of plant used</u>	leaves & twigs			
Australia, Madagascar	<u>Method of Extraction</u>	steam distillation			
<u>Characteristics</u>	<u>Yield</u>	0.5-4%			
Colour: Pale yellow - clear	<u>BF</u>	3-5			
Perfume notes: Top	<u>TR</u>	D			
Aroma					
<u>Chemical Composition</u>					
Monoterpenes	pinenes	% 1-20	Sesquiterpenes	viridiflorene	% 0-17
	limonene	1-8			
	terpinolene	1-8	Sesquiterpenols	viridflorol	18
Oxides	1,8 Cineole	38-60	Monoterpenols	terpineol	5-8
				terpinen-4-ol	0-25

Niaouli is complex in its composition and is frequently adulterated

Properties:

Analgesic, antibacterial, antirheumatic decongestant, expectorant, immunostimulant, antineuralgic, antiviral, diuretic, insect repellent, rubefacient, stimulant

Precautions:

Non-toxic, non-sensitising, non-irritant

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Indications

Circulatory

Musculo-skeletal

Muscular stiffness, arthritis, rheumatism, cramps

Digestive

Nervous

headaches, neuralgia

Genito-Urinary / Gynaecological

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Respiratory

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

Immune System

Immunostimulant, combats infectious diseases

Skin

Insect bites, acne, oily skin

Clinical Research

The use of essential oils to purify and deodorise the air was the subject of a study in 1976. Effective oils included niaouli, lavender, marjoram, mint.

Psychological uses

This is not an oil with recognised psychological benefits. It can be used a psychological stimulant but care must be taken with blending as the scent is not liked by many. The clearing and decongesting action of the oil can be seen as restoring mental clarity and cutting through mental stagnation.

Summary

Analgesic, expectorant