

Orange, sweet
***Citrus sinensis* – Rutaceae**

There are numerous cultivated varieties of orange and the Bitter orange tree (*Citrus aurantium* var. *amara*) also produces an oil from its fruits and flowers. *Citrus sinensis* is a smaller tree, with a smooth greyish brown bark and glossy dark green leaves.

***Styrax benzoin* -**

<u>Place of Origin</u>	<u>Part of plant used</u>	outer rind of fruit
West Indies, USA, Spain, Italy, Israel, Brazil	<u>Method of Extraction</u>	Expression
<u>Characteristics</u>	<u>Yield</u>	0.5%
Colour: Pale yellow-orange Perfume notes: Top	<u>BF</u> <u>TR</u>	4 D
Aroma		

Chemical Composition

Monoterpenes	limonene alpha-pinene sabinene myrcene	%	85-95 1 1 1-7	Monoterpanol	bergapten	%	trace
				Coumarins	linalool		trace
Aldehydes	citronellal decanol neral geranial	%	1 trace trace trace	Sesquiterpene	nootkatone		trace

Properties:

Antidepressant, bactericidal, carminative, lymphatic & digestive system tonic, nervine, antifungal, choleric, diuretic, hypotensive, stomachic

Precautions:

Robert Tisserand states that sweet orange oil is not phototoxic, unlike bitter orange oil, which carries a moderate risk of phototoxicity

Other sources concur with this view, as there appears to be no evidence of phototoxicity, despite the presence of coumarins. There have been some reports of dermatitis from limonene. Generally regarded as non-toxic, non-sensitising, non-irritant.

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Indications

Circulatory

Palpitations, high blood pressure

Digestive

abdominal bloating, nausea, IBS, poor appetite, constipation, indigestion, heartburn

Genito-Urinary / Gynaecological

PMS, moods swings

Immune System

Musculo-skeletal

Muscle fatigue, "heaviness", lethargy, obesity, pre and postsports treatments

Nervous

depression, stress, tension, "muzzy head", anger, frustration, mental fatigue, poor concentration, headaches & migraine (particularly if linked with food), stress related conditions, insomnia

Respiratory

airborne antimicrobial - useful vaporised in sickrooms

Skin

Acne, congested skin, cellulite, oily skin, lymphatic, congestion, blackheads, pimples, lymphoedema

Clinical Research

Fungitoxicity proven against a range of pathogens and the oil proved more effective than commercial synthetic fungicides. Interestingly when limonene - the major component of the oil - was isolated and tested against the fungi a lowered fungitoxic effect was exhibited leading to the conclusion it was the synergy of all the components within the pure oil that was responsible for its powerful fungitoxicity.

Antibacterial against: Staph. Aureus, E.coli. Pseudomonas aeruginosa (these are all responsible for a wide range of pathologies including some skin infections and urinary tract infections).

Dextro-limonene has been developed as a solubiliser of gall stones (injected directly into the biliary system)

Psychological uses

A wonderful nerve tonic, relaxing and calming, leading to a sense of well-being. The familiar scent enables a feeling of comfort and security to be experienced and this makes it an ideal oil for people who have lost their perspective in life, perhaps through emotional trauma or sheer hard work. For those who "burn the candle at both ends", and deplete their energy reserves, leading to irritability, stress and ultimately Nervous system exhaustion, orange oil can bring its light hearted, relaxing quality to the situation, dispersing tension and re-establishing a sense of emotional balance.

Summary

Digestive system tonic, refreshing