

Patchouli
Pogostemon cablin / patchouli - Lamiaceae (Labiatae)

The plant is a tropical perennial herb that originates in south east Asia. The plant grows to about 1 - 1.5 metres tall and has soft furry oval leaves which give out their aroma when rubbed. Its flowers are white with a tinge of purple and like other Labiates, patchouli has a square stem. The crop is cut 2 or 3 times a year and the leaves have traditionally been used to scent linen and clothes.

<u>Place of Origin</u>	<u>Part of plant used</u>	dried leaves
Indonesia, Malaysia, India, Seychelles	<u>Method of Extraction</u>	steam distillation
<u>Characteristics</u>	<u>Yield</u>	2%
Colour: Orange - brown	<u>BF</u>	3-5
Perfume notes: Base	<u>TR</u>	D

Aroma

Chemical Composition

		%			%
Sesquiterpenes	beta patchoulene	13	Sesquiterpenols	patchoulol	30-40
	alpha patchoulene	22		pogostol	
	beta caryophyllene	20		bulnesol	
Ketones	patchoulenone	trace			

Properties:

Anti-inflammatory, antibacterial, antifungal, cicatrisant, cytophylactic, nervine, sedative, vulnerary, analgesic, aphrodisiac, astringent, Digestive system tonic, perfume fixative, relaxing, restorative, tonic, venous and lymphatic decongestant

Precautions:

Non irritant, non-sensitising, non-toxic

The aroma of patchouli improves with age, however the therapeutic effects of the oil may be adversely affected, particularly as it is rich in sesquiterpenes

For perfumery work aged oil may be preferred but for therapeutic efficacy normal age / storage conditions should apply

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Indications

Circulatory

Digestive

Dyspepsia, abdominal pain & bloating, IBS, Indigestion, colic

Genito-Urinary / Gynaecological

Dysmenorrhoea, PMS, menopausal problems

Immune System

Musculo-skeletal

Arthritis, rheumatism, headaches

Nervous

Anxiety, restlessness, agitation, stress related tension, insomnia

Respiratory

Skin

Chapped skin, cracked, dry skin, eczema, psoriasis, ulcers, mature skins, scars, stretch marks, chronic wounds, fissures, ringworm, inflamed skin conditions, impetigo, acne, oily skin, dandruff, varicose veins, fungal skin conditions

Clinical Research

Proven antibacterial and antifungal activity against a range of pathogens including: Staph. Aureus, E.coli, Klebsiella species and Candida albicans

Psychological uses

Patchouli has a gentle yet persistent nature, soothing and calming all types of Nervous system tension and anxiety. It brings stability and strength to challenging situations such as exams, interviews and confrontations where focus and calm inner concentration are required. It reduces mental obsession and worry, allowing the over controlling mind to let go, reducing mental hyperactivity. The warm rich odour of patchouli centres and grounds, bringing an appreciation of the physical world and all it offers. Psychotic disorders or tendencies, manifesting as delusion, paranoia and disconnection with the physical world can be sedated and calmed by patchouli's quietly persistent efficacy. It is no coincidence that the scent became so popular in the 1970's among the free living generation of hippies who no doubt benefited from the strong effects on the psyche that patchouli offers.

Summary

Restorative, strengthening, skin healer