

Sandalwood

Santalum album - Santalaceae

This slow growing evergreen tree grows to a height of 20 - 30 feet and is a root parasite, attaching its roots to those of other trees. It originates in Mysore, India and has been introduced and cultivated in various south eastern Asian locations for over 1600 years. It flowers freely during March and April and September to October. Oil is obtained from trees that are no less than 30 years old.

<u>Place of Origin</u>	<u>Part of plant used</u>	heartwood
India, Indonesia	<u>Method of Extraction</u>	Steam Distillation
<u>Characteristics</u>	<u>Yield</u>	3-6%
Colour: Pale yellow	<u>BF</u>	4-6
Perfume notes: Base	<u>TR</u>	D
Aroma		

Chemical Composition

		%
Sesquiterpenols	alpha-santalol	60
	beta-santalol	25-30
Sesquiterpenes	santalenes	6

The best quality oil is obtained from trees more than 30 years old - the content of santalol is highest.

The Indian government has set standards of quality for sandalwood oil - the Agmark oil provides a guarantee that the oil contains a minimum of 90% santalol as does the Mysore quality oil. The major contributor to the aroma of sandalwood is beta-santalol and Mysore oil has a higher percentage of this compound compared with Agmark quality.

Properties:

Astringent, antidepressant, antifungal, anti-inflammatory, cytophylactic, diuretic, lymphatic & venous tonic, restorative, aphrodisiac, antispasmodic, antitussive, expectorant, pulmonary and urinary antiseptic

Precautions:

Non-toxic, non-irritant, non-sensitising

One of the safest oils in aromatherapy

***Santalum album* - Sanfalconaceae**

Indications

Circulatory system

Varicose veins, lymphatic congestion, Haemorrhoids

Digestive System

Dyspepsia, colitis, nausea, colic, indigestion

Genito Urinary/Gynaecological

Dysmenorrhoea, PMS, menopausal problems, Urinary infections, cystitis

Immune system

Musculo Skeletal System

Arthritis, rheumatism, muscular, spasm & pain

Nervous System

Anxiety, restlessness, agitation, convalescence, terminal illness, progressive degenerative conditions, melancholia, morbidity, stress related tension, insomnia, Nervous system exhaustion, chronic stress

Respiratory System

Coughs, sore throats, shallow breathing, chest tightness

Skin/Hair

Chapped skin, cracked, dry skin, eczema, psoriasis, ulcers, mature skins, scars, stretch marks, cellulite, nappy rash, dermatitis, acne, fissures, irritated skin conditions

Clinical Research

Antifungal activity demonstrated against cryptococcal infections. Alpha and beta santalol were studied for their sedative effects (on animals). The sedative effects on the brain were similar to those produced by psychotherapeutic drugs such as chlorpromazine. A 1996 study looked at the antimicrobial activity of a range of essential oils against *Trichomonas vaginalis* (a common cause of vaginitis). *Santalum album*, together with *Vetiveria zizanioides*, *Cananga odorata* and *Juniperus communis* showed good antagonistic activity leading to the conclusion that it would be possible to use such natural products in developing countries where other medications were prohibitively expensive.

Psychological uses

Sandalwood has a euphoric yet grounding psychological effect, promoting a sense of well being and spiritual satisfaction. It is a supreme regulator, harmonising our thought processes, intuition and feelings. It is said to create an energy flow between our unconscious and conscious mind, reducing the tendency to over think and rationalise, allowing us to experience a sense of peaceful contentment. The ability of sandalwood to ground and centre our thoughts makes it invaluable in the treatment of mental stress and tension whatever the origin. Its capacity for instilling a sense of reality and awareness of the present, makes sandalwood an excellent oil for the older person who may experience confusion and forgetfulness.

Summary: Stabilising, grounding, healing