

Vetiver

Vetiveria zizanioides - Poaceae (Gramineae)

Native to India and south east Asia vetiver is a tall tufted perennial grass growing to a height of 2 metres with long, slender leaves. It is the fine, spongy roots that are fragrant and harvested for their essential oil.

Place of Origin **Part of plant used** chopped dried rootlets

Java, India, Indonesia, Haiti, **Method of Extraction** Steam Distillation
Reunion

Characteristics **Yield** 1.5-2%

Colour: Amber - brown **BF** 1-3
Perfume notes: Base **TR** D

Aroma

Chemical Composition

Esters	vetiverol acetate	%	Sesquiterpenols	vetiverol	% 45-50
Sesquiterpenes	vetivene	10	Ketones	vetivone	15

Properties:

Antifungal, antispasmodic, calming, nervine, restorative, sedative, cicatrisant, insecticidal, mildly rubefacient, tonic, vulnerary

Precautions:

Non-toxic, non-irritant, non-sensitising

Aroma not liked by some individuals

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Indications

Circulatory system

Musculo Skeletal System

Arthritis, rheumatism, stiffness, muscular tension

Digestive System

Nervous System

Nervous system tension, anxiety, agitation, insomnia, restlessness, anger, irritation, hyperactivity

Genito Urinary/Gynaecological

Respiratory System

menopausal imbalances, mood swings, PMT

Other

Skin/Hair

Aid to meditation, insect repellent

oily skin, acne, sensitive irritated skin, scars, fungal skin conditions

Clinical Research

Antifungal activity demonstrated against *Candida albicans*; *Microsporum canis*, *Trichophyton* species and *Aspergillus fumigatus*, *Cryptococcus neoformans*.

The insecticidal activity of vetiver has been clinically proven - confirming its traditional use as an insect repellent in Asia.

A 1996 study looked at the antimicrobial activity of a range of essential oils against *Trichomonas vaginalis* (a common cause of vaginitis). Together with sandalwood, ylang ylang and juniperberry, vetiver 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

Vetiver is essentially grounding and nurturing, soothing bouts of irrational, volatile behaviour. It is an ideal aromatic remedy for all states of Nervous system tension, hysteria or panic, being deeply sedative. As a restorative, the nourishing strength of vetiver is drawn from energy deep within the earth from which the roots are harvested, making it an oil with a profoundly stabilising action on all levels of human existence.

Summary: Strong sedative, antifungal