



Pharmacopeia Module 10

[Clary sage \(Salvia sclarea\)](#)

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Clary sage (Salvia sclarea)

Overview:

Clary sage is a perennial, shrubby plant belonging to the Lamiaceae family and native to the Mediterranean areas. Clary sage has been used as a therapeutic and medicinal plant for centuries; its use has been documented back to ancient Mediterranean empires. The plant was revered both in the Roman and Greek empires, where it was listed as a potent herb. In the Middle Ages clary sage was frequently used for its medical properties in various forms of preparation.

Current scientific studies confirmed that clary sage is a plant with many therapeutic actions. In aromatherapy, clary sage essential oil is recognized for its benefic effects on the mind and spirit. The essential oil is referred to as a woman's oil because of its effect on the female hormonal system.

Clary sage essential oil has become more and more popular over the years. The plant is currently cultivated in various parts around the world, especially in temperate regions. It takes approximately 800 kilos of flowers to produce 1kilo of essential oil.

Therapeutic Actions and Benefits:

Clary sage essential oil is rich in monoterpenes, sesquiterpenes, aldehydes, esthers and benefic alcohols. Linalool, nerol (alcohol), and linalyl acetate (esther) are potent active constituents that are particularly effective in the nervous system.

Clary sage oil is a revered antidepressant. It helps in sleeping disorders and insomnia and in fighting stress and releasing tension. Clary sage is also efficient in enhancing peripheral circulation and soothing muscles and joint pains. The active ingredients of the oil also have antispasmodic and anticonvulsant properties with strong local effects in muscles.

The oil is considered beneficial for women due to its affinity to the female hormonal system. Clary sage balances the hormones and implicitly helps with related problems such as irregular menstrual cycle, PMS and menopause. The traditional use of the herb also considered clary sage to be an aphrodisiac, which is currently validated by its actions as a hormone balancer and circulation enhancer.

List Of Specific Therapeutic Actions

Respiratory: has antispasmodic properties, reduces bronchial spasms during asthma

Circulatory: has stimulating properties, stimulates peripheral circulation, attenuates varicose veins, soothes hemorrhoids, reduce broken capillaries

Musculoskeletal: alleviates muscular aches and pains, relieves stiff joints and muscles, aids in arthritis and rheumatism, soothes sore muscles, has antispasmodic properties
Endocrine/reproductive system: balances female hormones, regulates menstruation, soothes menstrual cramps, calms hot flashes, helps in PMS and menopause, aphrodisiac

Skin: soothes and reduces skin conditions associated with stress and anxiety, alleviates psoriasis, has antioxidant and anti-aging properties, regulates sebum production, helps in acne treatment, treats excessive dryness

Nervous: soothing, calming, euphoric, antidepressant, reduces stress and anxiety, calms anger, reduces irritation, helps in exhaustion and fatigue, balances emotions

Energetic: enhances euphoria, induces positive moods, emotions and mental states

Ayurveda:

Clary sage balances the vata, pitta and kapha. It helps in vata and pitta excess associated with irritability, anger, spasms and pain.

Traditional Chinese Medicine:

In TCM, clary sage strengthens and encourages circulation of Qi Energy. It supports blood circulation, being used to treat menstrual irregularities. It calms and soothes the Shen (mind).

Aromatic profile:

Scent: tea, wine-like, tobacco, earthy, slightly floral

Note: mid to base

Blends well with: Bergamot, Roman chamomile, Fennel, Frankincense, Rose geranium, Ginger, Jatamansi, Lavender, Mandarin, Patchouli, Peppermint, Tulsi, Vetiver, Ylang ylang

Safety: Non-toxic, non-irritating

How To Use Clary Sage Essential Oil:

Clary sage oil can be applied topically (diluted), included in creams and lotions, in the bath, through direct inhalation, or diffuser.

Directly inhale clary sage essential oil by using 1-2 drops in the palms of your hands. It helps relieve unsettling feelings and induces a positive optimistic mood. Add a couple of drops in the bath water to reduce stress, anxiety, and to promote a deep restful sleep. Diffuse clary sage for a calm, euphoric, stress-free, harmonic atmosphere.

For massage purposes use 1-2 drops directly on the targeted area or include a couple of drops in a carrier or the favorite massage oil. Rub and massage topically to soothe muscles and joint and to relieve spasms.

Clary Sage Oil Recipes:

Menstrual Cramp Relief

- 4 drops clary sage
- 2 drops fennel
- 2 drops geranium
- 1 tablespoon carrier oil

Rub gently on abdomen as needed.

Mood Balancing Blend:

- 4 drops clary sage
- 8 drops bergamot
- 2 drops jasmine

Use the blend for direct inhalation or diffuse. The blend can also be used in carrier oil for massage.

Rose Geranium (Pelargonium graveolens, vr. Roseum)

Overview:

Rose geranium is one of the over 200 flowering plants belonging to the Pelargonium genus, that is endemic to several South African regions. It is a perennial, herbaceous, flowering plant that has a particularly distinct scent of its floescence which can be described as a mix of rose and citrus. In traditional South African herbal medicine various preparations of geranium have been used as therapeutics, especially to address skin problems and support wound and burn healing. Due to its unique scent geranium is a favorite perfumery essence as well as a scenting agent used in the cosmetic industry and a flavoring agent in the food and beverage industries.

While there are over 200 species of geranium and several other hundreds cultivars only a few are used for essential oil production. The oil is produced through steam distillation of the plant's aerial parts. Its color may vary from clear to pale-greenish yellow. Rose geranium essential oil has a strong scent, with a lasting dryout. It is considered cooling, grounding, with a special affinity for the skin.

Therapeutic Actions and Benefits:

Due to its content in citronellal, nerol and geraniol and over 50 other organic compounds geranium essential oil has numerous scientifically proven properties. It has an affinity for the skin due to its high content in antioxidants and regenerative ingredients. Geranium essential oil is extremely useful in balancing the sebum production and the sebaceous glands activity, addressing premature aging, rashes, eczema, seborrhea, psoriasis, dermatitis, acne and other skin conditions related to imbalanced sebum. Geranium also promotes wounds and burns healing, helps treating bruises and reduces scarring. In the musculoskeletal system it has soothing, slightly cooling effects that help relieving tension, aches and spasms. Geranium is also supportive to the peripheral circulation and capillary health and also fights against water retention and peripheral edema. It also has antibacterial, antifungal and antiseptic properties. In aromatherapy, geranium is calming and grounding, relieving the nervous system from stress and anxiety and promoting a better connection between the body and mind.

List Of Specific Therapeutic Actions

Circulatory: enhances peripheral circulation, supports lymphatic drainage, fights edema, supports capillary health

Skin: balances sebum production, helps in seborrhea, useful in skin conditions associated with both excessive dryness and excessive oil, supports skin cell regeneration, helps in acne treatment, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, promotes skin and hair health

Endocrine/Reproductive: soothes menstrual pain, helps in mood swings

Nervous: alleviates anxiety, fights stress, soothes nerves, helps in sleeping disorders and insomnia, and promotes restful sleep

Energetic: soothing, grounding, balancing, uplifting, supports creativity, encourages expression of emotions, soothes, energizes

Aromatic profile:

Scent: rose-like, sweet, green, herbaceous, citrusy, earthy with minty, rosaceous dry-out

Note: medium

Blends well with: grapefruit, mandarin, orange, lime, bergamot, angelica, carrot seed, tulsi, rose, jasmine, lavender

Safety: Non-toxic, might be irritating in a non-diluted form

Ayurveda:

Geranium is considered cooling, sweet and astringent, with great effect in conditions associated with excessive heat. It is used to cool excess pita and to promote connection and understanding.

Traditional Chinese Medicine:

In TCM geranium is cooling and dry, used to balance excess Yin and encourage Qi circulation. It replenishes the Yang energy.

Important Scientific Data

Scientific research shows that geranium essential oil holds over 50 active ingredients with therapeutic properties validated by research. As any essential oil, geranium is rich in monoterpenes, sesquiterpenes, esters and alcohols. The main active ingredients in geranium are citronellal, nerol and geraniol – beneficial alcohols with potent medicinal properties.

Geraniol has shown potent antibacterial, antifungal and antiseptic properties both in vitro and in vivo, against resilient and recurrent pathogens. Geraniol also showed anti-tumor and cytotoxic activities in several in-vitro studies, which makes it a good candidate for further anti-cancer research.

In vitro studies also showed that geranium essential oil has relevant anti-inflammatory properties that could constitute an alternative for the non-steroidal anti-inflammatory drugs.

In a pilot clinical study assessing the effect of aromatherapy massage on menstrual pain and hormonally triggered mood swings geranium was one of the most effective aromas in both promoting an emotional balance and soothing the menstrual pain.

Another study, assessing the effect of aromatherapy and aromatherapy massage on occupational stress showed that geranium is as effective as lavender and rose, which are the primary scents used to address stress in aromatherapy.

How To Use Rose Geranium Essential Oil:

Rose geranium can be applied (always diluted) topically, as a compress, in the bath, through direct inhalation, or diffuser.

To benefit from rose geranium essential oil on the skin, add 1-2 drops in a face lotion or cream. It will bring antioxidant, anti-aging and skin regenerating effects where topically applied. It will also balance the sebum production and help treating skin conditions associated with sebum imbalance.

Add 1-2 drops in ½ - 1oz. carrier oil to create a massage oil with great effects in enhancing peripheral circulation and moisturizing skin. Massage oil with geranium has slightly cooling properties and can be used to relieve muscle and joint pain or as a post-workout soothing massage. Massaged on the lower abdomen it relieves menstrual pain.

Dilute 1-2 drops in a cup of warm water and use it as a compress on the lower abdomen to address menstrual pain and to support a healthy reproductive system. Add 2-3 drops in the bathwater for a positive, tonic experience.

Use in the diffuser or for direct palm inhalation to uplift the spirit, fight stress and calm anxiety. It is a great essential oil for the whole family. Diffusing geranium rose will also support a healthy anti-inflammatory response.

Rose Geranium Oil Recipes:

Mood Lifting Blend:

- 1 drop rose geranium
- 2 drops frankincense
- 2 drops orange

Diffuse the blend to boost and uplift spirits.

Anti Cellulite and Lymphatic Drainage Blend:

- 10 drops geranium rose
- 10 drops rosemary
- 10 drops lavender
- 10 drops grapefruit
- 10 drops marjoram

Dilute the blend in 4 oz. carrier oil and use it to deeply massage areas troubled by cellulite, on a daily basis.

Rose (*Rosa damascena*)

Overview:

Rose is a perennial, woody, shrubby, flowering plant belonging to the Rosaceae family. There are a hundreds of species and thousands of rose cultivars, naturally occurring and cultivated, especially for decorative purposes. Rose aerial parts, especially flowers and fruits (rosehips), are used in traditional cuisines, as aromatics or in sweet, fragrant dishes. Rose was also one of the most important flowers when it came to religious ceremonies. Medical use of various parts of the rose, especially the hips and flowers, have been documented since antiquity, especially in the Greek and Roman empires where they were used in therapies for numerous health conditions and for cosmetic purposes. Rose is a highly revered herb in traditional medicine all over the world. The rose essential oil is referred to as the “queen of essential oil” due to both its majestic, hallmark perfume and its association with womanhood.

Rosa damascena and *Rosa centifolia* are the primary sources for the essential oil. It requires 3500 kilos of flowers to produce 1 kilo of essential oil through distillation; one drop of the oil contains 60 rose flowers. As one of the most popular essential oils in the world, rose essential oil is frequently subjected to adulteration.

Therapeutic Actions and Benefits:

Rose essential oil is rich in monoterpenes, sesquiterpenes and beneficial alcohols. It contains over 250 active compounds that deliver a wide range of therapeutic properties validated through scientific research. Rose essential oil has antibacterial, anti-fungal, antiseptic, antiviral, anti-inflammatory, antidepressant, nervine, sedative and aphrodisiac properties. Studies have shown that the rose active ingredients also have antioxidant and cell regenerative properties. Various forms of rose preparations are used as treatment in numerous conditions.

Rose has a particular affinity to the skin where it supports a healthy complexion, promotes the health of hair, skin and nails, helps restore damaged skin, balances the sebum production, moisturizes and hydrates. Rose is also effective in the female reproductive system; it has a balancing function, regulating menstruation and balancing hormones. In aromatherapy rose is used for its calming and uplifting effects relieving anxiety, stress and depression and overall for soothing the nervous system.

List Of Specific Therapeutic Actions

Circulatory: enhances peripheral circulation, supports lymphatic drainage, fights edema, treats broken capillaries

Skin: balances sebum production, supports skin cells regeneration, helps in acne treatment, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, promotes skin and hair health

Endocrine/Reproductive: relieves mood swings related to PMS, menopause and hormonal imbalances, regulates menstruation, has aphrodisiac properties, enhances libido, helps in hormonal-imbalance conditions (polycystic ovaries, impotence, frigidity, sterility)

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, supports a positive mood, aids in sleep disorders and insomnia

Energetic: has relaxing properties, soothes emotions and calms nerves, helps with depression, alleviates grief, induces euphoria, supports clarity, gives peace of mind, promotes emotional balance, helps in moods swings, helps process intense emotions

Ayurveda:

Rose is considered bitter-sweet and astringent, with balancing effects on all doshas. It is used to cool excess pita and to promote love. It has an affinity for the nervous and reproductive channels.

Traditional Chinese Medicine:

In TCM rose is primarily used to the heart and shen (mind). It is also used to address Qi stagnation and to encourage energy flow. Rose is considered a therapeutic herb that clears heat and inflammation and replenishes the yin energy.

Aromatic profile:

Scent: sweet, floral, honey-like

Note: medium

Blends well with: vetiver, sandalwood, bergamot, geranium rose, jasmine, grapefruit, orange, lemon, mandarin, neroli, ylang ylang

Safety: Non-toxic, non-irritating

How To Use Rose Essential Oil:

Rose can be applied (pure or diluted) topically, as a compress, in the bath, through direct inhalation, or diffuser.

One drop on a pulse point is sufficient as perfume. Wearing rose essential oil as perfume will calm emotions and boost confidence.

To benefit from the rose essential oil on the skin add one drop in the face lotion or cream. It will bring antioxidant, anti-aging and skin regenerating effects where topically applied.

Add 1-2 drops in ½ oz. carrier (jojoba, marula) oil to make a massage oil with great effects in enhancing peripheral circulation and moisturizing skin.

Dilute 1-2 drops in a cup of warm water and use it as a compress on the lower abdomen to address menstruation pain and to support a healthy reproductive system.

Use 1-2 drops in the diffuser or for direct palm inhalation to uplift the spirit, fight stress, calm anxiety, ease grief, soothe loss, and enhance romantic moods. It will also support a healthy anti-inflammatory response. Rose offers great support when going through intense emotional periods or coping with depression, grief and loss.

Rose Oil Recipes:

Women's Cycle formulation:

- 2 drops rose
- 2 drops fennel
- 2 drops clary sage
- 3 drops bergamot
- 2 drops neroli

Dilute the blend in warm water and use as a compress or in ½ oz. ml marula oil massaged in the lower abdomen

Skin Health blend:

- 2 drops rose
- 4 drops lavender
- 4 drops helichrysum

Use the blend neat or dilute in ½ carrier such as rosehip seed oil and massage locally

Ylang ylang (Cananga odorata)

Overview:

Ylang ylang is a fast growing, evergreen middle sized tree belonging to the Annonaceae (custard apple) family and endemic to oceanic Asia in countries such as Indonesia, Malaysia and Philippines. The ylang ylang flowers are the source of an essential oil that is one of the most extensively used sweet notes in perfumery. The ylang ylang flowers produced by wild trees are scentless. To obtain the divinely sweet scent of the flower of flowers, it must be constantly pruned and maintained. In the local cultures, the flowers are used in rituals and revered for their therapeutic properties, especially in skin conditions; they are also considered an aphrodisiac.

Ylang ylang essential oil is steam distilled out of blossoms that must be harvested in the early morning hours and immediately distilled for maximum aromatic benefit. The essential oil has a pale to rich yellow color and a thin to medium consistency. Similar to other essential oils produced out of flowers, ylang ylang oils are distilled in stages. The first part of the oil distilled is termed "extra", or "superior". It exhibits the most sweetness in the form of esters and is used primarily in perfume blending. Subsequent stages are labeled "1st", "2nd" and "3rd". For therapeutic use, aromatherapists often prefer to use ylang ylang "complete", which refers to a blend of all distillation stages that is less sweet and fuller when it comes to therapeutic properties. Ylang ylang is excellent for the skin, due to its sebum-regulating activities. It blends excellently with citrus essential oils, creating a perfect blend between sweet and fresh.

Therapeutic Actions and Benefits:

Ylang ylang essential oil is rich in active ingredients that contribute to its therapeutic properties. Ylang ylang essential oil has an affinity for the skin where it regulates sebum production and balances the pH. It promotes skin regeneration, fights free radicals and has antioxidant properties. It is also excellent for the hair, promoting its health. In the musculoskeletal system ylang ylang is cooling, soothing and relaxing. Massaged in the lower abdomen, it soothes menstrual pain and cramps. Ylang ylang essential oil is also effectively supports the circulatory system by promoting capillary health and encouraging flow. In the nervous system, ylang ylang is uplifting, soothing, dispels tension and stress, supports mental balance and induces positive feelings. It is also considered to have aphrodisiac properties.

List of specific therapeutic actions

Skin: balances sebum production, helps in acne treatment, alleviates stress-triggered skin conditions, helps in acne treatment, reduces scarring and stretch marks gentle on the skin, compatible with all the skin types, has antioxidant and anti-aging properties,

effective in wrinkle treatment, brightens skin, promotes skin, nail and hair health, promotes wound healing, supports skin regeneration,
Reproductive: soothes menstrual pain, reduces cramping, regulates menstrual cycle, aphrodisiac

Musculoskeletal: relieves muscular and joint pains, aids in rheumatism, relieves neuralgias, soothes sore muscles, aids in carpal tunnel and restless leg syndrome, helps fatigue muscles

Nervous: fights stress and anxiety, reduces nervousness, has soothing and calming properties, aids in sleep disorders and insomnia

Energetic: uplifting, relaxing, raises spirit, opens the heart, enhances euphoric sensual moods, inspires creativity, boosts self-esteem, promotes peace, joy and inner trust.

Aromatic profile:

Scent: intensely sweet, custard-like, tenacious, slightly fruity, tropical floral aroma

Note: middle to base

Blends well with: bergamot, orange, lemon, grapefruit, petitgrain, neroli, lavender, sandalwood, vetiver

Safety: non-toxic, non-irritating, non-photo-sensitizing, might be nauseating in large amounts due to its intense sweetness

Ayurveda:

In Ayurveda Ylang ylang is used to treat skin, anxiety, to balance emotions and enhance sensuality.

Traditional Chinese Medicine:

In TCM Ylang ylang is considered cooling used to balance Qi and encourage its circulation. It is also used to relax shen (mind).

Important scientific data:

Ylang ylang essential oil is rich in monoterpenes and sesquiterpenes as well as esters and beneficial alcohols. Its main ingredients are benzyl acetate, linalool and methyl benzoate which are also responsible for its characteristic odor.

The volatile ingredients in ylang ylang essential oil are efficient antibacterial, antifungal and antiviral agents, effective even against resilient bacteria and fungi. They also have antioxidant properties by scavenging free radicals, which makes ylang ylang essential oil ideal for topical applications. Another ylang-ylang essential oil active ingredient, germacrene, showed potent antimicrobial activities.

The volatile compounds also have potent antimutagen properties with great potential in anti-cancer therapy. In other in vitro studies several monoterpenes, sesquiterpenes and esters showed anti-inflammatory effects in vitro, by inhibiting pre-inflammatory cytokines.

Early studies on aromatherapy effects on the nervous system showed that essential oils affect the state of mind by simple inhalation. Diffusing essential oil or directly inhaling essential oils allows active micro particles to go through capillary barrier into the blood stream. This validates the hypothesis of essential oils efficiency on CNS. Ylang ylang showed calming, sedating effects, uplifting.

How to Use Ylang Ylang Essential Oil:

Ylang ylang oil can be applied topically (always diluted), as a compress, in the bath, through direct inhalation, or diffuser.

Ylang ylang can be used as perfume alone, or in a blend. Wearing ylang ylang calms, uplifts, boosts sensuality and encourages connection.

Its primary use by topical application is to support skin health. Incorporate in skin creams, lotions and ointments. Dilute ylang ylang in marula oil and use for creating glowing and radiant healthy skin, to address sebum imbalance and acne, excessively dry or greasy skin. Use ylang ylang in massage oil and gently massage the lower abdomen when experiencing menstrual cramps.

Use a couple drops and massage on sore muscles, bruises and joints to reduce inflammation, alleviate pain and support the healing process.

Add 2-3 drops in the bathwater for a sensual, uplifting and relaxing experience.

Diffuse ylang ylang or use for direct inhalation to induce positive thinking, uplift, balance emotions, soothe.

Ylang Ylang Oil Recipes:

Facial cream:

- 3 drops ylang ylang
- 3 geranium
- 1 drop helichrysum

Dilute the blend in ½ oz. facial moisturizer and apply it on daily basis. Compatible with any skin type.

Smooth skin blend:

- 3 drops Ylang ylang
- 3 drops mandarin

- 3 drops helichrysum
- 3 drops lavender

Dilute the blend in 1 oz. carrier oil (rosehip, tamanu) or skin lotion and used on sebum imbalanced skin.