

CATEGORIZING ESSENTIAL OILS

November 2009 By Deborah Drumm APN,BC

ANALGESICS

| | | | |
|------------------|--------------|--------------|-----------|
| Angelica | Bergamot | Black Pepper | |
| German Chamomile | R Chamomile | Clary Sage | Coriander |
| Eucalyptus G | Frankincense | Ginger | Juniper |
| True Lavender | Lemongrass | Peppermint | Rosemary |
| Sweet Marjoram | Tea Tree | Ylang Ylang | |

ANTI-ANXIETY

| | | | |
|----------|-------|---------|-------------|
| Angelica | Basil | Cypress | Helichrysum |
|----------|-------|---------|-------------|

ANTI-BACTERIALS

Angelica –

Basil – *P. aeruginosa, E.coli, B.subtilis, S.aureus, Salmonella typhus, Bacillus anthracis*

Bergamot - *E. coli, S. aureus*

Black Pepper - *S. aureus*

Eucalyptus Citriodora - *E. coli, S. aureus, Bacillus megaterium, (some effect) Pseudomonas aeruginosa, Streptococcus mutans, Klebsiella pneumoniae*

Eucalyptus Globulus - *TB, all bacteria tested, enhances streptomycin, isoniazid & sulfetrone in Mycobacterium tuberculosis*

Frankincense - *S. aureus, Bacillus subtilis, E. coli, Mycobacterium phei*

Geranium - *S. aureus, strep faecalis, E.coli, Klebsiella pneumonia, Pseudomonas aeruginosa, Proteus vulgaris, Yersinia enterocolitica*

Juniper - *Bacillus subtilis, Pseudomonas, S.aureus (not E.coli) MRSA & VREF*

Spike Lavender - *E.coli, Proteus, S.aureus*

Lemongrass - *E.coli, S.aureus, Shigella, Streptococcus, Bacillus subtilis, Proteus, Klebsiella*

Myrrh – *E. coli*

Palma Rosa - *S. aureus, E.coli, Klebsiella, Salmonella, Shigella, Vibrio, P.aeruginosa, B anthracis, C.Pyrogenes, B subtilis*

ANTI-BACTERIALS (con't)

Patchouli -

Peppermint - *S.aureus, E.coli, Klebsiella, Pseudomonas aeruginosa, Vibrio cholerae MRSA, VREF*

Pettigrain -*S. aureus*

Pine – *S. aureus, E. coli, Proteus mirabilis, Strep faecelis, Candida*

Ravensara –

Sweet Marjoram –neutralizes TB, *Clostridium sporogenes, E.coli, Proteus vulgaris, Salmonella, Streptococcus, S.aureus, Strep faecalis, Klebsiella pneumoniae, Aspergillus fumigatus, Pseudomonas*

Tea Tree - *MRSA*

Thyme – *staph, candida, intestinal parasites*

ANTI-CARCINOGENIC

| | | | |
|-----------|----------|------------|--------------|
| Angelica | Bergamot | Caraway | Frankincense |
| Dill | Lavandin | Lemongrass | Peppermint |
| Spearmint | | | |

ANTI-COAGULANT

Helichrysum

ANTI-CONVULSANTS

Bergamot Clary Sage Ginger Ylang Ylang

ANTI-DEPRESSANTS

| | | |
|----------------------|-----------------|-----------------------|
| Angelica (weepiness) | Basil | Bergamot |
| Geranium | Jasmine | Lavender Angustifolia |
| Patchouli | Roman Chamomile | |
| Rosemary | Rose | Sweet Marjoram |

ANTI-FUNGAL

Angelica – *ringworm*

Basil - *Candida*

Bergamot - *C. albicans*

Eucalyptus Citriodora - *ringworm, Candida albicans*

Eucalyptus Globulus - *Cryptococcus neoformans*

Geranium - *Cryptococcus neoformans*

Juniper - *Trichomonas vaginalis*

Lavender Angustifolia -

Lemongrass - ringworm

Palma Rosa - *Cryptococcus neoformans*, *Trichomonas vaginalis*

Pettigrain - *Cryptococcus neoformans*, *Candida albicans*

Pine - *Candida albicans*

Patchouli - ringworm

Rosemary –

Sandalwood – *Cryptococcus neoformans*, *Trichomonas vaginalis*

Sweet Marjoram -

Tea Tree - tinea, trichomoniasis

Ylang Ylang - *trichomonas vaginalis*

ANTI-HISTAMINE

German Chamomile

ANTI-HYPERGLYCEMIC

Eucalyptus Citriodora

Pine

ANTI-HYPERTENSIVE

Chamomile (German & Roman)

Clary Sage

Helichrysum

Lavender Angustifolia

Neroli

Rose

Rosewood

Sweet Marjoram

Ylang Ylang

ANTI-HYPOTENSIVE

Pine

Rosemary

ANTI-INFECTIOUS

Clary Sage- *Klebsiella*

Eucalyptus Globulus TB

Patchouli

Pine

ANTI-INFLAMMATORY

Angelica

Cardamon

Eucalyptus Globulus

Frankincense

G. Chamomile + R. Chamomile ++

Geranium

Helichrysum

Juniper

True Lavender

Myrrh

Nutmeg

Pettigrain

Patchouli

Rosemary

Sweet Marjoram

ANTI-LACTOGENIC

Peppermint

Rosemary

ANTI-MICROBIAL

Patchouli

ANTI-MUTAGENIC

Fennel

ANTI-PARASITE

Eucalyptus Citriodora Eucalyptus Globulus Geranium

ANTI-PERSPIRENT

Clary Sage

ANTI-PYRETIC

Peppermint

ANTISEPTIC

Eucalyptus Globulus Geranium German Chamomile

Juniper *Trichomonas vag* Lavender *Angustifolia MRSA*

Patchouli Pine Tea Tree

ANTI-SPASMODIC

Clary Sage Cypress Eucalyptus Citriodora

Roman Chamomile Geranium Helichrysum

Lavandin True Lavender Lemongrass

Mandarin Myrrh Peppermint

Pettigrain Spike Lavender Rosemary Ylang Ylang

ANTI-TUMUROL

Bergamot Eucalyptus Citriodora Myrrh

ANTI-VIRAL

Angelica Bergamot Eucalyptus Citriodora

Eucalyptus Globulus Juniper Lavender *Angustifolia*

Melissa Rosemary Palma Rosa

Peppermint Spike Lavender Sweet Marjoram

Ravensara Tea Tree

ACNE

Bergamot Helichrysum Juniper True Lavender

Mandarin Pettigrain Tea Tree

AIDS/HIV

Angelica Bergamot Lavender *Angustifolia*

Lemongrass Sandalwood Tea Tree

AIR PURIFICATION

Pine Peppermint

ALLERGIES

Lavender Angustifolia Patchouli Peppermint

AMOEBICIDAL

Angelica Helichrysum

ANGER

Frankincense Geranium Ylang Ylang

ANAPHRADISIAC

Sweet Marjoram

APHRODISIAC

Eucalyptus Citriodora Ginger Geranium
Patchouli Sandalwood Ylang Ylang

ARRHYTHMIAS

Bergamot Helichrysum

ARTHRITIS

Black Pepper German Chamomile Ginger
Juniper Pine

ASTHMA

Basil Frankincense Lavender Angustifolia
Pine (bronchitis) R. Chamomile Tea Tree

ASTRINGENT

Cypress Geranium Juniper Sandalwood

BREAST ENGORGEMENT

Fennel

SORE NIPPLES

Roman Chamomile

COLIC

German Chamomile

DIAPER RASH

Roman Chamomile

BRUISES/ULCERS/CUTS/DERMATITIS

Geranium Helichrysum Lavender Angustifolia

BURNS

German Chamomile Eucalyptus Globulus Helichrysum
Lavender Angustifolia

CARDIOTONIC

Pine

CICATRISANT

Geranium Lavender Angustifolia

CHF

Helichrysum

CYSTITIS

Juniper Palma Rosa Pine Tea tree

CONJUNCTIVITIS/BLEPHARITIS

Clary sage Fennel

CONSTIPATION

DIARRHEA

Black Pepper Geranium

Fennel Ginger

CYTOPHYLLACTIC

Lavender Angustifolia

DEODORIZER

Cypress Pine

DERMATITIS

Geranium German Chamomile Patchouli

DIGESTIVE CRAMPING

Lavender Angustifolia Roman Chamomile

DIARRHEA

Sandalwood

DIURETICS

Celery Seed Fennel Helichrysum Juniper

Mandarin Ravensara Sandalwood

EMMENOGOGUE

DYSMENORRHEA

Frankincense Cypress (heavy bleeding)

Geranium G & R Chamomile

Myrrh Geranium

Sweet Marjoram True Lavender

DYSPEPSIA

Basil Caraway Fennel German Chamomile

Lavender Angustifolia Mandarin

EARACHE

Lavender Angustifolia Roman Chamomile

ECZEMA/RASHES

German Chamomile Myrrh (dry skin) Patchouli

EXPECTORANT

Fennel Frankincense Helichrysum Myrrh Spike
Lavender Pine

FATIGUE

Basil Black Pepper Fennel Ginger Peppermint
Helichrysum Ravensara Rosemary Spike Lavender

FLATULENCE

Lavender Angustifolia

FLU/COLDS/COUGH

Angelica Ravensara

FOOD CRAVINGS

Fennel Geranium Mandarin

HAIR LOSS

Cedarwood Lavender Palma Rosa
Rosemary Thyme Ylang Ylang

HEMORROIDS

Cypress Juniper Patchouli

HEPATITIS/CHIRROSIS

Helichrysum Myrrh Ravensara
Rosemary (pain) Ylang Ylang (regenerative)

HORMONAL SUPPORT

Clary Sage * HFO (hot flash oil) Cypress * HFO
Fennel Geranium
Peppermint * HFO Pine R. chamomile

HOUSE MITES& FLEAS

Eucalyptus Globulus Geranium (vermifuge)
Lavender Angustifolia

HYPERCHOLESTEROLEMIA

Helichrysum Juniper Lemongrass Peppermint

HYPOGLYCEMIC AGENT

Basil

HYSTERIA

German Chamomile

IMPETIGO

Tea Tree

IMMUNE MODERATOR

Palma Rosa

IMMUNOSTIMULANT

Angelica Bergamot Frankincense G. Chamomile

INDIGESTION

Angelica Peppermint

INFERTILITY

Clary Sage Cypress Fennel Geranium Sage

INFLAMMATION

ACUTE

Helichrysum

CHRONIC

G. chamomile

INSECT REPELLENT

Basil Bergamot Eucalyptus Globulus Geranium Pine
Juniper (fruit flies) Lemongrass Palma Rosa Patchouli
Spike Lavender

INSOMNIA

Bergamot Cistus Clary Sage Clove Hops
Frankincense Hyssop Juniper Lemongrass
Lavender Angustifolia Mandarin Pettigrain Ravensara
R.Chamomile Sandalwood Sweet Marjoram Ylang Ylang

INTOXICATING

Clary Sage (cannabis)

IRRITABLE BOWEL SYNDROME

Peppermint R. chamomile

LIVER STIMULANTS

Helichrysum

LYMPHEDEMA

Eve Primrose Frankincense S Marjoram True Lavender

MEMORY LOSS

Grapefruit Rosemary

MIGRAINE

German Chamomile Peppermint

MOOD SWINGS

Fennel

Geranium

MUCOLYTIC

Helichrysum

Spike Lavender

MUSCLE RELAXER

Eucalyptus Globulus

MUSCLE TONER

Rosemary (increases)

NAUSEA & VOMITTING

Cardamon

Ginger

Lavandin

Mandarin

Spearmint

Peppermint

NEURALGIA

Black Pepper

OBESITY

Fennel

Mandarin

Pink Grapefruit Ravensara

PAIN

Black Pepper

Clary Sage

Frankincense

True Lavender

Lavender Latifolia

Lemongrass

Peppermint (nerve)

Roman Chamomile

Rosemary

Sweet Marjoram

PMS

Angelica (depression))

Frankincense (ovulation)

Fennel & Geranium (food cravings, mood swings)

Geranium (irrationality)

Lemongrass

Lavender Angustifolia

Patchouli

Peppermint

R Chamomile

Rosemary

Ylang Ylang

Sweet Marjoram (cramps & joint pain)

POISON IVY

Tea Tree

Aloe

RADIATION BURNS

G Chamomile

Helichrysum

Tamanu (2 tsp)

True Lavender

REYNAUDS/RUBEFACIENT

Black Pepper

Ginger

SCABIES

Sandalwood

SEDATIVE

Bergamot Cypress Clary Sage Frankincense
G.Chamomile R.Chamomile L. Angustifolia Mandarin
Pettigrain Sandalwood

SHINGLES/HERPES/COLD SORES

Bergamot Ravensara Tea Tree

SICKLE CELL-IN VITRO

Geranium

SINUSITIS

Angelica Basil Lemongrass Peppermint Pine

SKIN CANCER

Frankincense

SMOKING CESSATION

Angelica Black Pepper Clary Sage Helichrysum
Pink Grapefruit Spanish Sage Ylang Ylang

SPERMICIDAL

Basil

STIMULATING

Basil Black Pepper Ginger Peppermint
Rosemary Spike Lavender

STRETCH MARKS

Mandarin Roman Chamomile

STRESS

Angelica Geranium G Chamomile Helichrysum
Mandarin Palma Rosa

TACHYCARDIA

Bergamot

THYROID ENHANCER

Myrrh

URINARY TRACT INFECTIONS

Pine Sandalwood

VASOCONSTRICTOR

Cypress

VASODILATOR

Bergamot

VAGINAL YEAST

Tea tree

WOUND HEALING 12%

Frankincense

Roman Chamomile

Patchouli (tissue regenerating)

GRANULATION

INHIBITING

Eucalyptus Globulus

OOZING WOUNDS

German Chamomile

CARRIER OILS

Apricot

Avocado

Borage

Camellia

Castor

Coconut

Evening Primrose

Grapeseed Oil

Hazelnut

Jojoba

Kukui

Passion Flower

Rosehip

Sesame

Sweet Almond Oil

Tamanu

Vitamin E

Wheatgerm

moisturizing tonic, good for face

regenerative, Vit A & Vit D

rejuvenating, keep refrigerated

* nervous tissue of skin

NOT suitable w/ EO

fractionated NOT suitable w/EO

contains GLA-cell growth

inexpensive, easily abs, solv ext

astringent *oily skin

semi-waxlike, w/ Vitamin E

easily absorbed

anti-inflammatory, skin irritation

softens & flattens scars, aging

vitamins, minerals, & lecithin

non-irritation

analgesic, anti-inflammatory

good for scars & damaged skin

Vit E, anti-oxidant

CONTRAINDICATIONS and SPECIAL CONSIDERATIONS

Babies (up to 18 mos) & elderly persons are very sensitive; avoid excessive use on either. Baths: 1 drop diluted in 1 TBS. milk

Massage: 1 drop in 5 mls vegetable oil

Alcohol Intoxication: Clary sage, Chamomile, Sweet Marjoram

Anti-Coagulant Therapy (avoid oils high in Eugenol)

Bay laurel (pimenta racemosa), Cinnamon leaf, Clove

Asthma: Oregano, Rosemary, Sweet & Wild Marjoram Yarrow

Cardiac Conditions: Peppermint (A-Fib), Rosemary (HTN)

Epilepsy: Basil, Fennel, Hyssop, Rosemary, Sage

Estrogen Dependent Tumors: Clary Sage, Fennel

Hypertension

Hypotension

Cypress, Rosemary, Sage, Thyme

Sweet Marjoram

Hypoglycemia:Geranium

Gallbladder Disease: Peppermint

INSOMNIA: Basil, Lemon verbena, Peppermint, Rosemary

Kidney Problems: Coriander, Juniper, Sandalwood

PMS: Angelica, combava, aniseed, sage, fennel

Phototoxic

| | | | | |
|---------------|--------------------|------------------------|------------|-------------|
| Angelica | Bergamot | Caraway | Cassia | Cedarwood |
| Cinnamon Bark | Cumin | Dillweed | Grapefruit | Honeysuckle |
| Laurel Leaf | Lemon | Lime & Rue | Mandarin | |
| Orange | Patchouli (mild) | Pettigrain (very mild) | | |
| Tangerine | Verbena (moderate) | Virginia | | |

Consider any cold pressed citrus oil a potential photosensitizer.

Steam distilled citrus oils, on the other hand, do not carry this risk.

St. John's Wort CO2 and infused oil are also photosensitizers.

Pregnancy

| | | | |
|----------|-----------|------------|------------|
| Basil | Cedarwood | Clary Sage | Coriander |
| Fennel | Hyssop | Jasmine | Juniper |
| Marjoram | Myrrh | Oregano | Peppermint |
| Rockrose | Rosemary | Sage | Thyme |

Young Children

Fennel Juniper

WOUND HEALING: never less than 12% solution

CONVERSION CHART

| | | | |
|------------------|---|------|-----------------------|
| • 1 gtts in 5cc | = | 1% | 1 gtt in 10cc = 0.5% |
| • 2 gtts in 5cc | = | 2% | 1 gtt in 20cc = 0.25% |
| • 5 gtts in 5cc | = | 5% | 10 gtts in 10cc = 5% |
| • 10 gtts in 5cc | = | 10% | 10 gtts in 20cc= 2.5% |
| • 25 gtts in 5cc | = | 25% | 20 gtts in 10cc = 10% |
| • 50 gtts in 5cc | = | 50% | 20 gtts in 5cc = 20% |
| • 600 gtts | = | 1 oz | = 30ml (cc) |
| • 300 gtts | = | ½ oz | = 15 ml (cc) |
| • 100 gtts | = | 1tsp | = 5 ml (cc) |
| • 20 gtts | = | | = 1 ml (cc) |

The general rule of thumb is that MOST oils should be used at a 2.5% dilution. This translates to 15 drops of total essential oils to one fl. oz. of carrier oil

Deborah DrummAPRN,BC, (O) 973.579.9394

www.deborahdrummapn.com

SOURCES for Therapeutic Grade Essential Oils

www.naturesgift.com

www.elizabethvanburen.com

<http://www.rjbuckle.com/index.html>

<http://www.mountainroseherbs.com/>

SOURCES for Reliable Herbal Products

<http://www.herbalist-chemist.com/>

<http://www.organicindia.com/organic-products.php>

<http://medherb.com/>