

ESSENTIAL OIL: ANISE OIL

Volume No. 153

Botanical Name: Pimpinella Anisum

Part of Plant Used: Seeds

Odour & Taste: Spicy-sweet, pungent,
warm, licorice-like aroma

Colour: Clear colourless to faint yellow coloured liquid

Active Content: Anethole



Literature

- Anise oil derived from the seeds of the Pimpinella anisum plant is an oil valued for its pleasantly sweet aroma and versatile applications.
- The process of obtaining this oil typically entails utilizing steam distillation as an extraction technique to preserve the essence of the seeds.
- Anise oil once obtained is used in a variety of ways including aromatherapy, cooking purposes and medicinal uses.
- Anise Oil boosts health benefits and medicinal properties. This oil is packed with nutrients and vitamins.
- The delightful and sweet fragrance of Anise oil is useful, for crafting soap, scented candles, perfumes, deodorants and room sprays.

BENEFITS

Anise oil is a solution that offers a wide range of benefits for cooking, healing and self-care advantages. It not just boosts the taste of your dishes, also assists in recovery and improves your general state of health nurturing both your physical and mental.



Calms Mind

When diffused Anise oil produces a deep calming scent that helps in relieving tension and stress. It is used in many therapies to promote positivity and calm the mind. Its smell reduces hormonal stress as well.



Healthy Hair

Anti-bacterial properties of Anise oil promote a healthy scalp which makes hair healthy and shiny. It deeply nourishes the scalp and increases hair growth. Dandruff and itchy scalp can also be treated with Anise oil.



Healing

It has anti-septic qualities that adds a protective layer for open wounds and acts as a barrier against infections and bacteria. It leads to faster and better healing of wounds.



Mood and Anxiety

It relieves stress, anxiety and, depression. Its scent has anaesthetic qualities that calm the nerves and relaxes mind. It also helps in decreasing hormonal stress. It calms the brain and helps in the production of happy hormones.



Disinfecting

Its anti-bacterial and anti-microbial nature promotes in treating infection. It also helps in treating inflammation and other skin infections. It has been used as a disinfectant in ancient times.

BENEFITS



Pain Relief

Anise oil is used as natural pain-relieving oil from ages. Its cooling compounds strikes the pain of the affected area. Its antispasmodic nature helps in relaxing muscle cramps easily, it also promotes blood circulation to treat cramps, stomach-ache, diarrhoea, etc.



Cold and Flu

Anise oil has a deep aroma filled with liquorice smell that helps in treating common cold and flu. It has also been used for treating other respiratory problems.



Insect Repellents

Its deep aroma repels mosquitos and other insects right away.



Blood Health

Anise contains relatively high concentrations of iron, which is an essential component of a red blood cell protein called hemoglobin.



Sugar Level

Anise oil lowers blood sugar level.

USES

- **Hair Products:** Anti-bacterial qualities of Anise oil help in treating dry hair, itchy scalp and, dandruff. So it can be used in hair oils, shampoos, conditioner and, other hair care products.
- **Scented Candles:** Anise oil has a tangy, liquorice smell which lends candles a unique aroma. It has soothing effect especially during stressful times. The warm aroma of this pure oil deodorizes air and calms the mind. It also drives away any insects or mosquitos.
- **Aromatherapy:** Anise oil has calming effect on mind and body. It is therefore used in aroma diffusers as it is known for its ability to relax muscles and relieve tension. It helps in calming the mind, and is used to treat depression and anxiety.
- **Soap Making:** Its great essence and anti-oxidative quality makes it a good ingredient to added in soaps and hand washes. Anise oil also helps in treating skin infection and in skin rejuvenation as well.
- **Massage Oil:** Adding this oil to massage oil can relieve joint pain, knee pain and, bring relief. The antispasmodic components that act as a natural aid for joint pain, cramps, muscle spasms, etc.
- **Pain-relieving ointments:** Its pain relieving, antispasmodic and, anti-inflammatory qualities make it a significant product to be added in pain relief ointments and sprays.
- **Steaming oils:** Anise oil can treat conditions like common cold and flu, phlegm and, arthritis. It is used in steams and diffusers to cure respiratory problems.

Applications

- Food flavourings and seasonings
- Herbal teas and infusions
- Aromatherapy blends and massage oils
- Skincare and cosmetic formulations
- Pharmaceutical and medicinal preparations

Dosage

200mg by mouth
3 times daily
Upto 4 weeks

BOERHAVIA DIFFUSA

Scientific Name:	Boerhavia Diffusa
Kingdom:	Plantae
Order:	Caryophyllales
Genus	Boerhavia
Species:	B.diffusa
Part of Plant Used:	Leaves, root & seeds



Synonyms:

Boerhavia coccinea, Boerhavia decumbens, Boerhavia laxa, Boerhavia coccinea Miller, Boerhavia diffusa Linnaeus, Boerhavia laxa Persoon, Boerhavia paniculata, Boerhavia acu.

Phytochemicals:

Alkaloids, tannins, carbohydrates, saponins, glycosides, proteins and amino acids, phytosterols, phenolic compounds, flavonoids and terpenoids.

LITERATURE AND PROPERTIES

Boerhavia diffusa is a species of flowering plant in the four o'clock family which is commonly known as punarnava, red spiderling, spreading hogweed, or tarvine. It is taken in herbal medicine for pain relief and other uses.

This herb is a weed that grows widely in across India. It is a creeper that usually grows up to the height of 2 to 3 meters. It has pink coloured flowers and green coloured oval shaped fruits. A perennial creeping herb emerging in rainy season throughout the country. Leaves and roots of the plant are used medicinally.

USES

Boerhavia diffusa is an important herbal constituent of various ayurvedic formulations. It has been used in various formulations meant for inflammation, jaundice, asthma, rheumatism, nephrological disorders, ascites, anemia, and gynaecological disorders Prostatic hyperplasia, diabetes, cancer, gastrointestinal problems, arthritis, joint pain, urinary tract infections, cough, cold, asthma, obesity, liver disorders, constipation. It has been used for its anti-diabetic and diuretic properties.



Chronic Kidney Disease

Boerhavia diffusa has diuretic, anti-inflammatory, antioxidant and many properties which is effective in the kidney disease. It rejuvenates the kidney cells and help to balance the body fluids by eliminating the waste from the body.



Urinary Tract Infections

Boerhavia diffusa has anti-inflammatory, antibacterial, anti-microbial and anti-spasmodic, properties which is effective in urinary tract infection. It clears the infection, reduces inflammation and provides relief from pain.



Congestive Heart Failure

Antioxidant and anti-inflammatory properties helps to induce edema which decreases the risk of congestive heart failure.



Healthy Liver

Boerhavia diffusa possesses hepatoprotective property. It stimulates the bile secretion which helps to keep the liver healthy and improves the function of liver. It is also effective in the jaundice, ascites and other liver diseases.

USES



Fights Obesity

It helps to excrete extra body fluids from the body which is good for reducing obesity.



Treats Arthritis

It is very effective for joints and connective tissues. It provides relief from the joint pain and inflammation of the muscles. Thus it helps to treat arthritis.



Diabetes

It has hypoglycemic property. It helps to control the glucose levels and also increase the plasma insulin levels.



Kidney Stone

The diuretic property of boerhavai diffusa helps to improve the regular urination and reduce the build-up of fluids in the tissues.

BENEFITS

- Helps in maintaining the functioning of the kidney.
- Maintains health of the urinary tract.
- It helps in improving the liver functioning and also the respiratory health.
- It supports the body's ability to expel the fluids from the body.
- It the best known natural management for relieving the problem of weight loss.

SCENT OF LOVE

- Scent of love is the colour of passion, a lovely stroll in a blooming garden, an invitation in to world of pleasure.
- The scent of love is fresh, fruity, floral harmony composed of Raspberry, Peony, black current, blueberry, cassia and sensual musk.
- Blackcurrant and mandarin create an early thrill followed by sparkle and tag from green, fruity notes of Muscat grape.
- The heart is floral, a delicate harmony of rose and peony. A subtly fruity and musky base of blackberry counterbalances the sweetness, evoking a vibrant joy of living and laughter.
- The scent of love is declaration of love to all women. A perfume for women who love colour & life. This beautiful fruity floral fragrance is used in shower gel, creams, lotion, spray perfume and body mist.



LIME GINGER

- Lime ginger is citrus, spicy fragrance developed for soap, hand wash, body wash and face wash.
- This fragrance is a beautiful combination of fresh, citrus, spicy, floral, herbaceous, musky, woody notes.
- During use, this fragrance lingers around you with citrus, green, spicy, herbaceous scent which provides long lasting freshness.

TOP NOTE

Lime, Ginger, Orange

HEART NOTE

Rosemary, Clove, Pine, Lavender and Violet

BASE NOTE

Balsam, Camphor, Musk and Wood

Recommended Doses:

Soap: 1-1.2%

Face wash: 0.4-0.6%

Body wash: 0.6-0.8%

Hand wash: 0.5-0.8%.

