

## ESSENTIAL OIL: CARDAMOM OIL

Volume No. 155

**Botanical Name:** Elettaria cardamomum

**Part of Plant Used:** Fruit

**Aroma:** Warm, Sweet, Spicy and Woody aroma

**Colour:** Clear colorless to pale yellow colored liquid

**Active Content:** Eucalyptol (NLT 25%), Sabinene (NLT 0.05%)  
Linalool (NLT 0.5%), Linalyl Acetate (NLT 0.5%)



### Literature

- Cardamom is native to the evergreen forests of India and now grown in only few tropical countries. Cardamom oil is extracted from Elettaria cardamomum of the Zingiberaceae family by steam distillation from the seeds of the fruit.
- This oil has also been found to regulate inflammatory and immune activities, and effective against oral pathogenic bacteria like Streptococcus mutans and Candida albicans.
- This peppery, citrusy spice referred to as “queen of spices” due to its pleasant aroma and taste offer health benefits which are now making their way into modern studies. Cardamom oil has been used for various purposes including the perfumery, aromatherapy, and cosmetics. This natural product contains outstanding chemical composition and therapeutic properties.

## BENEFITS OF CARDAMOM ESSENTIAL OIL



### Oral Health

Cardamom essential oil has very strong antiseptic and antimicrobial properties which helps ward off bacteria responsible for bad breath and also improves overall dental health. It can be used as a mouth wash by adding few drops of this oil in water as it disinfects the oral cavity of all germs.



### Digestive and Stomachic

Essential oil in cardamom makes it a good digestive. It boosts digestion by stimulating the whole digestive system. It is also stomachic in nature, it helps maintain proper secretion of gastric juices, acids and bile in the stomach. It also protects the stomach from infections.



### Stimulant

This stimulating effect also boosts your spirits in cases of depression or fatigue.



### Symptoms of Cold

Cardamom oil has a warming effect. It promotes sweating, helps clear congestion and coughs, thus relieving symptoms of the common cold.



### Headaches

It also provides relief from headaches that result from illness and can be used to cure diarrhea caused by extreme cold.

## BENEFITS



### Diuretic

It promotes urination, which helps remove toxins and clean calcium and urea deposits from the kidneys.



### Digestion Disorders

It promotes urination, which helps remove toxins and clean calcium and urea deposits from the kidneys.

## USES

- **Aromatherapy:** Cardamom Oil is used in aromatherapy to help with your mental and physical health.
- **Perfume:** Due to its warm, sweet and soothing scent it has found application in perfumery.
- **Cosmetics:** Cardamom oil is also used in cosmetics because of its cooling properties and due to its pale to colourless liquid, can be easily incorporated into different solutions.
- **Skin and dental:** Due to its antibacterial and antiseptic properties, it helps in wound healing and maintains dental wellbeing.
- **Ayurvedic:** When diluted with warm water and ingested, it promotes healthy gut and cures bloating, diarrhoea or constipation.
- **Flavoring:** Cardamom is widely used as a flavoring for savory and sweet dishes.
- **Preservative:** Because the oil has antibacterial activity it has been added to foods as a preservative at low levels. It is used in low quantities so it doesn't taint the flavour of the food.

## AZADIRACHTA INDICA

<b>Scientific Name:</b>	Azadirachta Indica
<b>Kingdom:</b>	Plantae
<b>Order:</b>	Sapindales
<b>Family:</b>	Meliaceae
<b>Genus:</b>	Azadirachta
<b>Species:</b>	A. Indica
<b>Part of Plant Used:</b>	Leaves, seed, bark, fruit



### Synonyms:

Melia azadirachta, Melia fraxinifolia, Melia hasskarlii, Melia indica, Melia japonica, Melia parviflora, Melia pinnata, Antelaea javanica, Antelaea azadirachta, Neem, Margosa, Nimtree Or Indian Lilac

### Phytochemicals:

Limonoids, Tannins, Saponins, Alkaloids, Terpenoids, Catechins, Sterols, Gallic Acid, Nimbin, Nimbidin, Nimbolide

## LITERATURE AND PROPERTIES

Azadirachta indica commonly known as Margosa or Neem, is an evergreen tree, grows mostly in tropical regions like India. It has been widely introduced elsewhere in tropical and subtropical regions, from South America to Indonesia. It is fast growing, evergreen tree shedding many of its leaves during the dry winter months. The neem tree is noted for its drought resistance as normally it thrives in areas with sub-arid to sub-humid conditions, with an annual rainfall of 400–1,200 mm but can grow in regions with an annual rainfall below 400 mm depending on ground water levels

## LITERATURE AND PROPERTIES

Due to its medicinal properties it is widely used by Indian people for treatment of various diseases and for treatment of inflammation, infections, fever, skin diseases and dental problems.

Neem fruit, seeds, leaves, stems, and bark contain diverse phytochemicals, some of which were first discovered in azadirachta seed extracts. The therapeutics role in diseases management is still being enthusiastically researched due to their less side effect and affordable properties.

Quercetin and  $\beta$ -sitosterol were first polyphenolic flavonoids purified from fresh leaves of neem and were known to have antifungal and antibacterial activities. Numerous biological and pharmacological activities have been reported including antibacterial, antifungal, and anti-inflammatory. Earlier investigators have confirmed their role as anti-arthritic, antipyretic, hypo-glycemic, anti-gastric ulcer, and anti-tumour activities.

## BENEFITS



### Hair Health

Neem seed extract contains azadirachtin, an active compound that may fight parasites that affect hair and skin, such as lice. Nimbodin, a compound found in neem oil, treats dandruff due to its anti-inflammatory and antimicrobial properties.



### Oral Health

Neem has antiseptic, anti-inflammatory, antioxidant, and immune-boosting properties that promote oral health.



### Promotes Liver & Kidney Health

Antioxidant and anti-inflammatory properties in neem fights oxidative stress, which in turn promotes liver and kidney health. These antioxidants aid in the neutralization of free radicals and prevent cellular damage.

## BENEFITS



### Treats Wounds & Ulcers

The anti-inflammatory and pain-relieving properties of neem leaves play an important role in the treatment of various ulcers, such as ulcerative colitis, peptic ulcers, canker sores, and mouth ulcers. The bioactive components in the neem leaf stimulate tissue regeneration and wound healing, and the juice collected from the leaves is used to dress wounds.



### Prevents & Treats Infections

Neem when taken orally or used topically can prevent the overgrowth of microbes.



### Improve Skin Health

Active components of neem, such as triterpenes, stigmasterol, nimbidin, margolonone, and margoline, have antimicrobial and anti-inflammatory properties. Studies suggest that neem oil's antibacterial properties combat acne, reduce blemishes, and improve skin elasticity.



### Detox

This herbal extract is highly effective in blood purification. It promotes blood circulation and facilitates the clearance of pollutants from the bloodstream.



### Anti-Diabetes

Neem extract may help revive cells that produce insulin — the hormone that helps control blood sugar.

## BENEFITS



### Boosts Immunity

Neem provides abundant antioxidants, and bioactive components of neem help protect the body against different diseases and skin infections.



### Insect Repellent

Neem has found applications in insecticides and pesticides due to presence of chemical compound called azadirachtin.

## ORANGE SQUASH

- Orange Squash is refreshing, uplifting, energizing fragrance developed for face wash, body wash, soap.
- This blend is fusion of sweet, tangy, fresh accord with floral, woody and spicy undertone.
- This fragrance opens up with the sweet citrus aroma of orange, mandarin and rhubarb integrated with the warm, spicy cinnamon and clove.
- This fragrance completes with elegant vanilla, dry woody cedar wood and elemi with an overpowering citrus aroma and subtle hint of wood and spice.
- This fragrance creates a pleasant and refreshing atmosphere with energizing experience. During use, this fragrance lingers around you with citrus, fresh scent.

#### TOP NOTE

Orange, mandarin and rhubarb

#### HEART NOTE

Cinnamon, Clove

#### BASE NOTE

Vanilla, Dry Woody Cedarwood, Elemi

#### Recommended Doses:

Soap: 1-1.2%

Face wash: 0.4-0.6%

Shower gel: 0.6-0.8%



## SOOTHING LAVENDER

- Soothing Lavender is smooth, clean, delicate fragrance developed for soap, face wash, body wash.
- This fragrance is bursting with an abundance of fresh and floral aromas.
- This fragrance is fusion of powdery, sweet, fresh, floral, musky, woody note with herbal balsamic undertone.
- This fragrance opens up with fresh floral note of muguet, jasmine with nuance of fruity note.
- Middle note of lavender, rose. This fragrance is completed with sensual musk, balsam and cedar wood.
- This fragrance creates a pleasant and calming atmosphere with relaxing and rejuvenating experience. During use, this fragrance lingers around you with fresh floral, powdery, sweet, herbal scent.

### TOP NOTE

Muguet, Jasmine

### HEART NOTE

Lavender, Rose

### BASE NOTE

Musk, Balsam & Cedarwood

### Recommended Doses:

Soap: 1-1.2%

Face wash: 0.4-0.6%

Shower gel: 0.6-0.8%.

