



Essential News

Essential Therapeutics
The Ultimate Practitioner Range

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True Niaouli

Another Unique Australian Essential Oil

Family: *Myrtaceae*
Botanical name:
Meleleuca viridiflora
Common name: True Niaouli
Synonyms: Gomenol, Niaouli
1, 8-cineole type

Description

M. viridiflora is an evergreen tree with pointed linear leaves having a strong odour when crushed. The flowers are yellowish, and are found on the ends of the branches posterior to the leaves. The trunk is quite flexible and spongy.

The botanical name for True Niaouli, being *M. viridiflora* was not given to the plant until Captain Cook arrived in Australia in 1788. There appears to be some confusion regarding the naming of *M. viridiflora*. Many authors do not clearly distinguish between *M. viridiflora* and *Meleleuca quinquenervia* as being separate species. Lassack and McCarthy (1997) however, state that:

"..... that the name *Meleleuca viridiflora* has been misapplied to *Meleleuca quinquenervia*, (*Meleleuca viridiflora* is quite a different species), a misapplication which still persists in some non-botanical circles, particularly outside Australia."

Therefore care is required when collating information about *M. viridiflora*, ensuring the correct plant is being referred to. It appears though, that references that pertain to the 1,8 cineole

chemotype or where the species is mentioned specifically, the authors are referring True Niaouli.

Extraction

The essential oil of True Niaouli is obtained via steam distillation of the leaves and young twigs. A pure True Niaouli is now available from Australia, which is wild harvested from south east Queensland. True Niaouli is also available from Madagascar and New Caledonia.

History

Native to Australia, the French Pacific Islands and New Caledonia, True Niaouli has been used extensively throughout history, especially by the French. The common name Gomenol was given to *M. viridiflora* as the plant was shipped from Gomen in the French East Indies. The French used *M. viridiflora* in hospitals and obstetric wards for its antimicrobial properties. It was also injected as purified Gomenol in New Caledonia, and has a long history of use in the French Pacific for use as a water purifier. True Niaouli was also drunk as a tea in the Middle East, though it is unclear as for what purpose. *M. viridiflora* has been substituted for other oils such as Eucalyptus and Cajeput for treating coughs and colds, rheumatism and neuralgia. *M. viridiflora* has been, and still is, a popular additive to toothpaste and mouth sprays.

Chemical Constituents:

The nerolidol content of the essential oil of *M. viridiflora* is most important, as there is another chemotype of *M. viridiflora*, also known as MQV

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Greetings!

Welcome to our Summer issue, the last for this new year. This is an "essential oil" issue, with reviews on six different essential oils:



- a full review of another Australian oil, True Niaouli, by our new Essential Therapeutics team member, Larissa Hill RN
- and summary reviews of five new and unique essentials oils to the Essential Therapeutics range – Cubeb, Cumin, Hops, Khella and Winter Savoury.

As with each issue, we have some great product specials for December - January. See page 4 for more details.

From all of us here at Essential Therapeutics, we wish you a great summer and a joyous holiday season!

Best Regards,

Ron Guba, Editor

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nerolidol, or Variety A, which is known for its high content of nerolidol and linalool. This chemotype has also been called *M. quin-quenervia* but is actually a different chemotype of *M. viridiflora*, not a different species.

There is another member of the Meleleuca genus, which yields a similar essential oil to *M. viridiflora*, called *M. cajeputi* or Cajeput. There is sometimes confusion between these two oils, but there are sufficient differences between the two to be able to distinguish them from each other. Cajeput also contains large amounts of 1,8-cineole, but it is less than 50%. The monoterpene constituents (- and -pinenes and (-)-limonene), and the alcohol constituents ((-)-a-terpineol, (+)-viridiflorol and nerolidol), which are found in *M. viridiflora* are also found in *M. cajeputi*.

The main chemical constituents of *M. viridiflora* are as follows:

- 1,8-cineole up to 60% oxide
- (-) -terpineol > 20% C¹⁰alcohol
- (+)-viridiflorol up to 14% C¹⁵alcohol
- Monoterpenes up to 17%
 - - and b-pinenes, -and -terpinenes, (-)-limonene, -phellandrene
- terpinen-4-ol 2% C¹⁰alcohol
- nerolidol < 6% C¹⁵alcohol

Properties and Indications:

The essential oil of *M. viridiflora* is quite a safe oil for use in Aromatherapy. It is nonsensitising, nonirritant and nontoxic, but care is still required, especially if taken internally. Due to the high cineole content (over 25%), means that *M. viridiflora* must be packaged in a S6 poisons bottle.

True Niaouli has properties mainly pertaining to antimicrobial effects, as well as stimulating, cicatrising, antirheumatic, febrifuge, wound healing/infections, expectorant and respiratory problems/infections.

True Niaouli is also stimulating to the mind and spirit, helping to clear the head and aid concentration.

More specifically, *M. viridiflora* can be used for the properties and indications on this page.

In Closing

It appears that True Niaouli has many applications for use in Aromatherapy. It is mild on the skin, therefore very safe to use. The applications for use are many, and can be made an integral part of many Aromatherapy treatments, especially those pertaining to infections and the like.

Property	Indication
Analgesic	Muscular aches and pains, headaches
Anticatarrhal/Expectorant	Ear inflammations, nasal catarrh, rhinitis, sinusitis, coughs and colds
Antirheumatic	Rheumatism
Antispasmodic	asthma, intestinal cramps, muscle spasms
Antimicrobial	acne, antiviral – genital and oral Herpes, boils, Candida, infections (skin/chest), sores, wounds, bronchitis, influenza, laryngitis, pulmonary tuberculosis, sinusitis, sore throats, whooping cough, cystitis, urinary tract infections, disinfectant, intestinal infections (enteritis, dysentery).
Cicatrissant	burns, cuts, fistulas, sores, ulcers, wound healing.
Circulatory	Poor circulation
Febrifuge	Fevers
Hypotensive	Reduces blood pressure
Insecticide	Insect bites and stings, insect repellent
Stimulating	aids concentration, lethargy, tiredness.
Vermifuge	Intestinal parasites
Other	Hormone like, radio protective, venous decongestant

M. viridiflora blends well with the following essential oils: basil, cajeput, chamomile (Roman), coriander, Eucalyptus, fennel, frankincense, galbanum, juniper, lavender, lemon, lime, myrtle, orange, pine, peppermint, rosemary, tea tree and thyme. On this page is a treatment using True Niaouli, for respiratory problems, and an all purpose disinfectant.

Respiratory Blend (general)

– for use in either inhalation or massage

True Niaouli (*M. viridiflora*) 3 parts

Tea Tree Premium (*M. alternifolia*) 3 parts

Eucalyptus radiata 2 parts

Galbanum (*Ferula galbanifera*) 1 part

- Steam inhalation using the blend would be beneficial, especially if congestion is evident. Disperse a few drops in a bowl of hot water, cover head with a towel and hold head over the bowl of water. Care is required, especially around children and the elderly, that burns do not occur, so should be supervised at all times. Alternatively use a steam vaporiser.
- Make up the blend for massage up to 10% (for severe respiratory infections) with a carrier oil. Concentrate massage over the chest and upper back.

Antiseptic Spray

True Niaouli (*M. viridiflora*) 20 drops

Lavender (*Lavandula angustifolia* French select) 15 drops

Bergamot (*Citrus aurantium* var *bergamia*) 12 drops

Lemon Tea Tree (*Leptospermum pertersonii*) 10 drops

Red Thyme (*Thymus vulgaris* CT1 thymol) 5 drops

Sage (*Salvia officinalis*) 2 drops

Oregano (*Oreganum compactum*)

2 drops

- Disperse the blend using a dispersant in 250ml of purified water, and mix well. Spray in areas and on surfaces that you don't want bugs to grow or spread. Can also serve as an air freshener, giving a beautiful fragrance throughout the room.



Focus on Feet!

Summer and the heat can have a draining effect on the body, especially the feet. If your feet are hot and tired, the rest of your body will feel hot and tired as well. The following recipe for a soothing foot gel, will help revitalise your legs and feet, giving you more energy to carry on. Peppermint has a very cooling effect while the peppermint and lavender will soothe sore and tired feet. Cypress is excellent for treating foot odour associated with hot and sweaty feet. Give it a try, you won't be disappointed!!

Soothing Foot Gel

A quick and easy recipe, to provide instant relief after a long day, or when feet and legs need reviving.

- Laponite Gel 10ml
- *Lavandula angustifolia* (True Lavender) 4 drops
- *Mentha piperita* (Peppermint) 10 drops
- *Cupressus sempervirens* (Cypress) 2 drops

Place the Amigel in a receptacle and add the essential oils. Blend well. Massage into feet and lower legs, starting at the toes, moving up the leg. Use long massage strokes, always massaging towards the knee.

Whether you are a professional Reflexologist or simply wish to serve your self or family, the addition of essential oils to foot baths is an effective and easy way to help balance the whole body through stimulation of foot reflex areas – or just to relieve hot, tired feet.

In general, it is best to emulsify essential oils into baths, instead of just floating the oils on water. When the oils are emulsified, skin irritation will not be a potential problem and relatively large amounts can be used for maximum benefit.

Depending on the situation, any essential oil or blend can be used in foot or full baths. Following is one formula designed to be a good stimulant blend, for the nervous system and whole body – and will leave your feet feeling great!

Rosemint Stimulating Foot Bath Blend

For 10mL total:

- Rosemary CT camphor 25 drops
- Wild Sage 20 drops
- Peppermint 25 drops

Place oils in a 10mL bottle, add Essential Solubiliser (8mL) to fill bottle to 10mL and mix. As a rule of thumb, add 4mL of Solubiliser to every 1mL (35 drops approximately) of essential oil...

Add 1 to 2mL to a warm foot bath and enjoy.

Essential Therapeutics introduces five new and unique essential oils...

Hops

Botanical name:
Humulus lupulus
Family: *Cannabaceae*
(as is marijuana...)
Extraction method:
Steam distillation of the dried strobiles (flowers).

Hops have been used both for culinary and medicinal purposes since before recorded history in both Europe and North America. The dried strobiles yield from 0.5 to 1.5% essential oil. One particular component, 2-methyl-3-butene-2-ol, has been shown to be partially responsible for the sedative effects of Hops.

Properties and indications for use:

Sedative, "calms the spirit" and anti-spasmodic

For restlessness, anxiety and the like. Particularly good for sleep problems. The "cooling" nature of Hops has also been traditionally used to calm sexual over-stimulation.

Hop's anti-spasmodic properties, see it useful for spasmodic complaints of the stomach and intestines (colic, cramps, etc.), the lungs (asthma & coughs) and heart (palpitations). These effects are most pronounced when such disorders are related to over-wrought emotions – anxiety, stress, etc.

Emmenagogue, "hormone-like"

Hops has demonstrated "emmenagogue" properties and can be useful to calm painful period cramps, and restore regular periods, especially where this is due to oestrogen deficiency. This quality can also help to produce more breast milk during lactation.

Hops also has a mild diuretic effect, which can be useful for fluid retention and as a "detoxifier" in the case of gout and rheumatism.

Lastly, Hops has some anti-inflammatory properties, where it can be useful in "cooling" eczema, allergic dermatitis and acne.

Hops is quite a safe, non-toxic

essential oil, suitable for use during pregnancy and with children. Old, oxidised Hops oil can occasionally be irritant – so those with eczema, etc., it is advisable to "patch test" first.

Khella

Botanical Name: *Ammi visnaga*
Family: *Apiaceae*
Extraction Method: Steam distillation of the seeds.

Origin

A native of Northern Africa and the Mediterranean region, Khella has been used since antiquity in traditional Middle Eastern and Egyptian medicine. Both Khellin and Visnagin, its "active" ingredients, have been used as asthma medication. However, in their pure form, these compounds have side effects and toxicity which have not been found with use of the full herbal extracts nor with the essential oil. Major producing countries include Morocco, Egypt, Tunisia and ex USSR.

Properties and Indications for use:

Strong antispasmodic for smooth muscle; coronary artery and myocardial dilator, bronchodilator, uterine relaxant
Visnidine dilates the coronary vessels and increases coronary circulation, hence useful where circulation to the heart muscle is impaired, such as in atherosclerosis.

Khella can also be used to treat asthma, bronchitis & whooping cough, as well a range of gastrointestinal complaints such as irritable bowel syndrome, hepatic & kidney colic and menstrual cramps. It is also an excellent anticoagulant, making it effective in treating bruising and contusions.

Skin

There may be some benefit in using Khella for vitiligo and psoriasis.

Contraindications

Khellin is non-toxic at appropriate

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cont from P3.

dosages. Khella is mildly photo-sensitising and a potential skin sensitiser; it should not be used topically **long term**. Excellent for inhalations or for ingestion in low doses.

Winter Savoury

Botanical Name:
Satureja montana
Family: *Lamiaceae*
Extraction Method:
Steam distillation of
flowering aerial plant parts

Origin

A native of the Mediterranean region, Mountain (or Winter) Savoury produces an oil rich in the terpenes phenol and carvacrol. Savoury has been used since antiquity as both a culinary and a medicinal herb. Savoury is a major anti-infectious essential oil, very "fiery" and stimulating.

Winter Savoury Oil is produced mainly in France, Spain and ex-Yugoslavia. Oregano and Winter Savoury oils are quite similar in composition and uses – they make a good synergy together.

Properties and Indications for use

Strong anti-infectious oil with a wide spectrum of action; Immuno stimulant; Expectorant and "Drying", lung tonic; Diaphoretic Winter Savory can be used for a wide range of infections including respiratory, gastrointestinal, urogenital and skin complaints.

Digestive stimulant, "warming", Nausea, poor digestion, flatulence, colitis.

Winter Savory is useful for fatigue states and chronic fatigue syndrome, depression, osteo and rheumatoid arthritis, muscular cramps and spasms.

Contraindications

Do not use in hyperthyroid conditions. Irritant to skin (neat or high concentration). Generally do not use in baths unless emulsified or at no more than 2% total concentration topically, unless on specific areas.

Cumin

Botanical Name:
Cuminum cyminum
Family: *Apiaceae*
Extraction Method: Steam distillation of the seeds.

Origin

A native of Egypt but since antiquity cultivated in the Mediterranean region as well as Russia and India. Used as both medicine and spice, it's use remains today in Ayurvedic medicine where coriander, cumin and fennel are considered the "three cooling seeds".

The oil is rich in cuminaldehyde and cuminyl esters. Major producing countries include India, Turkey, Spain and France.

Properties and Indications for use

Cumin is very calming, and can help those who can't sleep. Cumin also has anti-inflammatory and antispasmodic properties. Cumin can be used to treat headaches, muscular pain & osteoarthritis. Cumin is also a digestive tonic, helping those suffering from poor appetite, chronic disease, indigestion, bowel problems and the like. It is thought that cumin has mild diuretic effects as well.

Contraindications

Cumin oil is photosensitising when applied topically. No more than 0.4% concentration should be used on the skin. If more than that, strong sunlight should be avoided for 8 to 12 hours.

Cubeb

Botanical Name:
Piper cubeba
Family: *Piperaceae*

Origin

A member of the Pepper family, Cubeb has been used since antiquity in India both as a spice and as part of Ayurvedic medicine. Cubeb oil consists mainly of "heavier" sesquiterpene compounds, such as cubebene, cubebol and nerolidol. The essential oil is produced mainly in India and Indonesia.

Properties and Indications for use

Expectorant, warming and "drying", mild anti-infectious - can be used for respiratory complaints with congestion, such as colds, coughs, and bronchitis.

Cubeb is a mild diuretic, and is useful for fluid retention and urogenital infections, such as cystitis.

Warming, anti-inflammatory and analgesic - Useful in topical preparations for muscular pain and cramping, and to reduce pain and inflammation in osteoarthritis.

Digestive stimulant - as with Black Pepper, Cubeb is an excellent digestive stimulant, useful for cramping, nausea, colic and to increase appetite.

Contraindications

A safe, non-toxic essential oil. However, being "fiery" in energy, Cubeb is cautioned for use in hot, "fiery" conditions, such as an acute kidney infection. Cubeb can easily be "balanced" by using with other suitable oils of a "cool" or "yin" energy, such as True Lavender.

PRODUCT SPECIALS

True Niaouli

Save 10% on 10ml and 50ml sizes

SAVE 10% on the following massage and vegetable oil blends

Super Fine Massage Blend

Containing pure coconut oil fractions, jojoba and camellia oil, Superfine Massage Blend is light, non greasy and fast absorbing. Excellent for all types of massage, leaving the skin oil free.

Massage Blend

The pure vegetable oils of Grapeseed and Canola, with the virgin non refined oils of sweet almond and macadamia make up the Massage Blend. The Massage Blend is suitable for all types of massage.

Super EFA Blend

A blend of Borage, Evening Primrose, Rose Hip, Kukui Nut and Sea Buckthorn berries, Super EFA blend is rich in Essential Fatty Acids. The vitamins A, D and E have been added, making the Super EFA Blend an excellent "skin food". It can be used for all skin types, especially where there are skin problems such as eczema or for wound healing.

Therapeutic Massage Blends

A broad range of ready made massage blends for the treatment of many ailments either with or without massage. Each massage blend contains our Massage Blend base, with a blend of pure essential oils made to a concentration of 5%, presented in 100ml cobalt blue bottles.

Available until 15th January 2001



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