



Patchouli: Latin Name: ***Pogostemon Cablin***

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Despite its exotic, musky scent, patchouli is actually a member of the mint family! The word “[patchouli](#)” itself is a derivative of the Hindustan words for “leaf” and “green”. Western discovery of the plant is attributed to the early 1800’s as silks from India were transported to Britain with the leaves of the plant tucked into the folded cashmere to protect them from pests.

Today, [Patchouli oil](#) is used mostly in aromatherapy

- Often used as a perfume base, it can also be found in various massage oil blends and bath oils due to its aphrodisiac nature.
- [Patchouli oil](#) is also used for treating dandruff: Simply mix 20 grams of any natural herbal shampoo with one gram of patchouli oil and shake well!
- It works well as an insect repellent to keep away; mosquitoes, ants, moths, flies, and gnats.
- In the Orient, it was commonly used for snake bites and various insect stings.
- [Patchouli oil](#) has properties that make it work well as; an antidepressant, antiseptic, aphrodisiac, deodorant, fungicide, and insecticide.



AMAZING FACTS

USES OF LEMONGRASS

- *Clean the kidney, liver, pancreas, digestive tract & bladder
- *Kill Cancer Cells
- *Blood pressure
- *Flu and Cold
- *Detoxifier
- *Pain killer
- *Stress
- *Gout
- *Fever
- *Digestion
- *Lose weight
- *Anti-Oxidant
- *Diarrhea and stomachache
- *Antibacterial and antifungal



On the other end of the spectrum is [Lemongrass](#). Lemongrass smells quite like lemons, but carries a milder, sweeter note. The plant is known to have been distilled as early as the 17th century in the Philippines, and it is one of the most popular oils in India.

- [Lemongrass](#) leaves are combined with other herbs to treat fevers, irregular menstruation, diarrhea, and stomachaches.
- [Lemongrass oil](#) mixes well with: bergamot, [rosemary](#), [lavender](#), juniper, hyssop, [pine](#), rosewood, basil, cedarwood, coriander, [geranium](#), [jasmine](#), [neroli](#), niaouli, palmarosa, [tea tree](#), and yarrow.
- It is good for several skin issues, circulation, digestion, and nervous system disorders such as – headaches, nervous exhaustion, and stress-related conditions.
- A bath can be made with [lemongrass](#), coriander, and [clove oils](#) to help soften stiff limbs after excessive exercise!

Lemongrass, Coriander, and Clove Bath:

- 2 tbsp. almond oil
- 2 drops [Lemongrass oil](#)
- 2 drops coriander oil
- 2 drops [clove oil](#)

Carefully measure the almond oil into a small dish and add the [essential oils](#). Then, be sure to add your mixture to the bath as the water is running!

Never apply a pure [essential oil](#) directly to your skin without diluting. Essential oils are extremely potent in their undiluted form and need to be added to carrier oil, such as almond, apricot kernel or olive oil. Do not ingest essential oils. If you suffer from a pre-existing medical condition, check with your doctor before using essential oils, as some can interact with medications. Pregnant women and young children should not use [essential oils](#) unless under the guidance of a medical professional.

Researcher: Savannah Lovell

References:

Desk Reference to Nature's Medicine by Steven Foster, Rebecca L. Johnson

[<https://books.google.com/books?id=5ex229rf-bEC&pg=PA282&dq=patchouli%20oil%201960%27s&pg=PA282#v=onepage&q&f=false>]

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