

# Cassia Essential Oil



**Botanical Name:** *Cinnamomum cassia*

**Main Constituents:**

**Cinnamic aldehyde:** 85%

**Plant Part:** Leaves

**Origin:** China

**Processing Method:** Steam Distilled

**Description / Color / Consistency:** With a medium to thicker viscosity, it is a transparent pale yellow to reddish liquid.

**Aromatic Summary / Note / Strength of Aroma:** Cassia Essential Oil has a pungent, warm scent from its 1% to 2% volatile oil that is mainly responsible for the spicy aroma. It is a strong top note.

**Blends With:** Benzoin, Clove Bud, Coriander, Cardamom, Frankincense, Ginger, Grapefruit, Lavender, Rosemary and Thyme.

**Product Abstract:** Also known as Bastard Cinnamon and Chinese Cinnamon, its first recorded use in China dates back to the Han Dynasty (200 BCE - 200 CE). In Exodus 30, 23, Moses was ordered to use both Cinnamon (Kinnamon) and Cassia (Qesia) together with Myrrh, Sweet Calamus and Olive Oil to produce a holy oil with which to anoint the Ark of the Covenant.

**Cautions:** Dilute well before use; for external use only. May cause skin irritation; a skin test is recommended prior to use. Contact with eyes should be avoided.

**IMPORTANT:** All of our products are for external use only.

In addition, please read & understand appropriate technical, material safety data sheets and disclaimers before using this or any other Rasheed product.

**The health benefits of Cassia Essential Oil can be attributed to its properties as an anti-diarrhea, antidepressant, anti-emetic, anti-galactagogue, antimicrobial, anti-rheumatic, anti-arthritic, astringent, antiviral, carminative, circulatory, emenagogue, febrifuge and stimulant substance.**

The scientific name of Cassia is Cinnamomum Cassia. It is also known by two other botanical names, Laurus Cassia and Cinnamomum Aromaticum. This evergreen tree is native to China and Burma and is commonly known as Chinese Cinnamon. Its bark is actually used to flavor food and beverages, just like original Cinnamon. The essential oil of Cassia is derived by steam distillation of its leaves and twigs. Bark is also used sometimes to extract the oil. The chief constituents of the essential oil of Cassia are benzaldehyde, chavicol, cinnamic aldehyde, cinnamyl acetate and linalool. Chinese healers knew the medicinal uses of Cassia far back in history. It is believed that it is from them, the medicinal uses of this plant spread to other parts of the world.

But what are these medicinal uses? Let's explore them in greater detail below.

### **Health Benefits of Cassia Essential Oil**

**Cures Diarrhea:** The essential oil of Cassia has varied benefits on the digestive system and being an anti-diarrhea agent is one of them. It can be used to bind the bowels and stop diarrhea episodes. Being an antimicrobial agent, it also cures diarrhea caused by microbial action. It inhibits the microbial growth and stops diarrhea from occurring thanks to its content of fiber, which binds loose stool into healthy bowel movements.

**Antidepressant:** The effect of this essential oil fights depression, uplifts mood and induces warm feelings in the body and mind.

**Anti-emetic:** This oil can be used to treat nausea and to stop vomiting. It induces a refreshing feeling and drives away those feelings which bring on nausea and vomiting.

**Anti-galactagogue:** This oil can reduce the secretion of milk and is therefore not recommended for lactating mothers.

**Anti-Rheumatic and Anti-Arthritic:** Being a circulatory and a stimulant substance, Cassia essential oil improves the circulation of the blood and brings warmth to the joints and other parts of the body affected by rheumatism and arthritis, thus giving relief from these uncomfortable conditions.

**Antimicrobial:** The essential oil of Cassia inhibits microbial growth and protects from microbial infections. This property is useful for treating microbial infections in the urethra, colon, kidneys, urinary tracts and other parts of the body.

**Astringent:** This property of the essential oil of Cassia does a lot of good. It strengthens gums and hair roots, tightens muscles and lifts the skin. It also helps stop hemorrhaging by contracting blood vessels.

**Circulatory:** Cassia essential oil improves the circulation of blood and thereby facilitates proper distribution of nutrients and oxygen to all the body parts. This

property is also beneficial in fighting rheumatism and arthritis.

**Antiviral:** This oil is also effective in countering viral infections and gives sound protection from cough & cold, influenza and other viral diseases.

**Emenagogue:** The Essential Oil of Cassia relaxes menstrual cramps and opens obstructed menstruation paths. This also gives relief from symptoms such as headaches, nausea, and drowsiness that are commonly associated with menses.

**Febrifuge:** Being an antimicrobial and antiviral agent, Cassia essential oil fights the infections causing fever and thus helps lower body temperature. The circulatory property of this oil also helps boost the immune system of the body. The warming effect of this oil gives relief from the fever as well.

**Stimulant:** It stimulates bodily functions, the metabolism, secretions, discharges, circulation and also the nervous system and the brain, thereby helping to be more active and alert.

**Carminative:** Cassia essential oil gives relief from gases forming in the intestines and drives them out of the body. It also stops any further formation of gases.

**Other Benefits:**

**It can be used to treat uterine hemorrhaging and other internal and external hemorrhaging due to its astringent properties.**

**It also cures the loss of libido and sexual disorders such as frigidity and impotency, as well as healing digestive disorders, flatulence, colic, stomach disorders, headaches and general body pain.**

**Recent research suggests that Cinnamomum cassia oil has potential to be used as a natural antibacterial agent in food industry.**

**A Few Words of Caution:** It produces irritation and sensitization on the skin and in the mucus membrane, so it should be avoided during pregnancy.

**Blending:** The essential oils of balsam, black pepper, caraway, chamomile, coriander, frankincense, ginger, geranium, nutmeg, rosemary and some citrus oils blend well with the essential oil of Cassia.

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