

# Ginger Organic Essential Oil



**Botanical Name:** *Zingiber officinalis*

**Main Constituents:**

**Ziniberene:** 30.88%

**Plant Part:** Root

**Origin:** China

**Processing Method:** CO2 Extraction. Supercritical Carbon Dioxide Extraction is done at less than 35 degrees Celsius, and only 99.9% of food grade carbon dioxide is used. In certain conditions at a low temperature, Carbon Dioxide can be pressurized to become a liquid. This liquid then acts as a solvent and is used to extract the oil from plants. After the extraction is completed, it is brought back to normal temperature. The CO2 rapidly converts to gas leaving behind high quality oil that is free of solvents. CO2 extracted essential oils may have slight gelling or clouding when oils are cold, but when the product is warmed the oil will become a clear liquid again. This method of extraction method yields a greater number of aromatic compounds from the plant than any other distillation process, and it leaves no residual or chemical changes from the extraction process as with other solvents used.

**Description / Color / Consistency:** A thin, pale yellow to yellow liquid.

**Aromatic Summary / Note / Strength of Aroma:** A middle note with a medium aroma, Ginger Essential Oil has a warm, spicy, woody scent with a hint of lemon and pepper.

**Blends With:** Bergamot, Cardamom, Black Pepper, Spearmint, Orange, Sandalwood, Ylang-ylang, and other spice oils.

**Product Abstract:** Ginger is a perennial herb that grows to about 3 - 4 feet high (approximately 1 meter). It has a characteristic thick spreading tuberous rhizome. Indigenous to India, China and Java, it is also native to South Africa. Ginger has been used for medicinal purposes since ancient times; it is recorded specifically in Sanskrit and Chinese texts, and mentioned in Greek, Roman and Arabic literature. It is

believed that ginger was brought to Europe between the 10th and 15th centuries as both a condiment and spice.

**Cautions:** Dilute before use; for external use only. May cause skin irritation in some individuals; 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.

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The [health benefits of ginger](#) root oil can be attributed to its digestive, carminative, expectorant, antiseptic, analgesic, antiinflammatory, stimulating and aphrodisiac properties. The benefits of ginger oil include its ability to treat stomach problems, nausea, heart strokes, indigestion, inflammation, respiratory problems, and menstrual disorders.

Ginger is commonly used as a spice, and it has its origins in India. The spice is very common in India (it is known as adrak in Hindi) and China and is now used all over the world. It forms an integral part of many Asian cuisines due to its digestive properties. It is especially helpful in digesting food items such as meat and poultry, and it is frequently added to recipes for cooking meat as it softens the meat considerably, making it easier to digest. Ginger root and ginger oil are also used as preservative and flavoring agents.

Ginger oil is obtained from the root of the herb *Zingiber Officinale*. The peculiar hot and pungent taste of ginger can be attributed to the presence of an acrid compound called Gingerol. Most of the health benefits of ginger are actually due to the presence of Gingerol.

## Health Benefits of Ginger Root Oil

The health benefits of ginger root oil include the following:

**Stomach:** Ginger root and ginger oil are often used for upset stomachs. It is one of the best remedies for indigestion, stomach ache, dyspepsia, colic, spasms, diarrhea, flatulence and other stomach and bowel related problems. Ginger or ginger oil is often added to recipes, especially in India, as it helps in improving digestion. Ginger tea is

also used for relieving stomach problems. Furthermore, it can increase your appetite, which is great for people who are trying to put on weight.

**Food Poisoning:** Ginger is an antiseptic and carminative substance. As a result, it can be used to treat food poisoning. It is also used for treating intestinal infections and bacterial dysentery.

**Nausea and Vomiting:** Research has shown that ginger root and its oil are also effective against nausea, motion sickness and vomiting. Use of ginger may also result in a reduction of pregnancy-related vomiting in women.

**Malaria:** Ginger root and ginger oil are also effective against yellow fever and malaria.

**Respiratory disorders:** Since ginger root and ginger oil are both good expectorants, they are effective in treating various respiratory problems such as cold, cough, flu, asthma, bronchitis and breathlessness. Ginger is very effective in removing mucus from the throat and lungs, so it is often added to tea in India. The [health benefits of honey and ginger](#) in treating respiratory problems is well known.

**Inflammation and Pain:** The extract of ginger is often used in traditional medicine to reduce inflammation. Research has now proven that its anti-inflammatory properties can be attributed to the presence of a substance named Zingibain. It is analgesic in nature and reduces the pain caused by muscle aches, arthritis, rheumatic conditions, headaches, and migraines. Ginger oil or ginger paste is often topically massaged on aching muscles to remove muscle strain. It is further believed that regular use of ginger leads to the reduction of prostaglandins, which are the compounds associated with pain. Therefore, ginger helps in pain relief. Recently, a few Chinese researchers have reported that ginger can be very effective in treating inflammation of the testicles.

**Menstruation Problems:** Irregular and painful menstrual discharges can be treated with ginger.

**Heart ailments:** In China, it is strongly believed that ginger boosts and strengthens your heart health. Many people use ginger oil as a measure to prevent as well as cure various heart conditions. Preliminary research has indicated that ginger may be helpful in reducing cholesterol levels and preventing blood clots. With reduced cholesterol

levels and blood clotting, the chance of blood vessel blockage decreases, thereby reducing the incidences of heart attacks and strokes.

**Stress:** Ginger oil, being an essential oil, is stimulating and therefore relieves depression, mental stress, exhaustion, dizziness, restlessness and anxiety.

**Impotency:** Ginger is helpful for male health as well. Since ginger root and its oil are aphrodisiac in nature, it is effective in eliminating impotency and preventing premature ejaculation.

**Kidney:** It is also believed that ginger root juice is able to dissolve kidney stones.

**Hair care:** Ginger is useful for hair care as well. Ginger juice is useful in controlling dandruff.

**Cancer:** According to the [American Cancer Society](#), preliminary research on animals has shown that ginger may be useful in treating cancer.

It should be noted that ginger oil is very strong and should therefore be used carefully and sparingly.

Ginger oil blends well with many other essential oils including lemon, cedarwood, lime, [eucalyptus](#), frankincense, geranium, [rosemary](#), sandalwood, patchouli, myrtle, bergamot, rosewood, neroli, orange and ylang-ylang.

Further

Reading:

[Use of ginger in treating Cancer](#)