

Myrrh Essential Oil (Egypt)



Main Constituents:

Furanoeudesma 1,3 diene: 44.25%

Botanical Name: Commiphora myrrha

Plant Part: Resin

Extraction Method: Solvent Extraction

Origin: Egypt

Description: Though classified as shrubs, Myrrh can grow up to 30feet in height. The trunk exudes a natural oleo resin that hardens into what is classified as reddish brown “tears”. Native collectors make incisions into the trees in order to increase the yield.

Color: Dark brown liquid.

Common Uses: Myrrh Essential Oil is thought to enhance spirituality. Aromatherapists use it as an aid in meditation or before healing. Its actions are characterized as the following: antimicrobial, antifungal, astringent and healing, tonic and stimulant, carminative, stomachic, anti-catarrhal, expectorant, diaphoretic, vulnerary, locally antiseptic, immune stimulant, bitter, circulatory stimulant, anti-inflammatory, and antispasmodic.

Consistency: Medium

Note: Middle

Strength of Aroma: Medium

Blends well with: Frankincense, Lavender, Palmarosa, Patchouli, Rose,Rosewood, Sandalwood, Tea Tree and Thyme.

Aromatic Scent: Myrrh Essential Oil has a warm, rich, spicy balsamic odor.

History: Myrrh has been used for centuries as an ingredient in incense, perfumes, and for embalming and fumigation in Ancient Egypt. In folk tradition it was used for muscular pains and in rheumatic plasters. Called mo yao in China, it has been used since at least 600B.C. primarily as a wound herb and blood stimulant. Gerard said of myrrh ' the marvelous effects that it worked in new and green wounds were here too long to set down...' Myrrh Oil, distilled from the resin, has been used since ancient Greek times to heal wounds.

Cautions: Myrrh Essential Oil can be possibly toxic in high concentrations, and should not be used during pregnancy.

Usage Directions: Since this essential oil has a slightly thick consistency, We would recommend placing the bottle in a very hot water bath, changing the water frequently and once it is back to the liquid state be sure to shake before use.

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.

16.6 358.52

The health benefits of Myrrh Essential Oil can be attributed to its properties as an antimicrobial, astringent, expectorant, antifungal, stimulant, carminative, stomachic, anticatarrhal, diaphoretic, vulnerary, antiseptic, immune booster, circulatory, tonic, anti-inflammatory and antispasmodic.

The essential oil of myrrh is extracted from the resin. Myrrh, in the scientific nomenclature system, is called *Commiphora Myrrha* and is native to Egypt. While the resin was frequently used in incense and perfumes in ancient Egypt, and the oil obtained from it was used for healings wounds in ancient Greece. The main components of this essential oil are Alpha Pinene, Cadinene, Limonene, Cuminaldehyde, Eugenol, Cresol, Heerabolene, Acetic Acid, Formic Acid and Sesquiterpenes.

Apart from being a very reputable oil in the field of aromatherapy, it has plenty of medicinal uses too.

Health Benefits of Myrrh Essential Oil

Antimicrobial and Antiviral: Myrrh essential oil do not allow microbes to grow or infect your system. It can be used to prevent any ailment resulting from microbial infection, such as fever, food poisoning, cough & cold, mumps, measles, pox and infections of wounds. It has no adverse side effects, unlike other antibiotics, such as weakening of liver, or digestive malfunction.

Astringent: Myrrh Essential Oil is an astringent, meaning that it strengthens the hold of gums on teeth, contracts the skin, muscles, intestines and other internal organs. It also strengthens the grip

of scalp on hair roots, thereby preventing hair loss. One more serious aspect of this astringent property is that it stops hemorrhaging in wounds. When this astringency makes the blood vessels contract and check the flow of blood, it can stop you from losing too much blood when wounded.

Expectorant: Myrrh essential oil is good against coughs and colds. It fights the viral infections that can cause coughs and colds, as well as relieves congestion and reduces the deposition of phlegm in the lungs and respiratory tracts.

Antifungal: Myrrh essential oil acts as a fungicide as well. It can be used either internally and externally to fight fungal infection.

Stimulant: Myrrh essential oil stimulates thoughts, blood circulation, digestion, secretions, nervous activity and excretion. It stimulates the pumping action of the heart, the secretion of digestive juices and bile into the stomach, and it keeps you alert and active by stimulating the brain and the nervous system.

Carminative: This essential oil helps to relieve you of those gases which often result in embarrassing situations in public. It also has an expensive toll on your health by stealing your appetite, slowing down digestion, giving you stomachaches and headaches and sometimes chest pains as well by raising your blood pressure.

Stomachic: Myrrh oil is beneficial for the all around health of your stomach.

Anti-catarrhal: This property of Myrrh essential oil relieves you of excess mucus and phlegm and troubles associated with that sort of mucus deposition, including congestion, breathing trouble, heaviness in chest, and coughs.

Diaphoretic: It increases perspiration and keeps your body free from toxins, extra salt and excess water from your body. Sweating also cleans the skin-pores and helps harmful gases like nitrogen escape.

Vulnerary: This property of myrrh essential oil protects wounds from infections and makes them heal quicker.

Antiseptic: If you have a health amount of myrrh essential oil, you don't need to worry about small cuts and wounds becoming infected. This oil can take care of them and will not let them become septic, since it is an antiseptic substance. It can protect you from tetanus as well to some extent.

Immune Booster: Myrrh oil strengthens and activates the immune system and keeps the body protected from infections.

Circulatory: This powerful essential oil stimulates blood circulation and ensures the proper supply of oxygen to the tissues. This is good for attaining a proper metabolic rate as well as for boosting the immune system. Increasing the blood flow to the more obscure corners of your

body, the better the nutrients and oxygen reach those body parts so they function better and stay healthy.

Tonic: This property means a boost to your overall health. As a tonic, myrrh oil tones up all the systems and organs in the body, gives them strength and protects them from premature aging and infections.

Anti-inflammatory: Myrrh essential oil sedates inflammation in various tissues in cases of fever or viral infections, in the digestive system resulting from ingestion of too much spicy food and in the circulatory system when something inflammatory or toxic enters the blood stream.

Antispasmodic: It also provides relief from unwanted contractions or spasms and therefore eases cramps, aches, and muscle pain.

Other Benefits

This oil is highly valued in aromatherapy as a sedative, antidepressant and as a promoter of spiritual feelings. This oil takes care of uterine health and stimulates that organ, helps fading away of scars and spots, is good for treating skin ailments, pyorrhea, diarrhea and skin diseases such as eczema, ringworm, and itches. It is also an emenagogue which means that it normalizes menstruation and relieves the associated symptoms like mood swings and hormonal imbalances.

Few Words of Caution

Despite the many benefits of myrrh essential oil, it can have toxic effects if used in excess. It should be avoided by pregnant women since it stimulates the uterus and could result in miscarriage.

Blending: Frankincense, Lavender, Palma Rosa, Patchouli, Rosewood, Sandal Wood, Tea Tree and Thyme essential oils.