

# Rue Essential Oil



**Main Constituents:**

**Undecanone-2:** 94.65%

**Botanical Name:** Ruta Graveolens

**Plant Part:** Flowers

**Extraction Method:** Steam Distilled

**Origin:** Morocco

**Description:** Rue is an ornamental, shrubby herb with a strong, aromatic, bitter or acrid scent. It has tough, woody branches and small, smooth, bluish-green leaves. The sunny, early summer flowers give way to green fruits which resemble tiny immature oranges.

**Color:** Pale yellow to orange-amber viscous liquid.

**Common Uses:** Rue Essential Oil is a homeopathic remedy used for centuries as a medical preparation and may be helpful for compression wounds, contusions, physical overexertion, varicose veins, hemorrhoids, strengthens the capillary veins, dental problems - deep aching - 'dry socket', feet and ankles painful, aching heels, and for painful stiffness in wrists and hands. Rue Oil is a natural healing self-administered home treatment, based on Rue medical plant (Ruta Graveolens, Common Rue) successfully used for skin care, itching skin, varicose veins and healing of bleeding, thrombosed, internal and external hemorrhoids (piles).

**Consistency:** Medium to Viscous. Liquid at room temperature, but solid at cooler temperatures.

**Note:** Top

**Strength of Aroma:** Strong

**Blends well with:** Rue does not typically blend with other essential oils.

**Aromatic Scent:** Rue Essential Oil has a sharply herbaceous, distinctly fruity orange-like scent, with a characteristic bitter acrid back note that makes the overall impression an unpleasant one.

**History:** In ancient medicine, the herb Rue was a favored remedy as an antidote to poison. Rue was used for nervous afflictions, digestive problems and hysterics.

**Cautions:** Rue Essential Oil is considered toxic, an abortifacient, an irritant to the mucus membranes, a neurotoxin, and causes sun sensitivity due to photo-toxicity.

**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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#### **Read the Disclaimer**

The health benefits of rue essential oil can be attributed to its properties as an antidote to poison, as well as an anti-arthritis, anti-rheumatic, antibacterial, anti-fungal, insecticidal, sedative, digestive, anti-epileptic, and anti-hysterical substance.

The essential oil of rue is extracted by steam distillation of the fresh plants of Rue, which has a botanical name of *Ruta Graveolens*. The main components of this oil are Bergapten, Butanone, Nonanone, Nonyl Acetate, Psoralen, Undecanone, and Xanthotoxin.

Rue, or Ruta as it is commonly known, has been a well known item in various homeopathic systems of medicine, and like most of the herbal extracts which these medicines are made from, it is very poisonous. Again, ironically, it is this toxic or poisonous effect of Rue that makes it useful as a medicine. The utmost care should be taken while handling this essential Oil of Rue and direct contact with the skin or eyes, as well as smelling or ingestion, should be avoided.

The poisonous quality of the plant is the negative aspect of Rue essential oil, but let's explore some of the positive points.

## **Health Benefits of Rue Essential Oil**

**Antifungal:** The same toxic nature of this essential oil explains its anti-fungal properties as well. It can effectively terminate fungal growth both inside and outside of the body and can provide protection against fungal diseases like Athletes foot, dermatitis, de-complexion of the skin, and various types of food poisoning.

**Antidote to Poison:** Rue essential oil, since it is poisonous to begin with, acts as an antidote for a number of other poisons and can be administered against symptoms of poisoning. However, it is effective on neurotoxins, not on hemotoxins. It can also be helpful to counter poisoning and induce vomiting in case any poisonous substances are

ingested. It is particularly beneficial against intoxication by narcotics, venomous snake bites (snakes like cobras and king cobras, which have neurotoxic venom, not vipers which have hemotoxic venom), insect bites, and stings.

**Antibacterial:** The toxic nature of Rue essential oil is effective in killing bacteria and preventing bacterial infections. If it has to be taken orally, which is normally recommended against, it should be taken in very, very mild concentrations and under supervision by an expert. It can help you get rid of food poisoning by bacteria like salmonella, bacterial infections in the colon, intestines, and urinary tract, as well as those on the skin.

**Insecticidal:** This is yet another bright aspect of the toxic properties of this oil. It is more poisonous to insects and is thus effective in killing and driving them away. It can be used in vaporizers, fumigants, burners, and incense sticks to keep away insects.

**Anti-Arthritic & Anti-Rheumatic:** It is effective in reducing pain in the joints associated with arthritis and rheumatism due to de-sensitizing and numbing effects, which work in a similar way to an anesthetic.

**Nervous Sedative:** The neurotoxic nature of this oil acts as a sedative for the nerves and calms down nervous disturbances and afflictions, convulsions, and nervous hyperactivity, that can often result in trembling limbs and uncontrolled involuntary actions.

**Digestive:** Although it is not known to promote digestion, it can help to relieve indigestion, particularly digestive issues that result from bacterial infections or activities.

**Anti-epileptic & Anti-hysteric:** Being a nervous sedative, it is very effective in countering epileptic and hysteric attacks. The neurotoxins in this oil induce numbness in the nerves and make them completely relaxed and de-sensitized, thereby making the patient calm, inactive and tranquilized.

**Other Benefits:** It can be used as a disinfectant and in the treatment of boils and warts, as well as swelling that results from insect bites and stings.

**A Few Words of Caution:** It acts as an irritant to the skin and mucus membrane and it is phototoxic, neuro-toxic and abortifacient. Being an abortifacient, it can result in accidental abortions, so it should be strictly avoided while pregnant.

**Blending:** It blends well with the essential oils of Bay, Benzoin, Chamomile, Fennel, Frankincense, Myrrh, Thyme, Pennyroyal, and Wormwood.