

# Patchouli Essential Oil (Dark)



**Main Constituents:**

**Patchoullol:** 32.92%

**Botanical Name:** Pogostemon Cablin

**Plant Part:** Leaves

**Extraction Method:** Steam Distilled

**Origin:** Indonesia

**Description:** Patchouli is a very fragrant herb with soft oval leaves and square stems. It grows from 2 to 3 feet in height and provides an unusual odor that is nonetheless characteristic of patchouli when the leaves are rubbed. The color of the patchouli oil is affected by the distillation machine. If distillation is done in a stainless steel vessel the color of the oil will be light, but if done in an iron vessel the color will be darker.

**Color:** Golden orange to dark reddish brown viscous liquid.

**Common Uses:** Patchouli is recognized by aromatherapists as being effective for combating nervous disorders, helping with dandruff, sores, skin irritations and acne. The specific properties include use as an antidepressant, anti-inflammatory, anti-emetic, antimicrobial, antiphlogistic, antiseptic, antitoxic, antiviral, aphrodisiac, astringent, bactericidal, carminative, deodorant, digestive, diuretic, febrifuge, fungicidal, nerving, prophylactic, stimulating and tonic agent. In the perfumery industry, it is interesting to note that Patchouli improves with age, and that the aged product is what is preferred over freshly harvested. In aromatherapy, Patchouli is an excellent fixative that can help extend other, more expensive oils.

**Consistency:** Thick

**Note:** Base

**Strength of Aroma:** Medium

**Blends well with:** Sandalwood, Bergamot, Cedarwood, Rose, Orange, Cassia, Myrrh and Opoponax

**Aromatic Scent:** Patchouli has a warm, earthy aroma with fresh fruit - like tones.

**History:** Before it became popular in Europe, Indian shawls and Indian ink were identified by the unique patchouli odor.

**Cautions:** None Known.

**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.

### **Read the Disclaimer**

The health benefits of Patchouli Essential Oil can be attributed to its properties as an antidepressant, antiphlogistic, antiseptic, aphrodisiac, astringent, cicatrisant, cytophylactic, deodorant, diuretic, febrifuge, fungicide, insecticide, sedative and tonic substance.

The insecticidal and insect repellent properties of this oil have been known for many years, particularly as it was used in the protection of clothes and fabrics from insects. As history moved forward, more health benefits of patchouli essential oil have been discovered, and it is now one of the most versatile and celebrated essential oils on the market.

Essential Oil of Patchouli is extracted by steam distillation of the leaves of the Patchouli plant, whose botanical name is *Pogostemon Cablin* or *Pogostemon Patchouli*, depending on the species. The basic components of Patchouli Essential Oil are Alpha Patchoulene, Beta Patchoulene, Alpha Guaiene, Alpha Bulnesene, Caryophyllene, Norpatchoulenol, Patchouli Alcohol, Seychellene and Pogostol.

## **Health Benefits of Patchouli Essential Oil**

Its medicinal properties include the following health benefits.

**Antidepressant:** This oil works great for people [suffering from depression](#). It helps them to get over the feelings of sadness or loss and fills them with new hope. That is why patchouli essential oil is so frequently used in aromatherapy. It uplifts mood, drives away disappointment, and relaxes tension in the majority of people, even if they are being treated for something else. This is due to the impact that inhaling patchouli essential oil has on the hormones and various chemical reactions in the body and mind. By stimulating the release of pleasure hormones like serotonin and dopamine, feelings of anxiety, anger, and sadness simply disappear.

**Antiphlogistic:** It soothes inflammation, particularly if the inflammation or irritation is a result of fever, and it also provides relief from the fever itself. This means that patchouli essential oil could be useful in treating a wide array of skin conditions, as well as internal inflammation from conditions like arthritis and gout.

**Antiseptic:** Patchouli essential oil protects wounds and ulcers from developing infections and becoming septic. This is perhaps the most important property of this oil, since small wounds in the skin can lead to much more serious infections, including tetanus, if the wound was inflicted with a rusty, iron object. Patchouli essential oil protects against that possibility as well.

**Aphrodisiac:** Patchouli Oil is also good for treating sexual problems including impotency, loss of libido, disinterest in sex, erectile dysfunctions, frigidity, and sexual anxiety. It is good for both men and women to put a spark back in the bedroom by stimulating the sexual hormones, estrogen and testosterone, which boosts the sex drive. Patchouli essential oil has been used as an aphrodisiac for hundreds of years.

**Astringent:** This powerful essential oil stimulates contractions in muscles, nerves and skin. This helps strengthen the hold of gums on the teeth, prevents sagging skin, hair loss, and loosening of muscle tissue. The astringency of patchouli oil also helps stop hemorrhaging by contracting the blood vessels. It can act as an anti-aging substance in this way, since loosening of muscle and skin is commonly associated with getting old.

**Cicatrissant:** Patchouli essential oil helps speed the healing process of cuts and wounds, and also hastens the fading of scars. It is similarly effective in eliminating marks left by boils, acne, pox, and measles.

**Cytophylactic:** This property of the Essential Oil of Patchouli promotes growth by stimulating the generation of new bodily cells. This also helps in the production of red blood cells, which can boost energy levels. By increasing the circulation, it also increases the oxygenation of organs and cells throughout the body, increasing their functionality and boosting the overall metabolism of the body. Patchouli essential oil is particularly good at regenerating new skin cells, thus keeping the skin looking healthy, young and vibrant.

**Deodorant:** The strong sweet, spicy and musky aroma of this essential oil eliminates or masks body odor. However, it should be used in a diluted form as the aroma of

Patchouli Oil might be very strong to some people's olfactory senses. It remains a popular oil to use as a cologne in many cultures and cultural demographics. Some people find the smell wonderful, while others are somewhat irritated by its distinctive aroma.

**Diuretic:** It increases the frequency of urination as well as the quantity of urine. This helps lose weight, lower blood pressure, increase appetite, lower cholesterol and remove of toxins from the body. Urination removes excess water, unnecessary salts, and uric acid, which reduces your chances of developing gallbladder stones and kidney stones, as well as forming conditions like gout.

**Febrifuge:** Patchouli essential oil reduces body temperature in cases of fever by fighting the infections that cause the fever. As an antiphlogistic, it relieves the inflammation caused by fever, which simultaneously helps to bring down the fever, since fevers can be reduced to some extent if the pain and inflammation associated with fever are eliminated.

**Fungicide:** Patchouli Essential Oil has been found to be quite effective at inhibiting fungal growths and infections, thereby providing protection from some notorious infections like Athlete's Foot. Fungal infections can be quite serious, especially when they attack the respiratory system through inhalation. Patchouli essential oil becomes very valuable at that point to keep your body fully protected.

**Insecticide:** As mentioned earlier, the insecticidal property of Patchouli Oil was recognized all the way back in ancient times. Despite smelling sweet, it is very effective at keeping insects at a healthy distance. It is frequently used in sprays, body lotions, fumigants, vaporizers, and incense sticks or it can be mixed with water to wash clothes and bed linen to drive away mosquitoes, ants, bed bugs, lice, fleas, flies and moths. Only a few drops are required to keep insects away, or you can burn the oil in a room and have the effects last even longer. However, be careful about burning the oil inside, as its distinct smell can quickly seep into fabric and furniture.

**Sedative:** It soothes inflammation and sedates convulsions, coughs and epileptic attacks resulting from hypersensitivity or hyper-reactivity of the nerves. It can also stop breakouts due to allergies by sedating the hypersensitivity of the body towards certain elements. As an antidepressant and a sedative, patchouli essential oil is good for

relaxing the body into a healthy, restful night of sleep. Reducing the signs of insomnia and getting a full night's sleep can improve your cognitive function, metabolic rates, and mood.

**Tonic:** This property of patchouli oil tones up the whole body. It optimizes metabolic functions like the decomposition of food and absorption of nutrients by toning up the liver, stomach and intestines, thereby helping you to grow stronger and healthier. Patchouli essential oil also takes care of proper excretion, regulates the endocrinal secretions of hormones and enzymes and also tones up the nervous system, thus making you more alert and active. Finally, it boosts the immune system, protecting you from a wide range of infections.

### **Other Benefits**

It has been known to help in the treatment of eczema, dermatitis, psoriasis and sores. It provides relief from constipation, and can be used as an temporary antidote or salve against insect bites. These peripheral benefits are closely related to one or more of the other qualities we already explained.

### **A Few Words of Caution**

The long lasting aroma of patchouli essential oil, though sweet, may be too strong and almost unpleasant to some people. Be cautious about using too much or smelling too strongly of it, as the aroma can be irritating to certain people.

**Blending:** Patchouli Essential Oil blends well with essential oils of Bergamot, Clary Sage, Geranium, Lavender and Myrrh.