

EUCALYPTUS GLOBULUS

Latin Name: *Eucalyptus globulus* Labill

Botanical Family: Myrtaceae

Other Common Names: Blue gum Eucalyptus, Australian fever tree leaf, fever tree leaf, Tasmanian blue gum leaf

Extraction Information

Country of Origin:	Australia, Spain
Part of Plant Used:	Leaves, Mature branches
Extraction Method:	Distillation
Oil Content:	1 - 3%
Color of Oil:	Pale Yellow - Clear

Blending Information

Odor Description:	Strong, Camphor-like, Balsamic, Fresh
Blending Factor:	1
Note:	Top
Energy:	Cooling (can be heating in large doses)
Blends Well With:	Other Eucalyptus oils, Laurel, Rosemary ct cineole or camphor, Lavandula latifolia, Lavender, Cardamom, Peppermint, Green Myrtle, Rosalina, Ravintsara, Pinus pinaster, Pinus sylvestris, Lemon, Tea tree
Indicated For:	Herpes simplex, shingles, chickenpox, measles, acne, ulcers, wounds, boils, burns, cuts

Safety Information: Caution in Children under age 5. Do Not Use on children under 2 years. Ingestion is toxic and can affect the CNS, GI, and Respiratory systems. Avoid applying near the nostrils of small children.

Botany: *E. Globulus* is a medium-sized evergreen woodland tree that can grow up to 60m. It is native to Australia. Mature woodland trees usually have extensive roots that are frequently deeply penetrating, but in plantations the roots are often more shallow. There is usually a single trunk, much branched. The lower bark is rough, grayish or brownish, the upper bark smooth,



pale, and often with a bluish tinge, decorticating in long strips. The mature leaves are dark glossy green and firm. It bears fragrant white flowers as it matures.

History + Myth

Eucalyptus species have a history of traditional use by the Australian aboriginal people who refer to it as 'malee'. The genus name *Eucalyptus* comes from the Greek *eucalyptos*, meaning 'well-covered', and refers to its flowers that, in bud, are covered with a cup-like membrane which is thrown off when the flower expands. Eucalyptus has been integrated into traditional medicine systems of the Chinese, Indian Ayurvedic, and Greco-European.

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Therapeutic Actions

Analgesic, Anti-bacterial, Anti-Inflammatory, Anti-rheumatic, Anti-Septic, Anti-spasmodic, Anti-tussive, anti-viral, Balsamic, Decongestant, Depurative, Diuretic, Expectorant, Febrifuge, Insecticide, Rubefacient, Stimulant, Vermifuge, Vulnerary

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<p>Chemical Feature: Oxide 1,8 cineole syn eucalyptol & monoterpenes</p> <hr/> <p>Chemical Composition</p> <p>General Chemical Composition of <i>Eucalyptus globulus</i></p> <table border="1"><thead><tr><th>Chemical Family</th><th>Specific Components</th></tr></thead><tbody><tr><td>Monoterpenes</td><td>α-pinene (4.15%), p-cymene (2.93%), limonene (8.16%)</td></tr><tr><td>Oxides</td><td>1,8 cineole (54 - 95%)</td></tr></tbody></table> <p>**This is just a short chemistry of main components only. Reference: Maciel M V, Morais S M, Bevilaqua C M L, Silva R A, Barros R S, Sousa L C, Brito E S, Souza-Neto M A. (2010). Chemical composition of <i>Eucalyptus</i> spp. essential oils and their insecticidal effects on <i>Lutzomyia longipalpis</i>. <i>Veterinary Parasitology</i> 167, 1-7</p>	Chemical Family	Specific Components	Monoterpenes	α -pinene (4.15%), p-cymene (2.93%), limonene (8.16%)	Oxides	1,8 cineole (54 - 95%)	<p>Core Aromatic Applications:</p> <p>Circulatory system: stimulating, good support oil for the stimulating properties of black pepper or juniper, can support detoxification programs</p> <p>Digestive system: Diarrhea (caused by viral infection), intestinal parasites, candida albicans</p> <p>Musculoskeletal system: muscular aches and pains, arthritis, rheumatism, plantar fasciitis, sprains</p> <p>Respiratory system: chronic bronchitis, acute bronchitis, sinusitis, asthma, antiseptic qualities for sore throat and infections, laryngitis, clears the head especially when used with rosemary and peppermint, nasal congestion, coughs, cold, flu, pertussis</p> <p>Skin: herpes simplex, shingles, chickenpox, measles, acne, ulcers, wounds, boils, burns, cuts</p> <p>Psyche & Emotion: uplifting, refreshing, can have a "cooling" emotional effect, clears and stimulates the mind, aids concentration, good for exhaustion, balancing when there is an energy imbalance, purifying and cleansing to negative energies, especially after an argument</p> <p>Ayurveda: Useful for Kapha excess conditions presenting as mucus or lethargy. <i>E. Globulus</i> has a pungent rasa and vipaka. In moderate doses it is cooling, but it is heating in large quantity. Pacifies vata and kapha, it primarily acts on the lungs and sinuses (decongesting and bronchodilator). <i>Eucalyptus</i> has a cooling effect on the surface of the skin, but is heating on the mucus lining.</p> <p>TCM: <i>Eucalyptus</i> is unparalleled in its ability to clear Lung-Phlegm for TCM work and as a general tonic to Lung-Qi; is suited to the individual who feels emotionally "hemmed-in" or constricted by their surroundings and can help to provide "room to breathe".</p>
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Keywords: Cooling, Stimulating, Clearing, Anti-Bacterial, Expectorant

Research/ Additional Notes: