

GERANIUM

Latin Name: *Pelargonium graveolens* var. *roseum*

Botanical Family: Geraniaceae

Other Common Names: Sweet Scented geranium,
Rose geranium

Extraction Information

Country of Origin:	Reunion Islands, Egypt, Madagascar, China
Part of Plant Used:	Flowering Tops
Extraction Method:	Distillation
Oil Content:	0.30% - 0.45%
Color of Oil:	Pale yellowish, green

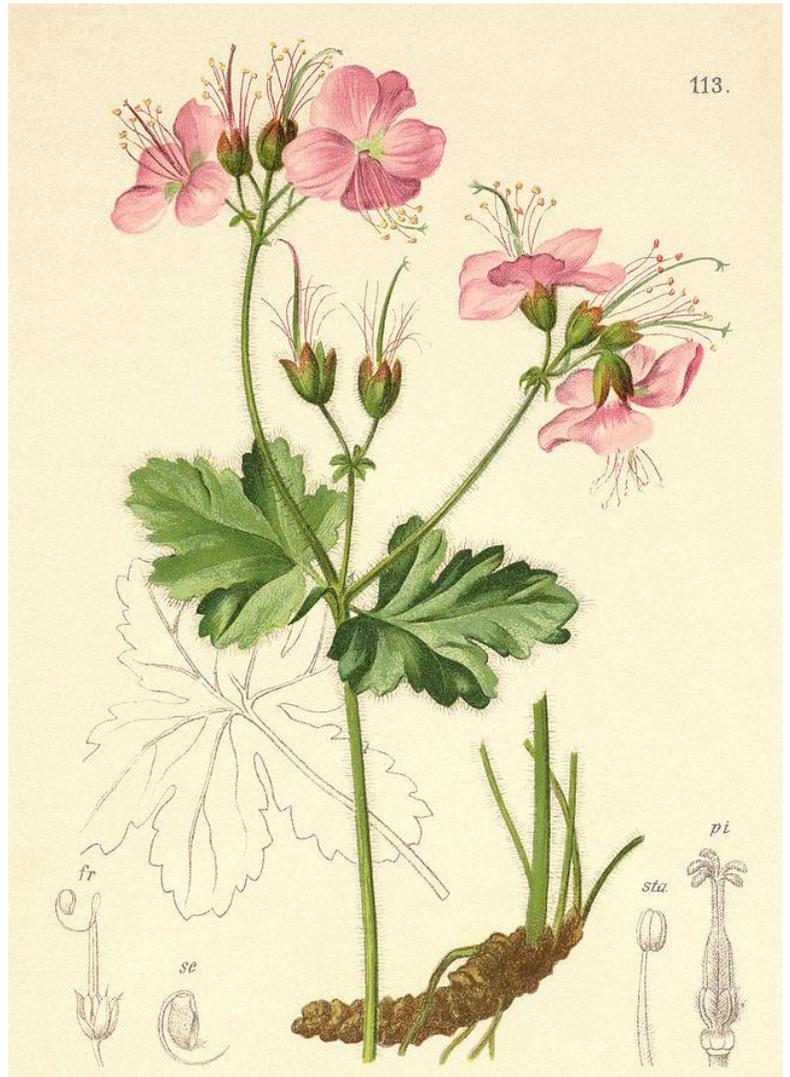
Blending Information

Odor Description:	Fresh, strong, green, feminine
Blending Factor:	1
Note:	Middle to Top
Energy:	Cool / Moist
Blends Well With:	Clary Sage, Sage (<i>salvia officinalis</i>), ylang ylang, sweet orange, bergamot, Frankincense, Lavender, Cypress, Patchouli
Indicated For:	Eczema, psoriasis, dermatitis, itching, acne, sluggish smoker's skin, aides detoxing, shingles, ringworm, head lice, dandruff, mouth ulcers, thrush (oral), gum infection, wound healing, abscesses, cellulite, can balance sebaceous gland secretion.

Safety Information: Potential for skin sensitization (low)

Contraindications: Avoid oral use with individuals on diabetes medication and drugs metabolized by CYP2B6.

GRAS status: ☒



Botany:

The scented Pelargonium cultivars used in the production of geranium oil are large bush-like plants with a rosy inflorescence and pinnate, rounded to pointed scented leaves approximately 5cm long. The geranium species are named for their elongated birdbeak-shaped fruits. 'Pelargonium' means "stork's bill" (Greek: plargos=stork), and Geranium means 'crane's bill' (Greek: geranos = crane). The leaves are fragrantly mint or rose-scented, and a dull green color. There are over 250 natural species of Pelargonium, hundreds of hybrids and thousands of cultivars.

History + Myth

Research on the historical uses of geranium is scarce. Commercial and folk use seems to have appeared sometime in the early 1800's.

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Therapeutic Actions

Analgesic, **antibacterial**, antidepressant, **anti-inflammatory**, **antifungal**, antimicrobial, antiseptic, **astringent**, **anxiolytic**, deodorant, diuretic, emmenagogue, **hormone balancer**, insecticide. Tonic, vasoconstrictor, vulnerary.

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Chemical Feature:

Rich in Alcohols (citronellol & geraniol) supported by esters

Chemical Composition

General Chemical Composition of *Pelargonium graveolens*

Chemical Family	Specific Components
Sesquiterpenes	gualadiene 6,9 (8.00%)
Monoterpene Alcohols	α -terpineol (2.70%), citronellol (26.80%), geraniol (13.10%), linalol (2.20%)
Esters	citronellyl formate (12.20%), geranyl butyrate (1.30%), geranyl formate (5.00%), geranyl tiglate (1.50%), phenethyl tiglate (0.70%)
Oxides	cis-rose oxide 1.20% trans-rose oxide (0.50%)
Ketones	isomenthone (7.50%), menthone (0.20%)

<http://www.stillpointaromatics.com/geranium-essential-oil-madagascar-aromatherapy?keyword=geranium>

Core Aromatic Applications:

General Properties: very useful in treating jet lag or imbalances brought on by travel

Circulatory System: Poor circulation, edema, broken capillaries

Digestive System: Diarrhea, stomach upsets caused by stress, hemorrhoids

Reproductive/Endocrine System: hormonal imbalance during menstruation, menopause, and puberty, can reduce symptoms of PMS and menopausal experiences of fever and hot flashes, supports the adrenal cortex to help balance hormones

Skin: eczema, psoriasis, dermatitis, itching, acne, sluggish smoker's skin, aids detoxing, shingles, ringworm, head lice, dandruff, mouth ulcers, thrush (oral), gum infection, wound healing, abscesses, cellulite, can balance sebaceous gland secretion.

Psyche & Emotion: Depression, agitation, general fatigue, frustration, anxiety, mood swings, rigidity, unbalanced life, challenging decision-making skills, mood swings, emotional or physical stress. Encouraging feelings of receptivity and sensuality, geranium oil is an excellent choice in alleviating chronic or acute anxiety.

Subtle/Energetic Aromatherapy: Geranium has a way of conveying a feeling of calm strength and security, and is therefore beneficial for both chronic and acute anxiety, particularly where there is nervous exhaustion due to stress and overwork. The oil helps us reconnect with our feeling-life – to our emotional sensitivity, relaxed spontaneity, and health thirst for pleasure and enjoyment.

Ayurveda: Soothes and enhances prana and udana vata, reduces pitta fire and induces calm, centeredness, and compassion, reduces excess kapha.

TCM: In TCM geranium clears heat and inflammation due to its cool, moist energy. It can also strengthen Qi-energy and encourages the circulation of Qi and blood.

Keywords: Balancing, Harmonizing, Uplifting, Relaxing, Refreshing, Cleansing

Research/ Additional Notes:

- **Geranium (Pelargonium graveolens) exhibits potent antibacterial activity.** The results of our experiment showed that the oil from *P. graveolens* has strong activity against all of the clinical *S. aureus* isolates – including the multidrug resistant strains, MRSA strains, and MLSB-positive strains.
- **Dermal application of Geranium (Pelargonium asperum) has anti-inflammatory activity.** In this study, we showed that cutaneous application of geranium oil (5-100 µl) to mice suppressed cellular inflammation induced by curdlan dose-dependently, as monitored by the MPO activity (Myeloperoxidase (MPO), the most abundant protein in neutrophils, also found in monocytes, is the focus of inflammatory pathologies.) of peritoneal cavity and skin. Cutaneous application of EO, especially geranium oil, can suppress the inflammatory symptoms with neutrophil accumulation and edema.
- **Geranium Bourbon (Pelargonium graveolens) exhibits anti-inflammatory activity.**
- **Geranium (Pelargonium graveolens) exhibits antifungal activity.**
- **Geranium (Pelargonium ssp.) Rose-scented exhibits mosquito repellent activity.**

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