

History + Myth

Laurel is the “source of the ancients” crowns and wreaths for heroes and poets, and the modern term of ‘bachelor,’ given for degrees, is probably derived from bacca-laureus, or laurel-berry, through the French ‘bachelier’. The oracle of Delphi and Delphic priestesses are said to have burned the leaves to enhance their abilities to divine the future. The Greek god Apollo made the laurel tree sacred and wore a crown made from it’s leaves. It is a symbol of love and esteem.

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Therapeutic Actions

Analgesic, antibacterial (broad spectrum), antimicrobial, antiseptic, antispasmodic, antiviral, astringent, diuretic, expectorant, febrifuge, fungicide, immune enhancer, mucolytic, stimulant, tonic to nervous system

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Chemical Feature:

Rich in 1,8 cineole, supported by a-terpinyl acetate and monoterpenes

Chemical Composition

Chemical Composition of *Laurus nobilis*

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| Monoterpenes | α-thujene (0.47%), α-pinene (5.03%), camphene (0.453%), sabinene (7.64%), myrcene (0.86%), delta-3-carene (0.21%), a-terpinene (0.42%), p-cymene (0.7%), b-phellandrene (0.53%), (z)-b-ocimene (0.14%), (e)-b-ocimene (0.33%), gamma-terpinene (0.74%), terpinolene (0.21%) |
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| Monoterpene Alcohols | borneol (0.335%), terpinene-4-ol (2.52%), α-terpineol (2.364%) |
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| Sesquiterpene Alcohols | spathulenol (0.165%) |
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| Esters | bornyl acetate (0.276%), linalyl acetate (0.388%), α-terpenyle acetate (9.9%) |
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| Esthers / phenylpropanoids | methyl eugenol (3.445%) |
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| Phenols | eugenol (1.326%) |
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| Oxides | 1,8 cineole (43%) |
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Bay laurel leaf Lot#: FLE045B241011F

Core Aromatic Applications:

Lymph/ Immune System: lymphatic congestion, edema, 3 – 10 drops applied topically over lymph nodes effectively supports the lymphatic system in its task of eliminating metabolic waste. Bay laurel is an expectorant, counteracts catarrh symptoms and has a very broad antimicrobial spectrum. Bay laurel is most effective used topically. It can be used in acute stages of bronchitis or influenza.

Musculoskeletal System: strains, rheumatism, muscle or joint stiffness, excellent in combination with Birch and Lavender in treating muscular aches and pains especially after physical exertion, fibromyalgia, plantar fasciitis, carpal tunnel syndrome, arthritis, rheumatoid arthritis

Nervous System: nervous tension or exhaustion, poor circulation, lack of memory, depression

Respiratory System: bronchitis, colds, flu/influenza, viral infections

Skin: oily skin, acne, boils, slow healing wounds, ulcers, fungal infections/mycoses

Psyche and emotion: low self-esteem, self-doubt, lack of energy, inability to move forward

Ayurveda: Laurel has a strong affinity to the muscular skeletal system and could be considered cooling. It is indicated for imbalances with kapha. Can also be used to enhance Ojas.

TCM: In TCM, its principal actions are to circulate and regulate Qi-energy and to clear cold phlegm.

Keywords: Immune Supportive, Stimulates lymphatic flow

Research/ Additional Notes:

Laurus nobilis

(leaf) essential oil exhibits analgesic and anti-inflammatory activity. The analgesic and anti-inflammatory effect of the essential oil

was comparable to reference analgesics and non-steroid anti-inflammatory drugs: morphine and piroxicam. Present results make the essential oil worthy of further investigations.

Laurus nobilis (leaf) essential oil exhibited significant wound healing activity. The essential oil is rich in 1,8 cineole (61.6%) and terpinyl acetate (13.8%).

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