

PINE, SCOTS

Latin Name: *Pinus sylvestris*

Botanical Family: Pinaceae

Other Common Names: Pine, Norway Pine



Extraction Information

Country of Origin:	France
Part of Plant Used:	Pine Needles
Extraction Method:	Distillation
Oil Content:	0.25 – 0.35%
Color of Oil:	Clear

Blending Information

Odor Description:	Balsamic, Woody, Piney
Blending Factor:	4
Note:	Top
Energy:	Dry, Astringent
Blends Well With:	Petitgrain, Valerian, Inula, Ylang ylang, Sandalwood, Other Pinaceae species, Lemon

Safety Information:	Skin sensitization if oxidized
Contraindications:	Old or oxidized oils should be avoided.
GRAS status:	<input type="checkbox"/>

Botany: *Pinus sylvestris*, like most pines, has straight, unbranched cylindrical trunks, which furnish a large amount of excellent saw timber. It can grow up to 40m, and has reddish brown bark, grayish spikey needle like leaves, and sharp-pointed brown cones that form and mature in about two years. Male flowers are orange-yellow, female flowers pinkish-green. There are about 80 varieties of Pine and quite a few will yield an essential oil, *Pinus sylvestris* is considered the most useful and safest therapeutically.

History + Myth

Used by the ancient Egyptians and Greeks for its strong curative properties and used in religious ceremonies for purification. It has been used for pulmonary infections such as bronchitis, pneumonia and tuberculosis. The Romans used the cones for both food and medicine. It was used by the N. American Indians to prevent scurvy and to stuff mattresses to repel lice and fleas. In Switzerland, pillows and mattresses are filled with pine needles to help with breathing and rheumatic conditions. It is used extensively in soaps, detergents, cosmetics, and bath products. To a lesser extend in perfumes, food, and drink products.

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Therapeutic Actions

Analgesic, antibacterial, antifungal, antimicrobial, antirheumatic, **antiseptic,** antiviral, balsamic, **decongestant,** diuretic, expectorant, **neurotonic,** restorative, rubefacient, stimulant, tonic

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Chemical Feature:

High in Monoterpenes

Chemical Composition

General Chemical Composition of *Pinus sylvestris*

Chemical Family	Components
Monoterpenes	α-pinene (40.69%), α-thujene (0.06%), β-myrcene (4.19%), β-phellandrene (1%), β-pinene (32.14%), delta-3-carene (0.21%), (E)-β-ocimene (0.91%), camphene (3.38%), d-limonene (3.91%), ocimene (1.01%), sabinene (0.10%), santene (0.02%), terpinene (0.41%), terpinolene (0.41%), tricyclene (0.69%)
Sesquiterpenes	α-coplanene (0.11%), α-humulene (0.34%), α-murolene (0.46%), β-caryophyllene (2.06%), delta-cadinene (1.75%), γ-cadinene (0.71%), γ-murolene (0.36%), bicyclogermacrene (0.31%), cadinene (0.09%), capaene (0.11%), germacrene D (1.63%), murolene (0.46%)
Monoterpene Alcohols	α-terpineol (0.85%), terpinen-4-ol (0.09%)
Sesquiterpene Alcohols	spathulenol (0.15%)
Esters	bornyl acetate (0.24%), terpinyl acetate (0.04%)

<http://www.aromaticsinternational.com/scotch-pine?keyword=pine>

Core Aromatic Applications:

Lymph/Immune system: Lymphatic congestion, Edema

Musculoskeletal system: Muscular aches and pains, arthritis, rheumatism, neuralgia, joint pain

Respiratory System: Expands breathing allowing more oxygen in the body, bronchitis, catarrh, coughs, sinusitis, sore throat, allergies

Psyche + Emotion: Refreshing, Relaxing, Evokes deep breathing, uplifting, cleansing, nervous exhaustion, fatigue, depression, mental fatigue

Ayurveda: Light, indicated for kapha, supports healthy apana and prana vata, uplifts kapha from depression/lethargy, reduces kapha congestion

TCM: For lung chi deficiency, invasion of wind heat and wind cold, phlegm heat and damp phlegm obstruction of lungs. Restores confidence through their effect on bodily soul (P'o), revives the spirits, dispelling the gloom of a negative outlook.²

Keywords: Refreshing, antiseptic, energizing, opens up the lungs, breathing space

Research/ Additional Notes:

- Pine may be utilized as an airborne antimicrobial. The results of this study confirm the excellent in vitro efficacy of the pine oil against the more common microorganisms in the indoor environment.³
- Pine exhibits antifungal, antibacterial, and anti-yeast activity.⁴

References

1. Tisserand, R. and Young, R. (2014) *Essential Oil Safety*, 2nd Edition. Churchill Livingstone Elsevier.
2. Mojay, G. (1997). *Aromatherapy for Healing the Spirit*. Rochester, VT: Healing Arts Press.
3. Motiejunaite O, Peciulyte D. (2004) Fungicidal properties of *Pinus sylvestris* L. for improvement of air quality. *Medicina (Kaunas)* 40(8)
4. Motiejunaite O, Peciulyte D.(2004) Fungicidal properties of *Pinus sylvestris* L. for improvement of air quality. *Medicina (Kaunas)* 40(8)