

VETIVER

Latin Name: *Vetiveria zizanioides* (L.)

Botanical Family: Poaceae syn. Gramineae

Other Common Names: Khas Khas, Khus Khus

Extraction Information

Country of Origin: Haiti, Sri Lanka, India

Part of Plant Used: Roots of Grass

Extraction Method: Distillation

Oil Content: 2 – 3%

Color of Oil: Golden Orange to
Dark brown, viscous
oil



Blending Information

Odor Description: Sweet, Earthy, Warm, Woody, Deep

Blending Factor: 1

Note: Base

Energy: Cooling, Moist, Grounding

Blends Well With: Black Spruce, Cypress, Ginger, Grapefruit, Lavender, Lemon, Myrrh, Neroli, Patchouli

Indicated For: Acne, Inflamed Conditions, Oily Skin (Due to its slight astringent effect), preventative for stretch marks and wrinkles, nourishing and balancing for dry skin, wound care, irritated skin, rashes, and topical bacterial or fungal infections.

Safety Information: Non-phototoxic, Non-sensitizing

Contraindications: None Known¹

GRAS status:

Botany:

Vetiveria zizanioides is a tall and densely tufted perennial scented grass that grows to 3m. The grass normally develops in large clumps, with a rhizome and fibrous root system containing an essential oil. The main rootstock is a stout, branching rhizome developing an extensive but not deeply penetrating system of aromatic roots. The roots are whitish yellow when young and change to a reddish brown as they mature. The roots yield very little oil, making the oil

expensive which can lead to adulteration with synthetics. The plant is botanically related to Lemongrass and Citronella.

History + Myth

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Vetiver has a history of use as an insect repellent. Bundles of vetiver root would be used to infuse wardrobes and rooms with its aroma. The root fibers would be woven into mats and screens. Vetiver has a long traditional use as a fixative or base note in perfumes. The aroma of vetiver has been used to bring about tranquility and protection from evil spirits or influences.

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Therapeutic Actions

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Antidepressant, Anti-Inflammatory, antirheumatic, antiseptic, antispasmodic, aphrodisiac, astringent, nerve, sedative.

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Chemical Feature:

Rich in sesquiterpenes and supported by sesquiterpene alcohols

Chemical Composition

General Chemical Composition of *Vetiveria zizanioides*

Chemical Family	Specific Components
Sesquiterpenes	α -muurolene (0.14%), β -caryophyllene (0.28%), β -elemene (0.18%), β -santalene (0.10%), δ -cadinene (0.35%), δ -selinene (0.51%), γ -cadinene (0.14%), γ -muurolene (2.48%), aristolene (0.11%), calarene (1.50%), copacamphene (1.15%), germacrene D (2.02%), isodene (0.10%), α -vetisperene (2.41%), β -vetispirene (3.62%), β -vetivenene (7.43%), γ -vetivenene (2.53%), khusimene (1.46%), other sesquiterpenes (14.55%), valencene (0.42%), vetivenene isomers (2.18%), ylangene (0.13%), zonarene (0.07%)
Sesquiterpene Alcohols	α -bisabolol (0.42%), β -eudesmol (0.23%), γ -Eudesmol (0.37%), khusimol (9.32%), valerianol (1.22%), vetiselineol (0.63%), vetivenol (2.75%)
Ketones	α -vetivone (2.33%), β -vetivone (0.68%)

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

Core Aromatic Applications:

Circulatory system: varicose veins, cold hands and/or feet, poor circulation, circulatory tonic

Lymph/Immune system: Lowered Immunity, Particularly due to stress

Musculoskeletal system: muscular aches and pains, sprains and stiffness, arthritis, rheumatism

Nervous system: debility, nervous tension, insomnia

Reproductive/Endocrine system: menopause, postnatal depression, PMS, reduced or lowered sex drive

Skin: acne, inflamed conditions, oily skin (due to its slight astringent effect), preventative for stretch marks and wrinkles, nourishing and balancing for dry skin, wound care, irritated skin, rashes, and topical bacterial or fungal infections²

Psyche and Emotion: Grounding, centering, provides a sense of security, especially good when one is feeling anxious or has a lot of thoughts swirling around with little clarity, calming, and balancing when there is oversensitivity and openness, physical and mental burnout, strengthens and stabilizes, instills confidence, settles nerves before an ordeal (lecture, dentist), anxiety, depression

Subtle/Energetic Aromatherapy: Vetiver is one of the most grounding and centering essential oils available. On the mental level, vetiver can serve to pull together scattered ideas and ground them into more practical concepts. On the feeling level, vetiver cools down emotional flightiness and dizzy passions and grounds them in the reality of true body-centered feelings.³ Vetiver grounds energy and promotes strength. It is a wonderful essential oil for those who tend to float outside their bodies and yet need to be grounded and centered in life.

Ayurveda: Cools pitta, grounds vata

TCM: Vetiver is cool and moist energy that can be used to clear heat while also nourishing, calming, and uplifting.⁴

Keywords: Calming, Grounding, Balancing

In Practice: Sample Recipes Using Vetiver:

Heart-Centered Blend: Rose, Vetiver, Mandarin

Grounding/ Centering Blend: Vetiver, Patchouli, Mandarin

References

1. Tisserand, R and Young, R. (2014). *Essential Oil Safety*. 2nd edition. Churchill Livingstone/Elsevier.
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3. Holmes, P. (1997). *Vetiver—The power of mother earth*. *International Journal of Aromatherapy*, 5 (3): 13– 15.
4. Mojay, G. (1997). *Aromatherapy for Healing the Spirit*. Rochester, VT: Healing Arts Press