QUICK REFERENCE SHEET

AJOWAN

Tracyspermum copticum

Plant Family: Umbelliferae

Extraction Method: Steam Distilled

Part Utilized: Seeds

Region of Origin:

India

AFFINITY FOR:

digestive system, circulatory system

THERAPEUTIC PROPERTIES:

digestive, antiemetic/antidiarrheal, anti-infective, antibacterial, antiviral, antifungal, antiparasitic, antiseptic, tonic, stimulant, antispasmodic

AROMATIC CONSIDERATIONS:

Ajowan is reminiscent of Thyme in both aroma and action.

APPLICATION:

Ajowan should always be diluted well when applied to the body; can be used on the feet or any area of the body needing assistance.

CAUTIONS:

Ajowan has a very high thymol content and is best used as a small percent of an essential oil blend, especially for application to the skin. Pregnant women should certainly avoid its use as a single.

INGREDIENT IN:

LeEternity, LeTurmoil

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Ajowan is predominantly an oil for physical complaints. Ajowan also assists with mental and physical exhaustion. It can be calming and moderately sedating under certain circumstances.

PHYSICAL ASPECTS:

Ajowan essential oil contains over 50% thymol, making it very effective against bacteria, viruses, fungi, and parasites. The high thymol content also makes it extremely potent and quite caustic. Ajowan is an excellent aid to digestion. It often helps relieve nausea, flatulence, and the cramping pains that accompany these conditions.

Although antispasmodic and sedating under certain conditions, Ajowan makes an excellent circulatory stimulant. Ajowan is helpful for fatigue, weakness, and to assist recovery after illness or accident. It also assists with mental or physical exhaustion, especially when the exhaustion is accompanied by great listlessness. Ajowan has been used in India (for a very long time) in the treatment of toothaches; Clove oil also works great for a toothache but tastes better.

GENERAL INFORMATION:

Ajowan is considered a fair substitute for Cumin therapeutically, although the aromas are vastly different.

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