QUICK REFERENCE SHEET

BASIL

Ocimum basilicum

Plant Family: Labiatae

Extraction Method: Steam Distilled

Part Utilized: Stems, Leaves, Flowers

Region of Origin:

Vietnam

AFFINITY FOR:

cardiovascular system, respiratory system, hormone balance, muscles, bones, pericardium meridian, large intestine meridian, deficient yang energy, throat chakra

THERAPEUTIC PROPERTIES:

antispasmodic, restorative (stimulant for nerves and adrenal cortex), general stimulant, emmenagogue, digestive tonic, intestinal antiseptic, carminative, antibiotic

AROMATIC CONSIDERATIONS:

Basil is strongly antiseptic when diffused. Basil helps open the mind to ideas, possibilities, and opportunities. Basil helps us to act with integrity, from our hearts, in a straightforward manner.

APPLICATION:

Basil should be diluted well. It may be applied to any area of concern or on the feet.

CAUTIONS:

Basil should be avoided if pregnant or epileptic. Undiluted, Basil may irritate sensitive skin.

INGREDIENT IN:

LeBreezey, LeCrystal Clear, LeDelicate, LeEmerge, LeJourney, LeSweet Relief, LeTransition, LeWarmDown, LeWeightless

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Emotionally, Basil is both stimulating and soothing. It energizes the mind while, at the same time, relieves doubts and fears and lightens our burdens. Basil moderates a tendency to be too blunt, outspoken, or independent. Basil is used in treatments for depression, hysteria, nervous tension, and mental fatigue.

PHYSICAL ASPECTS:

Basil stimulates the adrenal cortex and strengthens the nerves, making it beneficial for mental fatigue, headaches, insomnia, fainting, loss of the sense of smell, memory loss, and poor concentration. Basil strengthens the digestive function, being of particular use with hiccups, flatulence, indigestion, and vomiting. Basil has strong antispasmodic and expectorant properties. It calms muscle spasms from injury or fatigue and alleviates coughs. The antispasmodic properties quiet dry coughs. The expectorant properties keep mucus from building up in the lungs.

Basil is also analgesic, providing pain relief when applied to the body. Basil is excellent applied undiluted to insect bites and stings, and in Indian (Eastern) medical lore, is listed as a remedy for snake bite. Many people like Basil, either diluted and applied to the chest, or inhaled, in the treatment of chronic colds, earaches, and mucus. The hormonal properties of Basil, being yang moving toward yin, have a specific affinity for prostate problems in men.

GENERAL INFORMATION:

The action of Basil on the system resembles both Peppermint and Thyme in many ways. In a bath, even a drop or two produces an interesting sensation of tiny pin pricks as it increases circulation to the capillaries just under the skin.

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