

## QUICK REFERENCE SHEET

# CALAMUS

*Acorus calamus*



Plant Family:  
Acoraceae



Extraction Method:  
Steam Distilled



Part Utilized:  
Root



**Region of  
Origin:**  
Nepal

### AFFINITY FOR:

digestive system, mental acuity

### THERAPEUTIC PROPERTIES:

nervine, anti-inflammatory, antispasmodic,  
general tonic

### AROMATIC CONSIDERATIONS:

Calamus has a warm, spicy scent with a hint of  
Cinnamon. Diffused it may stimulate the mind  
and memory.

### APPLICATION:

Always dilute well when applying to the body.

### ! CAUTIONS:

Calamus has been used for many years in  
herbal preparations, but it is fairly new to the  
essential oil world. The constituents it contains  
make Calamus very effective as a disinfectant,  
but it is too strong for use on children except in  
the most dire circumstances. Calamus should  
also be avoided by pregnant women. Always  
use straight Calamus with caution and common  
sense.

### INGREDIENT IN:

LeJourney, LeNoMore

### PHYSICAL ASPECTS:

Calamus is used for a wide range of symptoms pertaining to the head such as vertigo, headache, shock, memory loss, and epilepsy because it increases cerebral circulation. Calamus is also soothing and is an anti-inflammatory to the intestinal tract. It increases appetite and absorption of nutrients. Calamus, applied to the stomach and abdomen, arrests the growth of unfriendly bacteria in the digestive system.

### GENERAL INFORMATION:

A fluid extract of Calamus is an official medicinal preparation still listed in the United States Pharmacopoeia and is used in herbal medicine as an aromatic bitter.