

CAMPHOR WHITE

Cinnamomum camphorum



Plant Family:
Lauraceae



Extraction Method:
Steam Distilled



Part Utilized:
Leaves



Region of Origin:
China

THERAPEUTIC PROPERTIES:

anesthetic, anti-inflammatory, antiseptic, antispasmodic, aphrodisiac, carminative, convulsant, diaphoretic, insecticide, neurotoxin, nerve, sedative, stimulant, vulnerary

AROMATIC CONSIDERATIONS:

Camphor is extremely pungent. Diffused with care, Camphor can be useful as a cardiac stimulant and to open blocked respiratory passages.

APPLICATION:

MUST be diluted very well and should be used sparingly.

! CAUTIONS:

Camphor is considered by many aromatherapists to be too strong to be used effectively, especially as a single oil. A small amount of Camphor taken internally could easily prove fatal. Overdose, even topically, has been known to cause convulsions and vomiting. Pregnant women and people with epilepsy or other seizure disorders should certainly avoid its use altogether.

INGREDIENT IN:

LeFortitude, LeIntensity

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The aroma of Camphor seems to be very effective for a particular type of nervous depression where great agitation precedes a loss of energy and stamina and a feeling of deep despair.

PHYSICAL ASPECTS:

Camphor has been used, in dilution, to stimulate circulation, metabolism, and digestion. Camphor is also a strong disinfectant and decongestant. It has a reputation as anti-inflammatory and as a pain reliever. I find the aroma and the list of cautions of Camphor oil daunting, and personally, almost always use something else instead.