QUICK REFERENCE SHEET

CARAWAY

Carum carvi

Plant Family: Umbelliferae

Extraction Method: Steam Distilled

Part Utilized: Seeds

Region of Origin:

Hungary

INGREDIENT IN:

LeJulia, LeLife Force

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Emotionally, Caraway is of benefit to those who were raised in uncaring or emotionally unstable environments. Often abused or neglected children grow into adults that avoid commitment in relationships. They fear any form of stability, doubting that such a thing could be real or doubting their ability to be constant and consistent themselves. Often, they doubt their own worthiness for such a relationship. Caraway reinforces the earth meridian's steadfast constancy and need to nurture others.

PHYSICAL ASPECTS:

Caraway is particularly useful for digestive complaints. Caraway alleviates intestinal spasms and encourages peristalsis. It is used to clean wounds. Caraway rebuilds damaged tissues and relieves the pain of bruising. Caraway is often included in formulas for skin and scalp conditions. As a respiratory oil, it is excellent for clearing infections and mucous from the lungs and the bronchials. Caraway is said to increase milk production and quality in nursing mothers.

AFFINITY FOR:

digestive system, respiratory system, spleen, pancreas stomach/spleen meridians, yang energy

THERAPEUTIC PROPERTIES:

nervine, digestive, carminative, diuretic, expectorant, cytophylactic, emmenagogue, galactagogue, vermifuge, antihistaminic, antispasmodic, antiseptic, tonic

AROMATIC CONSIDERATIONS:

The aroma is stimulating to the mind, but calming to the nerves.

APPLICATION:

Caraway should be diluted well and applied to the feet or the body.

CAUTIONS:

Like most essential oils, Caraway should be diluted when applied to the skin.

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