QUICK REFERENCE SHEET

CARDAMOM

Elettaria cardamomum

Plant Family: Zingiberaceae

Extraction Method: Steam Distilled

Part Utilized: Seeds

Region of Origin:

Guatemala

INGREDIENT IN:

LeExhale, LeInsideOut

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Because Cardamom is strongly associated with the Earth element, it can remind us of the abundance and blessings of our lives. Cardamom strengthens our ability to see the opportunities before us and gives us the energy to pursue them. It allows us to give generously and live openly and with enthusiasm.

PHYSICAL ASPECTS:

Cardamom essential oil has been in use for a long time. It was recommended by Hippocrates as a remedy for flatulent dyspepsia. It is still listed in the British Pharmacopoeia for stomach cramps and gas pains. Cardamom is useful for nausea, even in pregnancy. It is a well-known remedy for sexual dysfunction. Cardamom draws energy upward to the head, increasing concentration and helping us to relax and unwind when we are worried or tense.

GENERAL INFORMATION:

Cardamom is in the ginger family. It has many of the same properties, but is less of an irritant. It is excellent as a massage oil. Cardamom increases circulation, relaxes muscles, and soothes the skin.

AFFINITY FOR:

brain and nervous system, reproductive system, yang energy, digestion, spleen, pancreas, central vessel, spleen meridian, lung meridian

THERAPEUTIC PROPERTIES:

antispasmodic, antibacterial, aphrodisiac, carminative, cephalic, digestive, diuretic, laxative, nerve tonic, expectorant, immune stimulant, supportive, sustaining, tonic

AROMATIC CONSIDERATIONS:

A Cardamom oil of good quality is warm, sweet, and spicy, with no harsh overtones and no hint of Eucalyptus aroma. Diffused, Cardamom alleviates mental fatigue and nervous exhaustion.

APPLICATION:

Cardamom, diluted well, can be applied over the stomach, abdomen, chest, or solar plexus areas. Cardamom is excellent, used sparingly, in a bath.

CAUTIONS:

Cardamom has no contraindications. It should be diluted for application to the skin.

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