

QUICK REFERENCE SHEET

CILANTRO

Coriandrum sativum



Plant Family:
Umbelliferae



Extraction Method:
Steam Distilled



Part Utilized:
Leaves



Region of Origin:
U.S.A.

AFFINITY FOR:

nerves, circulation, digestive system, endocrine system, earth meridian, fire meridian, air meridian, water meridian

THERAPEUTIC PROPERTIES:

analgesic, antioxidant, antispasmodic, digestive, carminative, revitalizing, stimulant, stomachic

AROMATIC CONSIDERATIONS:

Although they are made from very different parts of the plant, Cilantro and Coriander have similar aromas.

APPLICATION:

Cilantro should be diluted and applied as needed. It may also be diffused.

! CAUTIONS:

Cilantro is generally considered to be non-toxic and non-irritating, although it can be very potent in large doses. Like most essential oils, it is best used with judgment and moderation.

INGREDIENT IN:

LeInsideOut

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Cilantro is distilled from the leaves of the *Coriandrum sativum* plant; the seeds of this plant are distilled to obtain Coriander essential oil. There are many similarities in these two oils, but the plant part used changes the focus of the therapeutic properties. This is particularly true in the emotional aspects. Essential oils derived from the leaf tend to be needed by people who focus outside themselves on the needs of others, often in such excess that it is to their own detriment. These oils can aid us in developing compassion and sympathy for others. Essential oils derived from seeds focus more on potential for personal growth. They can bring feelings of joy and satisfaction with ourselves and the circumstances of our lives.

PHYSICAL ASPECTS:

Like Coriander, which is distilled from the same plant, Cilantro is both a gentle stimulant and a mild sedative. It can be used to raise energy levels and calm nerves, when stress or over-work has brought on a state of nervousness with fatigue. Cilantro's therapeutic properties make it a good addition to blends for the digestive system.

GENERAL INFORMATION:

Recent research indicates that Cilantro essential oil is highly effective at inhibiting the growth of some bacteria that are responsible for foodborne illnesses. I find this study interesting, especially when I consider that Cilantro has been used in cooking in warm climates for a very long time.