QUICK REFERENCE SHEET

CUMIN

Cuminum cyminum

Plant Family: Umbelliferae

Extraction Method: Steam Distilled

Part Utilized: Seeds

Region of Origin:

India

AFFINITY FOR:

digestive system, lymphatic system, respiratory system, endocrine system, muscles, nervous system

THERAPEUTIC PROPERTIES:

antibacterial, antiseptic, antiviral, antioxidant, antiparasitic, aphrodisiac, digestive, diuretic, emmenagogue, antispasmodic, anti-inflammatory

AROMATIC CONSIDERATIONS:

Cumin essential oil has a very strong aroma. It can be quite appealing if it is diffused for a short period of time. The aroma lingers in the air for a long time after the diffuser has been turned off.

APPLICATION:

Cumin oil should be diluted well or used as part of a blend.

CAUTIONS:

Cumin is an oil that I appreciate in a blend, but use very rarely by itself. You should avoid Cumin if you have overly sensitive skin or if you are pregnant. This essential oil is best as part of a blend of essential oils.

INGREDIENT IN:

LeEndoRelief, LeStefanie

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

People who would benefit from Cumin oil are usually very determined individuals. They are proud of their strength and determination. They do not tolerate people they consider to be fools or lazy. Unfortunately, they put most everyone but themselves into these categories. It is possible for these people to become wise and beloved as they mature.

PHYSICAL ASPECTS:

Cumin is anti-inflammatory and warming to strained or damaged muscles. It relieves muscular pains and the pains of arthritis. Cumin is a stimulant to the digestive system. It should be considered for colic, flatulence, bloating, and indigestion. Cumin is an excellent nervous system tonic. It is often employed to relieve headaches, migraines, and to boost energy fatigued from nervous exhaustion. Diluted and applied to the chest, Cumin can be useful for asthma, bronchial spasms, and spasmodic coughs. One of the outstanding characteristics of Cumin oil is its action in clearing the lymphatic system and ridding the body of excess fluids and toxins. Cumin also increases circulation. Recent studies show strong indications that Cumin oil acts as a thyroid stimulant.

GENERAL INFORMATION:

Cumin has an overpowering aroma. This is a very strong, almost caustic essential oil.

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