QUICK REFERENCE SHEET

IDAHO TANSY ORGANIC

Tanacetum vulgare

Plant Family: Compositae

Extraction Method: Steam Distilled

Part Utilized: Leaves, Flowers

Region of Origin:

Morocco

AFFINITY FOR:

Idaho Tansy seems to have an effect across the various systems of the body. It appears to awaken our inner strengths and resources on both the physical/immune system levels and on the Emotional/Spiritual/Mental planes as well. When using this oil it is difficult to think thoughts of failure and disease.

THERAPEUTIC PROPERTIES:

anti-inflammatory, antiviral, antibacterial, antifungal, antihistiminic, vermifuge, sedative and/or stimulant, antispasmodic, nervine, insecticide

AROMATIC CONSIDERATIONS:

Idaho Tansy encourages a positive attitude and general feeling of well-being.

APPLICATION:

Idaho Tansy should be diluted and applied to the feet or specific areas of the body at reasonable intervals. Continuous use is not recommended.

⚠ CAUTIONS:

This essential oil is best used as part of a blend, rather than by itself. It should be avoided completely by pregnant women.

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Idaho Tansy acts as a sedative for nerve disorders and emotional impulses. It is useful for the emotional aspects of anxiety, depression, anger, irritability, convulsions, and hysteria. This oil is specific for people who need deep emotional healing in order to heal physically. Often, physical healing is impossible if our hearts are heavy, weary, or broken.

PHYSICAL ASPECTS:

Idaho Tansy, because of the high concentration of certain components not usually found in essential oils, is very antiviral and antibacterial. It could be used, with caution, to expel parasites. Beneficial effects from using this oil have been recorded for heart, lungs, liver, bowels, kidneys, circulation and vascular health, respiratory infections, and inflamed joints and muscle sprains, to name just a few. This oil is also considered to be a potent antihistamine and hormone stimulant.

Idaho Tansy is generally considered strongly contra-indicated for any one with epilepsy or a tendency to seizures or convulsions. Mild doses, under the supervision of an experienced aromatherapist however, have proven helpful for epileptic-type attacks.

Idaho Tansy is very high in thujone and Camphor. Used as a single oil (rather than as a small percentage of a blend), it may contain enough Camphor to negate a homeopathic remedy.

GENERAL INFORMATION:

Because Idaho Tansy has a high percentage of thujone, it is considered by conservative aromatherapists to be an oral toxin. Some of them severely caution against its use in aromatherapy at all. As is so often the case, the test data being quoted to support this position was done by isolating individual components and then testing each component on rats or mice. Thujone, tested without the presence of the "balancing" components found in the natural oil and in extremely high concentrations, produced convulsions in mice. Does this mean that Idaho Tansy (or any other oil containing thujone) is contra-indicated for human use? It is doubtful, but the data gives us a reason to be extra cautious and dilute extra well with this oil until further information has been gathered.

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