QUICK REFERENCE SHEET

RUE

Ruta graveolens

Plant Family: Rutaceae

Extraction Method: Steam Distilled

Part Utilized: Above Ground Plant

Region of Origin:
Spain

AFFINITY FOR:
nervous system, intestinal tract

THERAPEUTIC PROPERTIES:
antimicrobial, antifungal, antiviral, analgesic (numbing is a better description), poison antidote, insect repellent, sedative (some describe it as so powerful that it qualifies as a neurotoxin when not used sparingly), antispasmodic, antiparasitic

AROMATIC CONSIDERATIONS:
Not recommended for diffusing.

APPLICATION:
Always use as a small part of a blend. A very beneficial essential oil used in this way.

CAUTIONS:
Care should be taken in the handling of Rue essential oil. Direct contact with the skin, undiluted, is strongly advised against. Extreme care should be taken to avoid getting Rue in the eyes. Ingestion and the taking of very direct whiffs of Rue essential oil is not advised.

INGREDIENT IN:
LeQuiet Essence, LeWoman Wise

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:
Regret and grief may exert such an influence that pain seems to be a part of our cellular structure. In fact, recent scientific evidence points to our cells as having the capacity to think and to feel. Such deeply felt pain can obscure our vision and alter our perspective. Truth becomes relative to our experience of pain. We either indulge in denial, suppressing memory, or rewrite the truth in order to survive or to seek vengeance. Rue, combined synergistically with the right combination of other essential oils, can help us root out the energy blockage that our grief and pain have created.

PHYSICAL ASPECTS:
As part of an essential oil blend, Rue relaxes the nerves and induces restful sleep. Formulas containing Rue are used for hysteria, anxiety, anger management, insomnia, and pain relief. It is, of course, the toxicity and strength of Rue that make it effective as an insect repellent, Antimicrobial (including fungus and viruses), and an antidote to poison.

GENERAL INFORMATION:
Rue is considered by many in the essential oil world to be on the “do not use ever” list. Others, like Dr. Gary Young, advocate its use topically as part of an essential oil formula (not as a single essential oil) and claim that the properties of the essential oil are much different—and safer—than the properties of the herb. Extra special caution is advised with pregnant or lactating women and with children. Some texts refer to Rue, however, as effective with epilepsy and seizure disorders. Again, extreme caution is advised for use of Rue as a single essential oil.

The name of this herb—Rue—comes from a Greek word meaning “to regret bitterly.” Both ancient and modern texts concerning this plant all include references to sorrow, regret, and grief. The Nazis, during WWII developed a truth serum from Rue.

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