QUICK REFERENCE SHEET

ZANTHOXYLUM

Zanthoxylum armatum

Plant Family: Rutaceae

Extraction Method: Steam Distilled

Part Utilized: Fruit

Region of Origin:

India

INGREDIENT IN:

LeAgeless, LeGrace, LeMyGraine, LeTurmoil

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

The aromatic influence of Zanthoxylum helps us to accept that we, in ourselves, are enough and that what we can do is enough. We are not broken or damaged and no one needs to "fix" or "heal" us. This attitude is acceptance of ourselves, not apathy or lack of direction and inner drive. We will know more clearly what we need to be doing and what direction we need to be going in. This place of peace and acceptance is created by finally understanding that we are loved for who we are, not for what we know or the things we do. This acceptance puts wind beneath our wings and allows us to soar. Because this is sacral chakra energy, this acceptance also corrects structural problems in our sacrum and lower back. The world suddenly feels much less demanding and stressful. Sitting down and taking a break becomes possible for us.

PHYSICAL ASPECTS:

The analgesic and antispasmodic properties of Zanthoxylum make it useful for arthritis, inflamed joints, and other joint problems. Zanthoxylum increases circulation, relieves muscle cramps, and is of benefit in the treatment of varicose veins and varicose ulcers. Zanthoxylum is sedating and calming to the nervous system, making it useful in the treatment of stress related conditions such as headache, insomnia, and nervous tension. This essential oil aids the digestive system and increases the appetite during convalescent stages of illness. Zanthoxylum is used for tooth problems and gum diseases.

One of the most exciting scientific studies that I have found showed clearly that Zanthoxylum prevents free radical damage throughout the body, but particularly in the liver. This study was conducted in the Department of Pharmacy, Bharat Institute of Technology, India. The data collected was for use of Zanthoxylum in essential oil form. The study included data for unborn babies where liver damage in the mother or complications of pregnancy necessitated the use of drug therapies that would normally have compromised the liver of the fetus. The testing clearly showed that Zanthoxylum essential oil protected and supported the fetal liver. This is absolutely amazing news!!

AFFINITY FOR:

circulatory system, respiratory system, digestive system, nervous system, lymphatic system, skin, sacral chakra

THERAPEUTIC PROPERTIES:

antimicrobial, antibacterial, antifungal, antidepressant, antispasmodic, analgesic, anti-inflammatory, sedating and stimulating, tonic, carminative, stomachic, immune support, deodorant

AROMATIC CONSIDERATIONS:

Zanthoxylum has a refreshing, spicy aroma. It calms the nerves and assists in meditation.

APPLICATION:

Zanthoxylum should be diluted for application to the body. It can also be diffused.

CAUTIONS:

Zanthoxylum has been used for centuries in Nepal, but is new to the world essential oil market. Care should be taken with pregnancy, at least until there is more information available.

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