



## Geranium

(*Pelargonium graveolens*)

Stock #3905-3 (5 ml.)

Geranium is regarded as another of the “universal” essential oils, having numerous uses ranging from healing wounds to repelling insects. An effective antiseptic, astringent and diuretic, geranium oil is beneficial for urinary ailments, oral infections, and all types of skin problems. Geranium oil is utilized not only to smooth facial lines and wrinkles, but also to relieve dry skin and scalp conditions. Furthermore, geranium oil provides a mild antispasmodic effect.<sup>1-3</sup>

Having long been used for its affect on the psyche, it is now known that geranium oil affects the adrenal cortex, which helps to explain its ability to relieve depression, nervousness and emotional weariness. Geranium is quite effective for balancing and stabilizing one’s mood and emotional outlook with its refreshing and uplifting aroma.<sup>1,3</sup>

Geranium essential oil can be used to balance or even promote hormonal activity—geranium is believed to facilitate regular ovulation and is utilized to balance estrogen levels through its influence on the adrenal cortex. Applied topically, geranium oil is known to soothe breast pain occurring before and during menstruation.<sup>2-5</sup>

Researchers in India have found that geranium essential oil is effective as an antibacterial and antifungal against at least 12 bacterial strains (Gram-positive and -negative) and 12 yeast-like and filamentous fungi in vitro. In addition, extensive research conducted in Scotland has determined that of 50 essential oils tested, geranium was among those found to be most effective against 25 genera of bacteria in vitro.<sup>2,4,6</sup>

According to the *Journal of Drug Research*, geranium is among several essential oils that exhibit varying degrees of antifungal and antiviral activity. Recent research has shown that the monoterpene alcohol citronellol, found in the essential oils of eucalyptus, geranium, lemon and rose, acts as a fungitoxic agent in vitro against *Cryptococcus neoformans*—an AIDS-related opportunistic infection. Furthermore, geranium oil is especially effective against *Candida albicans* and other yeast infections.<sup>2,4,7</sup>

Geranium essential oil also contains the ketone isomenthone—non-toxic ketones, such as isomenthone, are helpful as mucolytics (mucus-dissolvers) and are beneficial for the skin.<sup>4</sup>

According to a study published in the *Journal of Essential Oil Research*, the isolated aldehyde citronellal, found in lemon, geranium and rose oils, has been shown to have sedative properties. Incidentally, citronellal also plays an important role in the aroma of the plant and provides antifungal activity.<sup>2,4</sup>

Essential oils which produce a sedating effect, such as geranium and lavender, have been used successfully in hospital settings Europe in place of drug therapy. In fact, a study published in the *International Journal of Aromatherapy* found that geranium oil may benefit cardiotomy patients experiencing what is known as post-pump depression (PPD), a condition characterized by anxiety, disorientation, auditory hallucinations, hyperventilation, paranoid delusions and tachycardia.<sup>4</sup>

Furthermore, according to an article published in the *International Journal of Aromatherapy*, essential oils are used to enhance the quality of life of Alzheimer’s patients. For example, the essential oils of geranium and lavender are used to trigger memories of cooking and plants, while eucalyptus, peppermint and pine oils are used to stimulate conversation and overall memory.<sup>4</sup>

### References:

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- 5 Green, M. “Scents, Sex And Pheromones: The Findings Of Aroma Research.” *Nutrition Science News*; November 1996.
- 6 Pattnaik, S., et. al. “Antibacterial and antifungal activity of ten essential oils in vitro.” *Microbios*; 1996, 86(349): 237-246.
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