



Patchouli

(*Pogostemon patchouli*)
Stock #3909-0 (5 ml.)

The essential oil of patchouli is very popular in India, due to its strong and distinctive fragrance and “exotic” reputation as an aphrodisiac.¹⁻⁴

Patchouli oil, with its arousing, uplifting qualities, is useful for relieving moods of apathy, depression and indifference, as well as clearing mental confusion and indecisiveness. Patchouli is also recommended to relieve nervous exhaustion, stress-related conditions, frigidity, and decreased libido. Positive results using patchouli oil are best achieved either through inhalation or topical application, especially in conjunction with massage.^{1,2,4,5}

Patchouli essential oil contains sesquiterpene alcohols, including patchoulol (35%) and bulnesene, which help tone muscles and nerves, reduce lymphatic and venous congestion, and have moderate antimicrobial effects.^{3,6}

Researchers in India have confirmed that patchouli oil is effective as an antibacterial and antifungal against at least 20 Gram-positive and Gram-negative bacteria and 12 yeast-like and filamentous fungi in vitro. Thus, patchouli oil is recommended for general immune system support. In fact, in the East, the oil is often used to scent linens and clothes, in order to repel fleas and lice and to help prevent the spread of disease.^{2,3,7,8,9}

Furthermore, patchouli oil possesses fungicidal, anti-inflammatory and cytophylactic (cell regenerative) properties, making it extremely beneficial for general skin care and skin problems such as acne, chapped skin, dermatitis, eczema, seborrhea, athlete’s foot, and dandruff. Patchouli oil also aids in the healing of wounds, varicose veins and hemorrhoids.¹⁻⁴

Unlike many other essential oils, patchouli oil actually improves with age.⁵

References:

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