



Sandalwood

(*Santalum album*)

Stock #3915-4 (5 ml.)

The essential oil of sandalwood provides a sweet-woody, balsamic aroma that is calming, stress-relieving and antidepressant. The euphoric, though grounding psychological effects of sandalwood oil help facilitate a sense of well-being and stability. Not surprisingly, sandalwood oil is often used for meditation and yoga.¹⁻⁴

Preliminary findings by Japanese researchers measuring the upward shift of brain waves in humans have found that inhalation of sandalwood oil increases alpha-wave activity—a sign of relaxation. Even mice that had been over-agitated by caffeine were sedated by the scent of sandalwood oil.⁵

Sandalwood oil is also regarded as a hormone regulator with reputed aphrodisiac effects. Such qualities help support the successful use of sandalwood oil for improving both insomnia and impotence.¹⁻³

Scientists have identified that sandalwood (*Santalum album*) oil is comprised almost entirely of the sesquiterpene alcohol santalol. Sesquiterpene alcohols generally exert a tonifying effect on muscles and nerves, reduce lymphatic and venous congestion, and have moderate antimicrobial properties. For example, according to in vitro studies, sandalwood oil has been shown to be effective against cryptococcal infections.^{6,7}

Sandalwood essential oil, emulsion and paste have long been employed in Ayurvedic medicine as a remedy for inflammatory and eruptive skin diseases. Sandalwood oil is commonly added in skin treatments for acne and eczema and for soothing sensitive, irritated skin that is cracked or chapped. The oil's astringent qualities also make it effective as a topical remedy for relieving piles and varicose veins.¹⁻²

A recent study on the chemopreventive effects of sandalwood oil found that it significantly decreased skin papillomas in mice, and therefore, could be used as an effective chemopreventive agent against skin cancer.⁸

Used as an inhalant, sandalwood oil is beneficial for soothing inflammation of the respiratory passages and fighting infections, including bronchitis and dry coughs. In addition, sandalwood oil is often recommended for genitourinary conditions such as cystitis and gonorrhea, due to its antiseptic properties.^{1-4,9}

However, in the case of sandalwood oil, observations among researchers have differed—some studies indicate effectiveness for bladder and urinary tract infections, while others have indicated few therapeutic results. It appears that the oil's effects may have more to do with immune-modulant properties than antibiotic activity.⁶

Generally classified as non-irritant and non-sensitizing, sandalwood oil has been known to cause contact dermatitis when applied to the skin neat (undiluted).²

References:

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- 6 Schnaubelt PhD, K. *Advanced Aromatherapy*. Rochester, VT: Healing Arts Press, 1995.
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- 8 Dwivedi, C. and Abu-Ghazaleh, A. "Chemopreventive effects of sandalwood oil on skin papillomas in mice." *European Journal of Cancer Prevention*; 1997, 6(4): 399-401.
- 9 Chevallier, A. *The Encyclopedia of Medicinal Plants*. NY, NY: Dorling Kindersley, 1996.