

## Ylang Ylang Complete Bio\*

(*Cananga odorata*)

\*(Biologic/Eco-Cert Organic Essential Oil)

Stock #3917-7 (5 ml.)



Ylang ylang oil's sweet floral scent is commonly described as a mixture of almond and jasmine. The uplifting, even euphoric fragrance of the oil is reputed to have aphrodisiacal effects. In fact, ylang ylang oil is often used in aromatherapy for psychosexual complaints, including the treatment of frigidity and impotence. Ylang ylang oil is also regarded as a psychological agent with antidepressant and calming properties, and has been shown to be an effective sedative for anxiety, anger or hysteria, insomnia, nervous tension, PMS, and stress-related disorders.<sup>1-6</sup>

However, ylang ylang oil's actions are not limited to the psyche; it is also an excellent physical relaxant with soothing, sedative properties. Ylang ylang oil is mainly employed therapeutically to reduce high blood pressure and normalize cardiopulmonary rhythms, slowing tachycardia, palpitations and hyperventilation—even the smallest amount applied topically can have a significant effect.<sup>2-4,6</sup>

Ylang ylang oil is also highly antispasmodic. In particular, the oil's spasmolytic, stabilizing qualities are considered beneficial for addressing asthmatic conditions of a “nervous and allergic” origin. Esters found in ylang ylang oil are primarily responsible for this antispasmodic activity.<sup>6</sup>

In addition, ylang ylang oil contains the sesquiterpene caryophyllene—sesquiterpenes are essential oil components that possess strong odors and provide anti-inflammatory and bactericidal properties. The esters in ylang ylang oil also possess some antifungal activity.<sup>6,7</sup>

Clinical research suggests that ylang ylang oil may prove to be an effective alternative to drugs for preventing nausea and vomiting. The area of the brain associated with vomiting is stimulated by the neurotransmitter acetylcholine; thus, many anti-emetic drugs work by inhibiting the action of acetylcholine. Since ylang ylang oil contains borneol (an alcohol), which exhibits anti-acetylcholine activity, inhaling the oil may help inhibit nausea and vomiting.<sup>7</sup>

Furthermore, ylang ylang oil has been found to be of benefit in skin and hair care. Ylang ylang oil acts as a scalp stimulant and its moisturizing qualities have a rejuvenative effect on the skin, including oily skin.<sup>1-3</sup>

Although ylang ylang oil offers many benefits, it should be used with caution. Ylang ylang oil is believed to provide analgesic effects, possessing opiate-like properties that may enhance the effects of opiate drugs such as morphine and codeine. In addition, according to a study published in the *Journal of Pharmaceutics*, ylang ylang oil significantly enhances (sevenfold) the absorption of 5-fluorouracil (5-FU) through the skin. Ylang ylang oil can also cause headaches with heavy use.<sup>3,7</sup>

### References:

- 1 Schiller, C. and Schiller, D. *Aromatherapy Oils: A Complete Guide*. NY, NY: Sterling Publishing Co., 1996.
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- 6 Schnaubelt PhD, K. *Advanced Aromatherapy*. Rochester, VT: Healing Arts Press, 1995.
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