

Eucalyptus

Botanical name: *Eucalyptus globulus*

Energetics/Actions: cool, antimicrobial, anti-inflammatory, decongestant, expectorant, analgesic, insect repellent

Description

A tree native to Australia, eucalyptus now grows around the world and has many medicinal uses.

The Aboriginal people of Australia, who are excellent botanists, originally crushed and soaked the leaves of different species of eucalyptus to treat stomach ailments as a tea and wounds as a poultice. They also used eucalyptus to treat muscle and joint pain, to treat fevers and for dental health (you will find eucalyptus is a common ingredient in mouthwashes today).



In addition to being an effective treatment for symptoms of common colds and sinus congestion, eucalyptus appears to have antibacterial effects on some of the types of bacteria that commonly cause upper respiratory infections. It is also a natural insect repellent.

Uses

Cough: Loosens mucus and makes coughs more productive

Congestion: Acts on receptors in nasal passages, reducing stuffiness

Cold sores: Anti-inflammatory and antiviral actions speed healing of herpetic sores

Joint pain: Reduces pain and inflammation

Dose

Topical oil rub: 1 drop of essential oil per teaspoon of carrier oil

Steam: 1-2 drops in a bowl of steaming water (check temperature before using!)

Tea: 1 teaspoon dried leaf in boiling water, steep covered for 5-10 minutes

Safety information

Do not give eucalyptus tea to small children. Never ingest the essential oil. Do not drink the tea if you are pregnant or breastfeeding. Talk to your health care provider first if you have asthma, kidney or liver disease or if you are taking other medications.