



<b>Name</b>	<b>Latin Name</b>	<b>Origin</b>
Spikenard	Nardostachys Jatamansi	Nepal
<b>Material Type</b>	<b>Benchmark price per 15ml</b>	<b>Botanical Family</b>
Essential Oils	\$45	
<b>Part of plant</b>	<b>Safety note</b>	<b>Conservation Status</b>
Roots	Non-toxic, non-irritating.	Critically Endangered  Critically Endangered in a particularly and extremely critical state

<b>Profile</b>	<b>Therapeutic Properties</b>
<ul style="list-style-type: none"> <li>• Sesquiterpenol rich</li> </ul>	<ul style="list-style-type: none"> <li>• Anti-inflammatory</li> <li>• Antibacterial</li> <li>• Antimicrobial</li> <li>• Antibiotic</li> <li>• Antifungal</li> <li>• Antispasmodic</li> <li>• CNS Sedative</li> <li>• Warming</li> <li>• Excellent with anxiety, insomnia and nervous tension</li> <li>• Helps slow down heavy menstrual bleeding and will reduce cramps</li> <li>• An amazing oil for muscle spasms</li> <li>• Supports reducing inflammation and tissue healing</li> <li>• Used for healing difficult skin conditions</li> <li>• Emotionally spikenard essential oil calms the heart, stabilizes the mind, and helps balance during emotionally turbulent times.</li> </ul>

<b>Synergy</b>	<b>Energetics</b>
	<p><b>Energetics</b> Used in the ancient Babylonian &amp; Egyptian traditions, Nard holds us as we cross the threshold, preparing the spirit &amp; soul for transcendence acting as a bridge between heaven &amp; earth. Used to consecrate priests &amp; priestesses it will assist in developing awareness &amp; strengthen the spirit.</p> <p><b>Energy</b> Cool to cold.</p> <p><b>Five Element Affinity</b> Five Element Affinity Water, Fire, Wood</p>

References

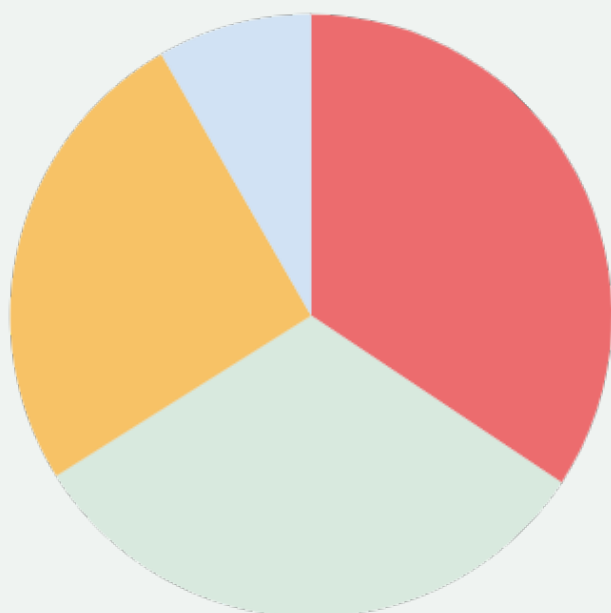
(Warner, 2018, p. 224) (Holmes, 2019, p. 444)

(Holmes, 2019, p. 442)

Scent Notes	Psychological rankings	Physical rankings
Base	Meditative	2 Muscular/Skeletal 1
	Balancing	2 Neurological 3
	Sensual	1 Skin 1
	Calming	3

Ingredient notes

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### Chemical families

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sesquiterpenols	27.76%
ketones	25.64%
sesquiterpenes	20.72%
aldehydes	6.7%

### Complete chemical breakdown

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#### sesquiterpenols

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spirojatamol	19.76%
unidentified sesquiterpenol	2.89%
patchoulol	2.84%
viridiflorol	0.93%
dihydrospirojatamol mw=224	0.41%
$\alpha$ -cadinol	0.4%
spathulenol	0.25%
muurolol	0.17%
isospathulenol	0.11%

#### sesquiterpenes

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calarene	3.94%
b-gurjunene	3.09%

#### ketones

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valeranone	24.87%
opoplanone mw=218	0.77%

#### aldehydes

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valerenal mw=218	6.7%
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seychellene	3.01%
valencene	2.64%
unidentified sesquiterpene	1.26%
b-patchoulene	1.02%
α-patchoulene	0.84%
α-selinene	0.78%
γ-curcumene	0.68%
α-guaiene	0.66%
ledene	0.4%
curzerene	0.35%
α-humulene	0.32%
α-bulnesene	0.29%
allo-aromadendrene	0.25%
b-elemene	0.23%
α-muurolene	0.2%
b-selinene	0.2%
α-gurjunene	0.16%
gurjunene	0.16%
γ-muurolene	0.14%
γ-selinene	0.1%

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