

Cassia

CINNAMOMUM CASSIA

Cassia is part of the cinnamon family and traditionally used as a domestic spice. Known as 'Chinese Cinnamon', Cassia is used to treat digestive disorders and respiratory complaints. It is regularly used as a flavoring in the food and drink industry, as well as in pharmaceutical products. The essential oil is not commonly used in modern aromatherapy, due to its toxicity.

COUNTRY OF ORIGIN

China

EXTRACTION METHOD

Steam Distillation

PLANT PART

Leaves

BOTANICAL FAMILY

Lauraceae

CHEMICAL FAMILY

Mainly cinnamic aldehyde (75-90%), cinnamyl acetate, benzaldehyde, linalool and chavicol

AROMA

Pungent, sweet, woody, spicy fragrance

NOTE

Middle

SAFETY

- Dermal toxin and irritant – should only be used in very low dilutions and with extreme care
- May irritate mucous membranes if directly inhaled
- Possible skin irritant. Use with dilution.

THERAPEUTIC PROPERTIES

Cassia can be used internally as generally recognized as safe (GRAS) by the FDA.

ANTIBACTERIAL	ANTI-INFLAMMATORY	ANTI-MICROBIAL
ANTI-DIARRHEAL	EMMENAGOGUE	ANTIVIRAL
ANTICOAGULANT	ASTRINGENT	ANTIDEPRESSANT
ANTIEMETIC	ANTIFUNGAL	CARMINATIVE
ANTIRHEUMATIC	STIMULANT	

BODY SYSTEMS

CIRCULATION

STIMULATES THE CIRCULATION

DIGESTIVE

DIARRHEA, NAUSEA, GAS, VOMITING, AND INTESTINAL INFECTIONS

ENDOCRINE

UPLIFTING & DEPRESSION

IMMUNE

BACTERIAL, VIRUSES & FUNGAL INFECTIONS

INGRUMENTARY

SOOTHES DRY, SENSITIVE SKIN & FUNGAL AND NAIL INFECTIONS.



BODY SYSTEMS (CONT.)

REPRODUCTIVE

EASES PAINFUL PERIODS AND REGULATES THE
MENSTRUAL CYCLE

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5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS