

Dill

ANETHUM GRAVEOLENS

The fresh scent of dill is stimulating, revitalizing, and balancing. Its soothing nature makes it an effective digestive aid and a remedy to calm the mind.

COUNTRY OF ORIGIN

Mediterranean and the Black Sea, Pakistan, and India

EXTRACTION METHOD

Steam Distillation

PLANT PART

Seeds

BOTANICAL FAMILY

Apiaceae

CHEMICAL FAMILY

Monoterpenes, mainly carvone (30-60%) plus limonene, eugenol, alpha, and beta pinenes.

AROMA

Fresh, sweet, grassy fragrance

NOTE

Middle

SAFETY

- Dill is generally non-toxic and non-irritant
- As an emmenagogue, it is not advisable to use dill during pregnancy

THERAPEUTIC PROPERTIES

ANTISPASMODIC	EMMENAGOGUE	STOMACHIC
BACTERICIDAL	GALACTAGOGUE	EXPECTORANT
CARMINATIVE	HYPOTENSIVE	ANTIBACTERIAL
DIGESTIVE	STIMULANT	

BODY SYSTEMS

CIRCULATORY

CHOLESTEROL AND HIGH BLOOD PRESSURE

DIGESTIVE

GAS AND INDIGESTION

ENDOCRINE

BLOOD SUGAR

IMMUNE

BACTERIAL INFECTIONS

INTEGUMENTARY

WOUNDS



BODY SYSTEMS (CONT.)

LIMBIC

NERVOUSNESS

MUSCULAR

MUSCLE SPASMS

REPRODUCTIVE

LACK OF MENSTRUATION

RESPIRATORY

EXCESS MUCUS AND PHLEM

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