



# Hyssop

HYSSOPUS OFFICINALIS

Hyssop has a history of use as a medicinal herb since ancient times and was used to purify sacred spaces. Its name is derived from the Hebrew term 'azob,' which means 'holy herb.' The essential oil is mainly used to treat respiratory conditions, menstrual problems, and skin disorders.

## COUNTRY OF ORIGIN

France, Hungary

## EXTRACTION METHOD

Steam Distillation

## PLANT PART

Flowers and Leaves

## BOTANICAL FAMILY

Lamiaceae

## CHEMICAL FAMILY

Pinocamphone, a-pinene, b-pinene, camphene, myrcene, limonene, thujone, geraniol, estragole, borneol

## AROMA

Sweet & Spicy

## NOTE

Top-Middle

## SAFETY

- Avoid in epilepsy and pregnancy
- Moderately toxic - should only be used in moderation

## THERAPEUTIC PROPERTIES

ANTISEPTIC	PURIFYING	ANTI-VIRAL
DISINFECTANT	HYPERTENSIVE	ASTRINGENT
ANTI-INFECTIOUS	DIAPHORETIC	ANTISPASMODIC
ANTI-CATARRHAL	ANTI-INFLAMMATORY	BACTERICIDAL
DECONGESTANT	ANTIOXIDANT	CARMINATIVE
CLEANSING	ANTI-PARASITIC	DIGESTIVE
DIURETIC	EMMENAGOGUE	EXPECTORANT
FEBRIFUGE	NERVINE	SEDATIVE

## BODY SYSTEMS

### CIRCULATORY

REGULATION OF BLOOD PRESSURE

### DIGESTIVE

WORM PARASITES & INDIGESTION

### INTEGUMENTARY

WOUNDS, SCARS & INFLAMMATION

### LIMBIC

NERVOUS TENSION & ANXIETY

### MUSCULAR

ARTHRITIS & RHEUMATISM



## BODY SYSTEMS (CONT.)

### RESPIRATORY

### ASTHMA & BRONCHITIS

#### REFERENCES:

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3. THE ESSENTIAL LIFE, A SIMPLE GUIDE TO LIVING THE WELLNESS LIFESTYLE, 2015, TOTAL WELLNESS PUBLISHING, LLC
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5. ESSENTIAL OIL SAFETY, ROBERT TISSERAND AND RODNEY YOUNG, SECOND EDITION 2014, ELSEVIER BOOKS