

Spikenard

NARDOSTACHYS JATAMANSI

Aromatherapists use spikenard for rashes, wrinkles, cuts, insomnia, migraines, and wounds. It brings peaceful tranquility.

COUNTRY OF ORIGIN

India and Nepal

EXTRACTION METHOD

Steam Distillation

PLANT PART

Roots

BOTANICAL FAMILY

Valerianaceae

CHEMICAL FAMILY

Sesquiterpenes, Sesquiterpenols

AROMA

Earthy, Exotic, Sensual, Resinous, Woodsy

NOTE

Base

SAFETY

- None

Non-toxic, generally non-irritating.

THERAPEUTIC PROPERTIES

Spikenard oil's therapeutic properties are anti-inflammatory, antifungal, antispasmodic, sedative and tonic. It relieves constipation and promotes cellular regeneration.

ANTI-INFLAMMATORY	ANTIBACTERIAL	AIDS CIRCULATION
SEDATIVE	ANTI-INFECTIOUS	ANTIMICROBIAL
GROUNDING	ANTISEPTIC	ANTIBIOTIC
ANTIFUNGAL	ANTI-ALLERGENIC	CNS SEDATIVE
ANTISPASMODIC	HORMONE PRODUCTION	WARMING
TONIC	ANTI-ANXIETY	

BODY SYSTEMS

CIRCULATORY

TACHYCARDIA

INTEGUMENTARY

AGING SKIN, ULCERS, PINKEYE & RASHES

LIMBIC

STRESS & TENSION, ANXIETY & DEPRESSION

MUSCULAR

MUSCLE SPASMS

NERVOUS

INSOMNIA



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