

Eucalyptus

Latin Name: Eucalyptus globulus
More than 600 species of Eucalyptus

ANTISEPTIC; STIMULANT

Use Oil from mature LEAVES; some use of Roots and Bark

Native to AUSTRALIA (also called 'blue gum tree'); Widely cultivated throughout world
Evergreen Tree; Roots hold water; Trees sometimes used to dry up marshy areas

HISTORY

- 1) 1000s of years: NATIVE ABORIGINES: Topical ointments for WOUNDS; FUNGAL infections
- 2) CHINA: Nerve pain
- 3) INDIA: Mild expectorant: Headache due to colds

QUALITIES

- 1) Components: Volatile Oil (Eucalyptol, aka Cineol): Flavonoids; Tannins; Resinous (blue gummy) material
- 2) Gentle STIMULANT; Tonic; Vitalizer
- 3) ANTISEPTIC; ASTRINGENT; Respiratory ailments; Bronchitis (Steam inhalation); Pneumonia; Expectorant; Relieves Congestion (tea or chest rub); Asthma; Croup; Coughs; Colds; SINUS Congestion; Infections; Septicemia; Gangrene
- STUDY (respiratory infections): "A prospective randomized double-blind controlled trial to investigate the clinical effects in patients with upper respiratory tract infections showed that it brings about significant and immediate improvement." (Ben Ayre 2011)
- 4) ANTI-BACTERIAL (Staphylococcus; Streptococcus; Mumps; Pneumoniae); FEVER reducer (tea); Malaria; Ear Inflammation; ANTIVIRAL (Influenza)
- STUDY (antimicrobial): Cytotoxicity, antibacterial and antiviral activity was evaluated for Streptococcus, pneumoniae, agalactiae, Staphylococcus aureus, Haemophilus influenzae, parainfluenzae, Klebsiella pneumoniae, Stenotrophomonas maltophilia and two viruses, a strain of adenovirus and a strain of mumps virus. Eucalyptus globulus showed anti-inflammatory, anti-bacterial and anti-viral activities. (Cermelti 2007) (Salari 2006) (Rakover2008)
- STUDY (ear infection): A successful "treatment of chronic suppurative otitis [ear infection with pus formation]." (Shaparenko 1979)
- 5) EXTERNAL uses: DISINFECTANT; Decaying, discharging WOUNDS; Cancerous LESIONS; Burns; Shingles; Acne; Chapped Hands; Parasitic Skin conditions; some Poisonous Germs; tender Feet; Dandruff; Head Lice
- STUDY (lice): "...effective against head lice..." (Tolozza 2010)
- 6) PURIFIER; Sweetener; Bad breath; Deodorant

- STUDY (bad breath): "...eucalyptus-extract chewing gum may reduce oral malodor by decreasing the accumulation of tongue coating." (Tanaka 2010)

7) Arterial Vasodilator; Brain Blood Flow; reduced Blood Pressure; increased Cardiac action

- STUDY (blood pressure): "Inhalation of eucalyptus oil significantly decreased blood pressure and patient subjective pain scores compared with control group." (Collins 2013)

8) Rhumatism; Neuralgia; Migraine; Bruises; Sprains; Over-exercised Muscles

9) Weak Stomach (put drop on tongue); Diarrhea

10) Diuretic; Bladder with mucous irritation; Antitumor activity

11) Anti-Diabetic effects; Reduced Blood Sugar; stimulates Insulin production

CAUTION: Not to be used for extensive time in large amounts

- Should not be applied to face of infants or young children

Eucalyptus References

Herb History and General Information

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