



Basil (exotic)

Latin names: *Ocimum basilicum* var *basilicum*
methylchavicoliferum

French names: Basilic exotique, Basilic tropical, Basilic indien,
Basilic à méthylchavicol, Pistou à méthylchavicol

Other English names: Indian Basil, Tropical Basil

Extracted from: leaves



Fearful and shy with tied solar plexus: Clear off or I'll call Basil!

To stop the hiccups: lick one drop of essential oil off your hand. It will save you an osteopathy session after failing at drinking a glass of water upside down!

To remember your own strength and to sacrifice yourself less for other people, gently massage the solar plexus area with one drop of essential oil every day for a month, and smell the oil every time you realise you're conceding to this disadvantageous attitude.

The plant, its legends and its botany

This section deals with a botanical description and the legends and is common to both species.

So many of us, readers, have a basil plant on the windowsill or in the garden and often eat it in salad, pasta etc... that describing the plant would be insulting. We could maybe encourage each other to just watch this leave on our plate (just move it around a bit, don't be afraid!) and notice that its leaves bear small vesicles on both sides. Let's turn it around because it's true that you can see them more easily from below. They are filled with essential oil and give basil that particular taste when you chew it, whereas when you only lick it, there is far much less tasteful.

Basil is a little reigning king in the family of Lamiaceae (Lavender, Peppermint, Rosemary etc.), all these plants that end up on our plates or in our closets as bottles of essential oil eventually.

It is a small plant, but it has a high opinion of itself. Its name comes from the Greek "basilikon" which means "royal". The Greek root of its scientific name is "ocis" (which means "quick, prompt") because it grows really fast if the conditions are favourable. "Tulsi" (Hindu name) means unique. Everything about him is clear with this.

Its large torso (look how bent the leaves are when it goes well!) does not prevent its fragility, however. Too much or not enough sun makes it wither. Too much or not enough water and it withers too. What basil does is not half done. Besides, when it begins to wither, it literally dies. On the hand, though, how fast can it grow when it goes well!

Mythology about basil is generally not about sweetness and it is always linked to strength and power. Long before being a small plant, "Basilik" was a dragon which caused death with a single glance. No, it surely does not do things half. He is put on the deads' chest to help them find the way. (There are many other essential oil here that one can put a drop of in order to find their way through life ... It could be even more interesting.) In fact (isn't it reassuring?!), the Indians put a drop of basil oil on their chest to sleep well.

Probably not much more reassuring is the tradition of putting decapitated heads in jars to grow basil. Sicilian women used it in a more romantic way. They took their basil jars away from the edge of the windows to let their fiancé know that it was all clear.

India, where Gedane's oils come from, connects basil to Vishnu and Krishna. Krishna's lover, Tulsi, was turned into basil. Homer and the Greeks created a "European" mythology largely inspired by the Indian one with semi-gods who are turned into plants by the Gods themselves whenever they are angry, or jealous etc. And the gods must always be somewhere between the leaves of the plant of which necklaces are made for divine protection.

Energetic properties

Diminishes fears.

Helps to prioritise.

Stimulates in order to be more active and tonic.

Reminds you of your ego. (Ego-booster!)

Leads to meeting your true self.

Helps to bond again with instincts and pleasure.

Gives a better image of self.

Reduces the tendency to sacrifice yourself for others.

Chakras

3rd chakra

(4th chakra)

(1st chakra)

Doshas

Stimulates Pitta's ego

Anchors Kapha to the ground

Alleviates Vata's apprehension

Elements

Fire

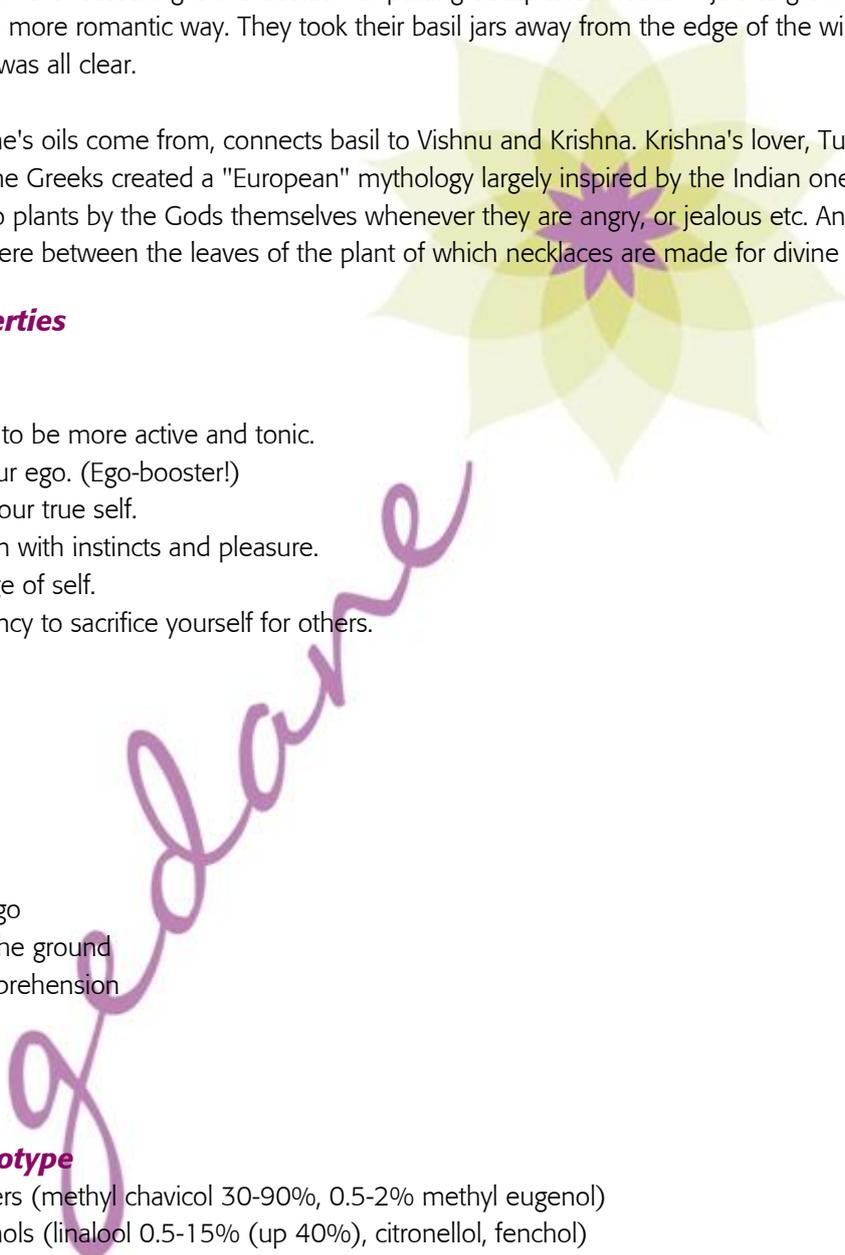
Standard chemotype

Phenol methyl ethers (methyl chavicol 30-90%, 0.5-2% methyl eugenol)

Monoterpene alcohols (linalool 0.5-15% (up 40%), citronellol, fenchol)

Ketone: None

Furanocoumarins: none



Batch chromatography

Batch BAS2001/118 (PDF, 156 Ko, French)

Contraindications and limitations of use

Slightly dermocaustic for people with sensitive skin and for some rare other people.

Keep out of reach of children.

Children and pregnant women: no contraindication within physiological dosage.



The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep ut to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way.
Texts: external consultant Marc Ivo Böhning and Geraldine Viatte