



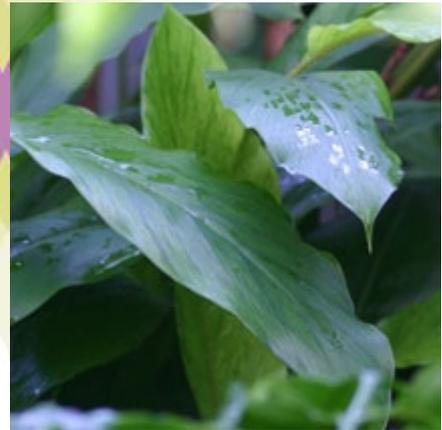
Cardamom

Latin names: Elettaria cardamomum, Amomum cardamomum, Amomum elettaria

French names: Cardamome, Cardamome de Malabar

Other English names: Green cardamom

Extracted from: Pods



Multipurpose oil for anything concerning digestion: impressive!

Freshens the breath

Fresh, fruity, flowery, lemony, similar to pepper without being hot.

The exact same smell as the spice.

The plant, its legends and its botany

Cardamom belongs to the same family as ginger, zedoary, curcuma. It grows in the shade of some trees it particularly likes (not all of them though...). And yet it requires a lot of sun: shade and sun. Cultivating cardamom in tree-lined alleys, harvesting its tiny fruits, all this requires a lot of attention and time. Oh no, this is not an expensive oil!

Its stems rise from an underground plump rhizome like its famous brother: ginger. Firstly, a few leaves above ground level, then long leaves with a special feature: they are ribbed in two directions: parallel to the deep central rib and small streaks like those on a vinyl record. Blossoms are most strange: they look like elves with petals like curved flames from a bud that grows in the shape of a cone.

Hippocrates, the Greek father of medicine, wrote texts about using cardamom as a healer for many ailments. He had already added a lot of Ayurvedic elements to the pre-European medicine of that time - Ayurvedic texts in which cardamom was already mentioned, are over three thousand years old. The Arab caravans first brought the plant in European countries as a perfume. The Egyptians benefitted from this traffic, and used it as substrate in religious ceremonies.

Turkey (geographically midway) reminds us that it is the natural antidote to coffee. Similarly, Iranians use it with tea. Let's continue our journey towards the East and make fun of English mountaineers who wanted to climb the Himalayas after colonising India. Many of them got strokes during such a gigantic physical effort, until they accepted to listen to the local wise men's pieces of advice. They then started chewing cardamom every time their heart struggled to understand the reason why they would want to conquer the mountains so badly.

Energetic properties

To digest emotions.

To assimilate life's ups and downs.

To overcome wounds.

Helps you to listen to the heart.

Allows you to develop your exceptional abilities.

Chakras

5th chakra

4th chakra

3rd chakra

Doshas

Ennobles Vata

Helps one utilise their Pitta

Transforms Kapha from being a weight to being fully achieved

Elements

Ether et Air

Standard chemotype

Oxides (20-45% 1,8-cineole)

Monoterpene esters (ethyl-alpha terpinyl 30-45%)

Terpene (linalool 3-10%)

Ketone: none

Furanocoumarins: none

Batch chromatography

Batch CAR2001/2668 (PDF, 277 Ko, French)

Batch CAR2001/2758 (PDF, 277 Ko, French)

03/08/2011 Batch CAR401J091816 (PDF, 135 Ko, French)

27/11/2012 Batch CAR401J091816 (PDF, 272 Ko, French)

Contraindications and limitations of use

No contraindication within physiological dosage.

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 up 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