



## Gingergrass

Latin names: *Cymbopogon martinii* var *sofia*  
French names: Gingergrass, Herbe-gingembre  
Extracted from: aerial parts

Gingergrass helps in all uro-genital infections (cystitis, prostatitis etc.): add a few drops to your mixture.

A bit bored and not enough energy to go and find the details?

Gingergrass supports the ability to see the details.

Imagine strawberry tarts with vanilla and gingergrass custard...



### **The plant, its legends and its botany**

Gingergrass is a tall grass made of tufts rising up to human height. It is no surprise, then, that its long leaves look like blades of grass! They go up and down elegantly in semi-circles, like small monochrome rainbows. By doing this, they can reach 3 meters high (9.8 ft).

This poaceae is twin with palmarosa. It has a significantly more masculine scent whereas palmarosa is much more feminine (smell them from the bottle and you will understand what we mean ...). Genetically more than similar, you might notice as you read about those two plants, that certainly have common points of course, but they remain quite distinct. Yes, twin brothers and sisters have their differences, their own character.

Gingergrass throws out dusters (just like the grass in the pampa) and lets the wind do the rest. As it helps us pay more attention to detail, it can't be bothered with small animals to fertilise or spread its seeds. It is reassuring: though we pay more attention to details thanks to Gingergrass, we won't be overwhelmed by them. Just like him.

### **Energetic properties**

Gives determination.

Helps to increase reflection on a particular topic.

Leads you to seek more detail, the final point of a story - and not to stop until you have found it.

Yet, calms and tranquillises mental activity.

Helps "fire" people to focus on noble and non-violent activities.

Helps you to stand up to your parents, not accept everything from them and not to let them wear you down.

## **Chakras**

3rd chakra

5th chakra

## **Doshas**

Stimulates Pitta's critical spirit in a good way

Goodbye Kapha

Soothes and tranquillises Vata

## **Elements**

Fire

## **Standard chemotype**

Monoterpene alcohols (geraniol 5-65%, trans-p-2,8-menthadiene-1-ol 1-15%, cis-p-2,8-1 (7), 8-dien-2-ol 1-15% trans-p-mentha-1 (7), 8-dien-2-ol, 1-15%)

Monoterpenes (10-30% limonene, phellandrene)

Monoterpene ketones (carvone and dihydrocarvone 5% in total) These are non-toxic ketones.

Furanocoumarins: none

## **Batch chromatography**

Batch, GGR2001/26 (PDF, 550 Ko, French)

## **Contraindications and limitations of use**

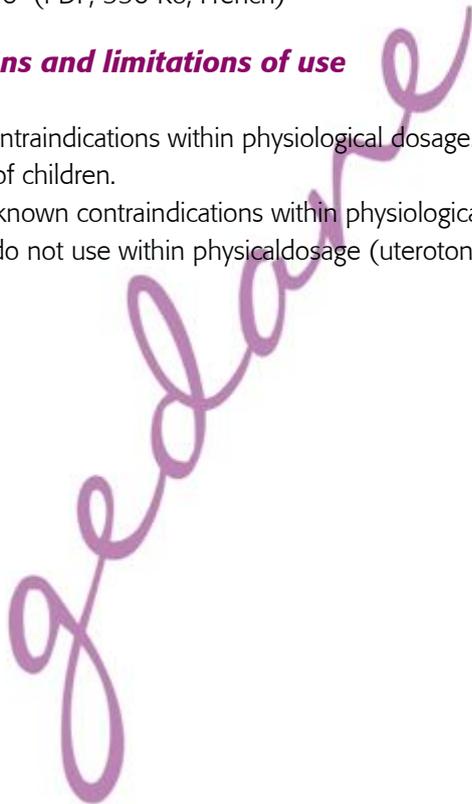
Uterotonic.

No other known contraindications within physiological dosage.

Keep out of reach of children.

Children: no other known contraindications within physiological dosage.

Pregnant women: do not use within physical dosage (uterotonic).



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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.  
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