



Lemongrass

Latin name: *Cymbopogon flexuosus*

French names: Lemongrass, Herbe de Malabar

Other English names: East-indian Lemongrass, Malabargrass, Cochingrass

Extracted from: aerial parts



Greatly anti-fungal in case of mycosis: one drop of pure oil on it 2 to 3 times a day.

Optimism in a bottle to smell from; this is a gift against despair!

Natural anti-mosquito par excellence.

Curries welcome one drop of Lemongrass oil, as well as vegetable soups, eastern soups and chicken dishes.

Definitely to add in a clean-all mix (floor, sink etc.), to disinfect hands (between patients for a therapist for example) and to spray in the practise as well (medical or dedicated to any other kind of emergency).

The plant, its legends and its botany

The Grass of Malabar grows in groves: it makes bushes that are actually a tuft of grass, a good 1.5 meters high (5 ft.) and 2 to 3 meters thick (6.5 to 9.8 ft.) each. We then have an entire half-sphere smelling Lemongrass (Lemon-Lime).

It is interesting to an olfactory extent to have it in a protected garden. Yet, it should not be grown on the edges of walkways. Indeed, not only do its long leaves look like swords, they can cut like a harmless piece of paper if accidentally rubbed against during walking. Therefore, we have to be a bit careful to harvest lemongrass (up to 4 or 5 harvests a year!) It can be very proliferate very easily if grown in an adequate environment. But, in fact, cultures have to be moved regularly because lemongrass, despite participating greatly to the local ecosystem, tends to deplete the soil if large amounts root at the same place for a long time.

It is often used in soups and Indian, Chinese, Vietnamese etc. dishes. It is then (wrongly) called Citronella (see our Citronella essential oil): cut grass left uneaten. They give flavour to the soup, but are not chewable. Using the essential oil is so much easier ... It refreshes one's mouth and palate when food is too spicy.

It can be found mostly in drinks. Indeed, the industry uses it as a source of citral to transform it into bionone and then produce vitamin C drinks. Otherwise, the other major source of lemongrass in our daily lives is in soaps (for smell). If vitamin C is known to make us keep awake when really tired, it is also worth trying lemongrass for car journeys and political speeches on National Day. It really keeps us awake in circumstances when people around

wouldn't let us close our eyelids.

Energetic properties

Brings optimism.
Stimulates concentration.
Keeps you awake.
Calms down inner talk.
Refreshes the head when the mind is over-active.
Reduces stress (the kind of stress that makes you frown).
Helps you to forgive yourself and others.
Cleans and purifies places after a lot of negative thoughts.

Chakras

3rd chakra

Doshas

Refreshes Pitta
Reduces Kapha (especially in venues)
Centres Vata

Elements

Air and Water

Standard chemotype

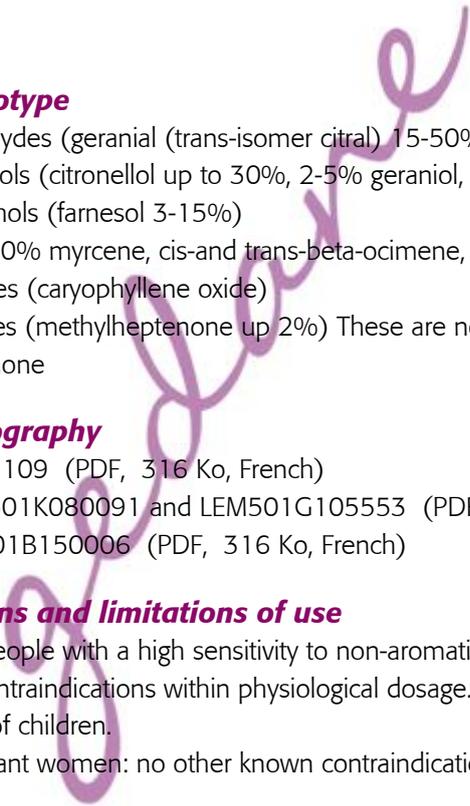
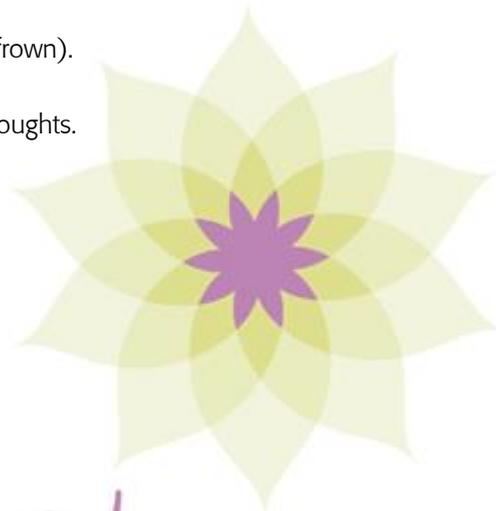
Non-aromatic aldehydes (geranial (trans-isomer citral) 15-50%, neral (cis-isomer citral) 10-35%, 5% citronellal)
Monoterpene alcohols (citronellol up to 30%, 2-5% geraniol, nerol, linalool, borneol, alpha-terpineol)
Sesquiterpene alcohols (farnesol 3-15%)
Monoterpenes (1-10% myrcene, cis-and trans-beta-ocimene, limonene)
Sesquiterpene oxides (caryophyllene oxide)
Non-terpene ketones (methylheptenone up 2%) These are non-toxic ketones.
Furanocoumarins: none

Batch chromatography

Batch, LEM2001/1109 (PDF, 316 Ko, French)
Batches LEM501K080091 and LEM501G105553 (PDF, 407 Ko, French)
Batch, LEM501B150006 (PDF, 316 Ko, French)

Contraindications and limitations of use

Dermocaustic on people with a high sensitivity to non-aromatic aldehydes.
No other known contraindications within physiological dosage.
Keep out of reach of children.
Children and pregnant women: no other known contraindications 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