



Spikenard

Latin names: Nardostachys jatamansi

French names: Narde jatamanshique, Nard jatamanshique, Nard de l'Himalaya

Other English names: Nard, Nardin, Muskroot, Jamanatsi

Extracted from: roots



Fancy simplifying the beginning of your meditation? One drop of spikenard oil on your heart and you will experience the Zen attitude.

Whether the bottle is labelled 'Spirituality' or 'Spikenard' makes absolutely no difference other than to clarify that one of them is a liquid...

The plant, its legends and its botany

There are countries where faith seems to be the only recourse to precarious survival. There are countries where faith seems to arise from its mere presence in this place ... Where is this place which imposes its greatness to the soul that lingers to get a body?

Himalayan spikenard grows there precisely.

Between 3,500 and 5,600 meters above sea level is the natural place for spikenard in its wild splendour. It grows on slopes with gradients that would scare the most acclimatised of the Yetis. And it is thanks to strange roots that it takes up the challenge of growing in this unexpected environment for a flower, but that suits her so well.

Its roots are fleshy and red as they tend to be a little bit above the ground. Do they participate in rooting into something bigger than the side of a mountain? Perhaps in life itself?

This delicate valerianacea reminds you of its family through its corymbs of tiny pink flowers. Corymbs that are stretched out on the ground.

Here ... its roots look at Heaven and its flowers at the Earth. As a bridge that lies between Heaven and the Earth and leaves it to the next generation at the end of each year, it makes us remember that it is up to us to look within ourselves for the sense of bridges and directions in which we make our existential reflections go.

Its preciousness lies in its unusual living place, high in the Himalayas. It then translates into the conditions in which it is harvested: when a thick blanket of snow covers the slopes under which the discovery of the nectar of spikenard is risky and rather intuitive therefore. Lastly, it is precious due to the hassle pickers have to go through to

collect every drop of the precious elixir of this plant.

History made it sound precious but it is only due to a mistranslation actually... In fact, Mary Magdalene never anointed Jesus Christ's feet with spikenard. If several fragrances were called Nard at the time, all biblical stories agree that it was not what we now call spikenard. There is an ongoing discussion about what kind it could have been, but there's one thing we can be sure of: Spikenard is as precious a jewel as if it were the real story. And just to assert its importance in History, let's remember that Mogul Empress Nur Jehan used to use spikenard as an elixir of youth.

Energetic properties

Brings harmony at all levels.

Calms internal duality.

Confers humility: spiritually at first, and then also in everyday life.

Promotes the feeling of being grand and in touch and helps to connect to your inner self and meditate.

Supports meditation in order to conciliate the feeling of being in contact with all living creatures and the feeling of being firmly grounded.

Chakras

4th chakra

1st chakra

7th chakra

Doshas

Stimulates Vata's 'superior' thinking

Calms down, even reduces Pitta

Promotes Kapha's peaceful harmony

Elements

Ether et Earth

Standard chemotype

Sesquiterpenes (calarene 10-35%, 0-10% beta-maaliene, cyperene 2-9 %...)

Sesquiterpenols (10-epi-gamma-eudesmol up to 11%, 9-aristolen-alpha-1-ol to 6 %...)

Ketones: only sesquiterpene ketones beta-ionone 1%, 0-0.5% valeranone, nardostachone 0.3%)

Coumarins (coumarin: a pyranocoumarine)

Batch chromatography

Batch, NARB67004 (PDF, 744 Ko, French)

Batch, NARB670N001 (PDF, 407 Ko, French)

Contraindications and limitations of use

No contraindications within physiological dosage.

(Traces of coumarins are non-photosensitising).

Keep out of reach of children.

Children and pregnant women: No other 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.
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