



Galanga

Latin names : Alpinia galanga, Amomum galanga, Languas galanga, Languas vulgare, Maranta galanga
French names : Galanga des Indes, Grand galanga
Other English names : Galangal Greater galangal, Thai galangal, Blue ginger, Thai ginger
Extracted from : dried rhizomes



A puff of "yepiiiiie" for instant joy.
Hard to use communication to say nice things? One drop of Galanga regularly on your neck... and strive to tell everyone how great you think they are.

The plant, its legends and its botany

Galanga is a zingiberacea. It therefore belongs to the family of ginger but also of cardamom, turmeric, mangoginger etc. And like them all, it offers a rhizome, i.e. an underground stem on which roots can grow. This rod is not exactly a root but underground, it is where leaves and flowers grow from.

And there, all protected under the surface of the Earth, Greater Galanga condenses its magic. Rhizomes are used in the kitchen. Their flesh is yellow-white, but the bark is blue. Yes! A look of "elsewhere" for this spice.

It is also the rhizome of Greater galanga which is steam-distilled to obtain the essential oil.

Galangas are now more and more cultivated for their very decorative and very exotic flowers, which offer unexpected pink showers. However, Greater galangal is more discreet, offering pink and yellow flowers that become olive-shaped red berries.

Few leaves under the flowers, but long ones. Like swords, they are elongated and thin, dart in opposite directions.

If it was firstly traded in Europe for its culinary properties in the Middle Ages, it has quickly lost the competition against other less expensive spices sold in larger quantities such as Ginger. It was then used medicinally as evidenced by the writings of St. Hildegard von Bingen, or Dr. Rembert Dodoens Matthiole.

Perhaps will its virtues earn him, at least in terms of aromatherapy, a deserved come-back? Let's concede to the temptation of smelling it just for fun and for its numerous properties, both energetically and physically .

Energetic properties

Promotes joy and happiness (short-term but helpful).

Allows you to view what looked like a catastrophe more lightly.

Confers lucidity and insight.

Helps to separate the 3rd from the 2nd chakra when the latter (emotions-related) is too big a weight to think clearly.

Encourages the communication of love. .

Soothes and heals after giving birth.

Chakras

5th chakra

Doshas

Encourages Vata's enthusiasm.

Helps Pitta be light-hearted while using its brain.

Diminishes Kapha's heaviness.

Elements

Ether

Standard chemotype

Oxides (25-40% 1,8-cineole, humulene epoxide II 0-0.5%)

Esters (acetate fenchyle 0-20%, trans-methyl cinnamate 0-6%, 0-5% farnesol acetate, bornyl acetate 0-3%, 0-2% neryl acetate, ethyl eugenyl 0 - 1%)

Monoterpenes (0-12% beta-pinene, camphene 0-5%, beta-pinene 0-3%)

Monoterpene alcohols (alpha-fenchol 0-5%, 1-5% borneol, alpha-terpineol 1-5%)

Sesquiterpenes (0-10% beta-bisabolene, trans-beta-farnesene 0-5%, 0-2% beta-sesquiphellandrene)

Sesquiterpene alcohols (1-5% guaiaol, cis-trans-farnesol 0.05-5%)

Ketones: borneone (= camphor) 0-9%, fenchone 0.1-2%, 0-1% verbenone, carvone 0.5-1%) (see note below)

Furanocoumarins: none

Note: The question of the quantity of borneone in Galanga essential oil is often raised. One should know that the proportion of borneone decreases drastically while rhizomes dry up. Our batches are all extracted from dried rhizomes. Besides, rhizomes contain a third to half as much borneone as the branches, and less than half as much as the leaves.

Batch chromatography

Batch GAL2001 (PDF, 627 Ko, French)

Contraindications and limitations of use

No known contraindications within physiological dosage.

Keep out of reach of children.

Children, pregnant women : no known contraindications within physiological dosage (Batch Gal2001: verified).

Note : Our essential oil is extracted from dried rhizomes (see "Standard chemotype") and their chemical structure is analysed in Switzerland.

It is important to note that they do not contain either borneone (camphor), verbenone or fenchone; molecules which usually make the oil slightly neurotoxic. This is the reason why Galanga essential oil is traditionally not to be used internally on children and pregnant women. This contraindication falls for our borneone-free batches.





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