



Cinnamon (leaves)

Latin names : Cinnamomum verum, Cinnamomum zeylanicum, Laurus cinnamomum (Cinnamomum cassia is different)
French names : Cannelle de Ceylan, Cannelier de Ceylan (feuilles et écorce)
Extracted from: leaves



Prevention before travelling: 2 - 3 drops of oil under the feet every morning and every night to avoid digestive issues. For people more seriously concerned about this: Mix 10% of oil in an excipient and drink 10 drops of this in a glass of water 2 to 3 times a day. Microbes will have to run really fast to catch up with you!

Even half a drop of cinnamon bark in a cup of hot chocolate with almond milk... Mmmmh!

To diffuse for a warm, cosy (even sensual) atmosphere at home.
To diffuse if you struggle making up after an argument.

The plant, its legends and its botany

Cinnamon tree belongs to the family of lauraceae which so prolific in smells and tastes: this family is a repository of flavours on the planet. Thin and slender, it is rather small, especially in culture (it must be harvested...) Lots of leaves and clusters of small white flowers all play an olfactory role.

The red gold of this tree, however, is its extremely thin bark (less than a millimetre thick). It is collected every 2 years from the trunk and main branches. The bark makes long ribbons that curl on themselves as they dry in the tropical sun. They are cut into the 10-centimeter-long sticks that we know in the kitchen. Pretty brittle when fresh, its smell amazingly fills up the space of a room. This definitely freshness makes one forget cinnamon powders sold in supermarkets.

2,700 years BC already, Chinese Emperor Nung Sheb had had it placed in his medicinal herbarium. It was one of the earliest spices that Greeks and Romans imported from the East through the Arabs. It was even burned like incense then. Indeed, though its main use nowadays is as a flavour (for example the world's number one buyer is a famous cola drink trademark), its symbolic use was much more popular in antiquity. It was associated with bats and winged serpents.

Cinnamon's soft energy is relaxing and soothing and it makes one enjoy life by snuggling down into the warm blanket of its powerful smell. Abstract of 'Encyclopédie d'aromathérapie et médecine de la conscience "(Böhning / Tauxe)

Energetic properties

Energetic and physical properties for Cinnamon leaves and Cinnamon bark are the same.

Stimulates the will to use your senses for your own happiness

Makes one become more epicurean

Warms up the atmosphere

Boosts all the emotions (laughter, anger)

Stimulates creativity

Decreases feelings of suspicion

Diminishes tendency to isolate self

Weakens sadness and melancholy

To find pleasure in sharing with the others (bark especially)

Flushes the feeling of being a victim

Chakras

1st chakra

(2nd chakra)

Doshas

Warms up calm Pitta's heat if too calm

Liberates Kapha's lasciviousness

Takes cold and distance out of Vata's body

Elements

Earth et Fire

Standard chemotype

Bark:

Aromatic aldehydes (30-80% cinnamaldehyde, hydroxy-cinnamaldehyde, benzaldehyde, cuminaldehyde)

Phenols (eugenol 1-35%)

Monoterpene alcohols (2-10% linalool, alpha terpineol, terpinene-4-ol)

Sesquiterpenes (0-6% beta-caryophyllene, alpha-humulene 0-2%, 0-1% copaene)

Acids (cinnamic acid 2-3%)

Pyranocoumarines (coumarin 0-1%)

Ketone: none

Furanocoumarins: none

Leaves:

Phenols (70-90% eugenol, isoeugenol, phenol, 2-vinylphenol)

Esters (acetate eugenyl 5%, 1-5% benzyl benzoate, acetate eugenyl 1-5% ..)

Sesquiterpenes (beta-caryophyllene 2-7%, 0-2% alpha-humulene, alpha-ylangene 0-1%)

Phenolic alcohols (0-8% cinnamic alcohol, cinnamic alcohol, benzyl alcohol)

Aromatic aldehydes (methoxycinnamaldehyde 0-6%, 0-2% cinnamaldehyde)

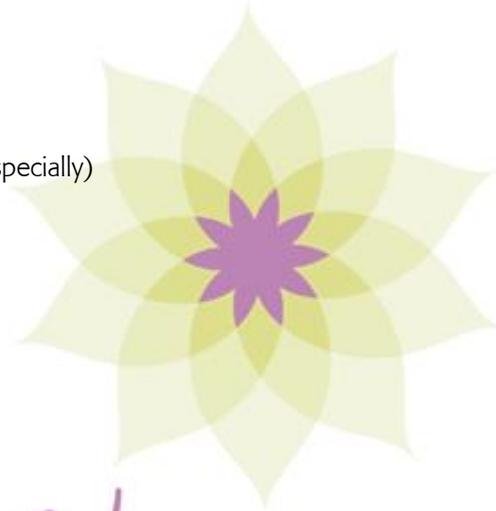
Dioxide (0-3% safrole)

Ketone: none

Furanocoumarins: none

Écouter

Lire phonétiquement



Cinnamon

Batch chromatography

Bark:

Batch, CIN2005/540 (PDF, 280 Ko, French)

Batch, CIN501H080046(PDF, 373 Ko, French)

Batch, CIN501J105986 (PDF, 369 Ko, French)

Leaves:

Batch, CIN2001/507 (PDF, 303 Ko, French)

Contraindications and limitations of use

Very dermocaustic

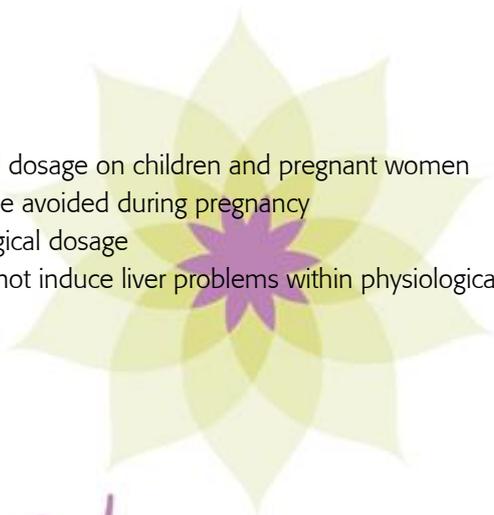
Keep out of reach of children.

Bark: no other contraindications within physiological dosage on children and pregnant women

Leaves: pregnant women: uterotonic, therefore to be avoided during pregnancy

children: no other contraindications within physiological dosage

The proportion of coumarins in cinnamon oil does not induce liver problems within physiological dosage.



Gedane

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