

Health Benefits of Acorus Calamus

In Ayurvedica, practitioners recommend acorus calamus essential oil for improving brain function, memory, cognition capacity, and proper blood (and oxygen) circulation to the brain. The root of the *Acorus Calamus* plant is used to extract oil by the process of steam distillation.

While *Acorus Calamus* is inherent to Asia and Europe, it is also found in Australia, South America, North America, and New Guinea. *Acorus Calamus* has been used for treating and healing various medical conditions. The root of *Acorus Calamus* is effective for improving reproductive health. When added to wine, it is called absinthe.

The people in Penobscot believe the root of Acorus Calamus will cure prolonged illness. They also treat cold symptoms with the use of acorus calamus root powder. The oil from this herb is used for making cough drops and treating infections. This root has culinary uses in Indonesia for adding flavor to meat, seafood, and vegetarian dishes.

A paste made from the root was applied to the face by the Tenton-Dakota warriors who believed it to dissuade fear during battle. It is used in making perfumes as well.

Due to the presence of carminative, laxative, sedative, and diuretic properties, this herb is used in Ayurvedic and traditional Chinese medicine.

HEALTH BENEFITS

Acorus Calamus is found in marshy wetlands. The Acorus Calamus plant is toxic, however, its oil has many medicinal benefits as follows:

1. ALLEVIATES ARTHRITIC AND RHEUMATIC PAIN

The accumulation of toxins such as salt, uric acid, and other fluids in the joints which cause inflammation and pain related with rheumatism. The EO of *Acorus Calamus* is used to reduce inflammation and lessen pain by flushing out toxins through sweat and urine. Massaging the affected areas with a mixture of 2 drops Acorus Calamus oil, 2 drops ginger oil, 2 drops Eucalyptus oil and 3 ml coconut oil helps to increase blood circulation, ease pain, strengthen muscles, stimulate nerves, reduce swelling and other symptoms of rheumatism and arthritis.

2. REDUCE FEVER

Acorus Calamus EO is a simple home remedy for treating a mild fever. Symptoms are ameliorated when dispersed through aromatherapy. It promotes calm and relaxation.

3. ANTI-SPASMODIC

This EO is mostly effective on nervous spasms. A small dose should be used for nervous afflictions.

4. TREATS DIGESTIVE PROBLEMS

Acorus Calamus oil supports digestion and boosts appetite. It also helps reduce gas during digestion.

5. ANTIBIOTIC

It prevents bacterial growth which helps fight infections internally as well as externally.

6. PROMOTES RELAXATION

This EO can be used in a bath with hot water by adding 6-8 drops of acorus calamus EO and lavender EO to produce a calming effect and relief from chronic back pain, stress as well as anxiety. It encourages sleep and eases insomnia.

7. HELPS MEMORY AND AUGMENTS INTELLECT

This oil is effective for treating epilepsy. It is also used to rectify the side effects of hallucinogens. It improves blood circulation, and stimulates neurons and nerves.

8. TRIGGERS THE MIND AND PROMOTES POSITIVE THOUGHTS

It is an effective safe remedy for improving cognition, stimulating nervous system and keeping the mind active. It also enhances concentration and focus. 1-2 drops of Acorus Calamus oil's aroma can be inhaled by putting it in a diffuser.

9. NEURALGIA

Neuralgia, such as trigeminal neuralgia, can be treated by using acorus calamus oil. With this condition, nerves are constricted by blood vessels. This oil can be applied as a base oil to reduce inflammation in the nearby tissues. Neuralgia is relieved when nerve pressure is relieved. Pressure on the cranial nerves is reduced if the oil is applied in a scalp message.

10. ANXIETY

The usage of this oil in small doses enhances better sleep and provides a calming effect. It can help those who experience insomnia and sleeplessness. It helps to relax body as well as mind.

HOW TO USE

1. For massage: 7-8 drops of oil to 10 ml of carrier oil.
2. Bath: 5-7 drops, along with bath salts.
3. For applications: Make use of 4-5 drops of the oil to 10 ml of alcohol or oil carrier, saturate wool and attached to the affected area for 10-15 minutes.
4. For warming compresses: 10 drops of oil to 30 ml of base oil or 5-6 drops per 200 grams warm water or 10 g. alcohol.
5. Rinse: 600 ml warm water + 6 drops of oil premixed with 1 tsp honey.
6. For the enrichment of creams and lotions: 7 drops per 10 grams.
7. Aromatherapy: 3-4 drops

8. Inhalation: 3-4 drops in hot water to inhale for 5-10 minutes covering head with a towel.

BUYING AND STORAGE

Acorus Calamus oil can be ordered online or found in health food stores. It should be kept in cool place away from sunlight.

SIDE EFFECTS, SAFE DOSAGE AND TOXICITY ISSUES

- *Acorus Calamus* EO is considered a carcinogen and toxic, it is not meant for consumption.
- This EO can encourage hallucinations and convulsions through aromatherapy and inhalation.
- Though it is harmful and toxic in high concentrations, it is medicinal in small doses.

REFERENCES:

<https://www.healthbenefitstimes.com/category/essential-oils/>