

Angelica Essential Oil Health and Beauty Benefits

Angelica archangelica, often called *garden angelica*, *Holy Ghost*, *wild celery*, and *Norwegian angelica*, is a biennial plant from the *Apiaceae* family, a subspecies that is grown for its sweetly aromatic, edible stems and roots. Like every other species in *Apiaceae*, its appearance resembles that of numerous other toxic varieties (*Conium*, *Heracleum*, and others), and should not be consumed unless it has been identified with absolute certainty. *Archangelica* comes from the Greek word "arkhangelos" (=arch-angel), due to the belief that it was the *archangel* Michael who told of its use as a medicine. Synonyms include *Archangelica officinalis* Hoffm. and *Angelica officinalis* Moench.

During its first year it grows only leaves, but during its second year, its fluted stem can reach a height of 2.5 meters (just over 8 feet), and the root is used in flavoring preparations. Its leaves consist of numerous small leaflets divided into three principal groups, each of which is again subdivided into three lesser groups. The edges of the leaflets are finely toothed or serrated. The flowers, which blossom in July, are small and numerous, yellowish or greenish, are grouped into large, globular umbels which bear pale yellow, oblong fruits. *Angelica* grows only in damp soil, preferably near rivers or deposits of water.

Angelica archangelica grows wild in Russia, Finland, Sweden, Norway, Denmark, Greenland, the Faroe Islands, and Iceland, mostly in the northern parts of the countries. It is cultivated in France, mainly in the Marais Poitevin, a marsh region close to Niort in the department Deux-Sèvres. Commercially available sources of angelica are often sourced from Hungary, Romania (the Rodna Mountains), Bulgaria, Germany (the Harz Mountains), and Poland. And even some South East Asian countries like Thailand.

From the 10th century on, angelica was cultivated as a vegetable and medicinal plant, and achieved popularity in Scandinavia in the 12th century and is used especially in Sami culture. Angelica is a shamanic medicine among the Saami or Laplanders. Linnaeus reported that Sami peoples used it to flavor reindeer milk. In 1602, angelica was introduced in Niort, which had just been ravaged by the plague.

It is used to flavor absinthes, liqueurs, bitters (beer), and aquavits (e.g., Chartreuse, Bénédictine, Vermouth, and Dubonnet); in addition to culinary uses such as in jams and omelets. The hollow stems of *Angelica archangelica* may be eaten. The stems are picked clean of their leaves, crystallized in sugar syrup and colored green as cake decoration or as candy. A flute-like instrument with a clarinet-like sound can be created of its hollow stems.

Angelica is unique among the *Umbelliferae* for its pervading aromatic odor, a pleasant perfume entirely different from fennel, parsley, anise, caraway, or chervil. It has been compared to musk and to juniper. *Angelica archangelica* roots are among the most common botanicals used in gin distillation, often used in concert with juniper berries and coriander as a chief aromatic characteristic for gin.

The essential oil (EO) content of angelica root varies based on the age of the roots. Generally, the roots have high levels of *terpenes*, including α -pinene and β -phellandrene. Studies have found upwards of over eighty different aroma compounds present in samples. Of particular interest to perfumers and aroma chemists is *Cyclopentadecanolide*, which although present in small quantities, it's primarily responsible for angelica's distinctive musky aroma and was originally found in the roots. Angelica root essential oil is also referred to as *Holy Ghost* or *Holy Spirit Root*, *Archangel Root*, and *Oil of Angels*.

Though the essential oil yield of angelica seeds is slightly higher than that of the roots, the root oil is significantly more concentrated. It is the roots which are generally preferred for culinary and aromatic uses. Angelica seeds have a similar chemical composition to the roots, including α -pinene, β -pinene, camphene, myrcene, β -phellandrene, limonene, caryophyllene, borneol, carvone, angelic acid, sugar, valeric acid, and a resin known as angelicin. Both the seeds and roots contain coumarins (natural benzopyrone derivatives present in plants, displaying pharmacological properties, as well as toxicity) and furocoumarins (a class of organic chemical compounds produced by a variety of plants). The seed pods of the Persian spice plant referred to as **Golpar** (*Heracleum persicum*) are usually sold in powdered form and are often erroneously sold as "angelica seeds." The fruits are tiny mericarps.

Angelica archangelica's root have been used in Austrian medicine as a tea or tincture to treat gastrointestinal disorders. And is considered to have curative and restorative qualities.

Angelica essential oil has been used in aromatherapy to ease stress, exhaustion, and anxiety. It features a very pleasant scent, which is why it is well regarded for use in perfumery. Angelica essential oil should not be used on its own and should definitely be combined with other essential oils. There are two essential oils extracted from the angelica plant: one distilled from the seeds, and one from the roots. Occasionally they're sold combined. The oil is highly viscous, but still fluid. When fresh, the oil is colorless, however, with age it turns yellow, and then dark brown. It should not be used once it has turned dark brown. Angelica essential oil can be obtained from the roots once the plant is a year old.

HEALTH BENEFITS OF ANGELICA ESSENTIAL OIL

The health benefits of angelica essential oil are related to its properties as an anti-spasmodic, carminative, depurative, diaphoretic, digestive, diuretic, hepatic, emmenagogue, expectorant, febrifuge, nervine, stimulant, stomachic, and tonic.

1. ANTI-SPASMODIC

What is a spasm? It is an involuntary contraction of the respiratory tract, muscles, nerves, blood vessels, or internal organs. Spasms can cause cough, cramps, convulsions, stomach and chest pains, and decreased circulation. Angelica essential oil stimulates relaxation, reduces spasms, and provides relief from the symptoms discussed above.

2. CARMINATIVE

The relaxing effect of angelica oil is helpful in relieving flatulence. Relaxing intestinal and abdominal muscles allows gases to pass through. This effect can help alleviate conditions associated with excessive gas, like indigestion, stomach aches, headaches, cramps, flatulence, nausea, and high blood pressure.

3. DEPURATIVE

A depurative is an agent that purifies the blood. The essential oil of angelica can do that with great efficiency. It is used as a diuretic (promotes urination) and a diaphoretic (promotes sweating) since it aids in the removal of toxins like uric acid, excessive sodium, excessive fluid, fat, and bile from the body through urine and sweat. As such, it can also alleviate conditions like high blood pressure, rheumatism, arthritis, gout, and renal calculi.

4. DIAPHORETIC

Sweat may be inconvenient, but it is probably the most beneficial thing for overall health. Sweating is the body's natural way of eliminating toxins. Aside from sodium chloride and magnesium chloride, sweat also contains sebum, fats, uric acid, and bile. Sweating helps balance the potassium-water

ratio of blood, thereby decreasing blood pressure, lowering fat content, and maintaining a healthy weight.

5. DIGESTIVE

Angelica essential oil can aid digestion by stimulating the secretion of normal digestive chemicals like acid and bile. Additionally, it promotes proper bowel movement and the absorption of nutrients through intestinal walls.

6. DIURETIC

This property might be helpful to those struggling with long-term renal failure (the excess accumulation of water in the body), or to those struggling with renal calculi, obesity, and hypertension. And to ease the symptoms associated with the buildup of toxins in the body like rheumatism, arthritis, and gout. As a diuretic, Angelica essential oil improves the frequency and volume of urination, which will help best eliminate excessive fluid, sodium, fat (urine contains up to 4% fat), and toxins like uric acid.

7. HEPATIC

The essential oil of Angelica aids in liver function by stimulating secretions from that organ. Additionally, it protects the liver from infections and may even help regenerate damaged cells within the organ.

8. EMMENAGOGUE

This particular EO also helps regulate menstruation. And as a bonus, it helps alleviate the unpleasant symptoms related to periods, such as headaches, abdominal cramps, nausea, vomiting, and fatigue.

9. EXPECTORANT

Being an expectorant, the essential oil of Angelica can clear the accumulation of phlegm in the respiratory tract and can combat upper respiratory infections that can cause colds, cough, sinusitis, and congestion.

10. FEBRIFUGE

This essential oil can additionally decrease fever by combating the infection. The diaphoretic and diuretic properties of the oil contribute to this effect, since eliminating toxins from the body accelerates recovery time from infections.

11. NERVINE

This oil acts as a tonic for the nerves. It is great at easing nervous afflictions and disorders. Being a relaxant, it sedates and relaxes the nerves in cases of hyper-activity.

12. RELAXANT

This oil can bring about a relaxing effect on the body, the mind, and the nervous system. This property can be particularly valuable in cases of shock, depression, anxiety, anger, and hypertension.

13. STIMULANT

While it is a relaxant, it can also act as a stimulant. It encourages blood circulation and the secretion of hormones and enzymes. Additionally, it encourages metabolic processes such as digestion, nutrient absorption, and excretion.

14. STOMACHIC

This oil's stomachic property keeps the stomach healthy and functioning properly by maintaining the proper balance of acids and bile, and protecting it from infections. It may also help heal stomach ulcers.

15. TONIC

This oil encourages overall good health, boosts growth, and strengthens the immune system. A 2011 study titled "[Angelica archangelica Linn. is undoubtedly an angel on earth for the treatment of diseases](#)" by the [Department of Pharmaceutical Sciences](#), University of Kashmir, India published within the [International Journal of Nutrition, Pharmacology and Neurological Diseases](#) suggests Angelica be used as a stimulating bronchial tonic, because of its effects in treating bronchial conditions, headaches, fever, chest congestions, migraines, cough, and other respiratory conditions.

16. SPIRITUAL

The fragrance of Angelica essential oil can help ease trauma; it is emotionally calming. Many find Angelica EO to be essential in their healing oil blends.

AYURVEDIC USES OF ANGELICA ESSENTIAL OIL

A number of Angelica essential oil uses are recommended here to guide you in almost any practical remedy application.

- A. Add 2 drops of Angelica essential oil to 1 drop of Eucalyptus oil and use in steam inhalation for the treatment of migraines, nasal congestion, cold, whooping cough, headache, bronchitis, sinusitis, asthma, or any other breathing difficulties.
- B. A gentle massage with 1 drop of Angelica essential oil mixed with 1 drop of Yarrow oil, and 1 drop of Eucalyptus oil diluted in 15ml of pure coconut oil, applied to your chest, throat and back can offer fast relief from blocked nasal passages, runny nose, sore throat, dry cough, itchy eyes, and fatigue brought on by a cold or the flu.
- C. Massaging the soles of the feet with 2 drops of Angelica essential oil and 1 drop of Cumin oil mixed with 2 ml of Evening Primrose oil might help in reducing body temperature in cases of fever.
- D. Adding 2 drops of Angelica EO and 2 drops of Petitgrain oil to a warm bath daily can help boost your immune system.
- E. Go for an invigorating massage with 5 drops of Angelica essential oil, 2 drops of Rosewood oil, 2 drops of Cumin oil, and 2 drops of Fennel oil diluted in 100 ml of virgin Olive oil to support your body's defense mechanisms.
- F. Massaging your stomach with 2 drops of Angelica essential oil and 2 drops of Vetiver oil mixed with 2 ml of sesame oil can help stimulate the secretion bile and other digestive acids.
- G. Inhaling the bitter aroma of 1 drop of Angelica oil added to your diffuser (or a tissue) supports the healing of ulcers in the stomach lining and intestinal walls.
- H. Massaging inflamed areas of the body with 5 drops of Angelica essential oil, 2 drops of Fennel oil, and 3 drops of John's Wort (*Hypericum*) oil diluted in 50 ml of coconut oil can help reduce inflammation, pain, swelling, soreness, irritation, and redness. You can also add 2 drops of Angelica oil to a warm compress to alleviate pain related to rheumatic conditions and arthritis.
- I. Adding 2 drops of Angelica oil to your vaporizer or diffuser can elevate your mood. It can also ease the nervousness, depression, and fatigue experienced during the menstrual cycle. And even ease post or pre-menopausal period symptoms.

- J. Gently rubbing 3 drops of Angelica oil and 2 drops of Dill oil diluted in 20 ml of sesame oil to your lower abdomen, thighs, lower back and around your genital area can help reduce menstrual pain, abdominal cramps, dysmenorrhea, nausea, fatigue, nervousness, and headaches related to menstruation and menopause.
- K. Two drops of Angelica oil and 1 drop of Rose oil added to an air freshener or diffuser can help uplift and enhance your mood. It can promote a more restful sleep by calming and relaxing the nerves.
- L. A weekly rejuvenating massage with 5 drops of Angelica oil, 3 drops of Rosewood oil, 3 drops of Petitgrain oil, 3 drops of Chamomile oil, and 1 drop of Rose oil diluted in 75 ml of Jojoba oil can alleviate nervous tension, anxiety, pain, anger, depression, and hypertension.

OTHER USES FOR ANGELICA ESSENTIAL OIL

ILLNESS

Angelica can be used to treat rheumatic conditions, virus infections, a smoker's cough, indigestion, flatulence, colic, and urinary tract (UTI) infections. Additionally, it is an emmenagogue (a blood cleanser) and can alleviate the symptoms of PMS and menopause. It makes a remarkable ointment for scars, wounds, and bruises. Dilute 5 drops of angelica oil in 10 ml (2 tsp.) of a vegetable oil, like almond, and apply 3 times a day at first, then once every day until problem tissue fades. Patience, results take time. **Caution:** *Don not expose yourself to the sun or ultra-violet light right after use.*

Two drops of angelica seed oil combined with a few drops of Eucalyptus, Niaouli, or Cajeput oil diluted in 20 ml (4 tsp.) of a base oil is useful in treating coughs and colds. Either rubbed on the torso each morning, or added sparingly to a warm bath (**see caution above**). Slices of the dried roots of Angelica, chewed twice daily for 6 months, can help build up the immune system. The stems, chewed after meals, prevent flatulence and indigestion – or you can steep the stems for 2-3 weeks in an apéritif, and drink a little before or after meals.

BEAUTY

Many health and beauty practitioners, both ancient and modern, recommend Angelica eye and face washes. You can make a mild decoction (extraction by boiling) from the seeds for this purpose. Angelica was the primary constituent of one of the earliest perfumes, *Carmelite water*, which was first distilled in the Middle Ages.

CULINARY

The best known culinary use of Angelica is as the green, candied stems utilized in confectionery (candy making) and desserts. Chunks of the dried stems, preserved in sugar, and can add flavor to preserves, jams and marmalades. Making your own is really easy, and will have a better flavor and more health benefits than the store-bought kind. In Elizabethan England, Angelica leaves were added to salads, and both leaves and roots were used to flavor fish and soft cheese dishes. As well as sweetening stewed fruit. During times of low grain harvests, the dried roots – which could weigh up to 1.4 kg (3 lbs.) – were ground and used to make bread in lieu of flour.

Angelica has played a significant part in the history of alcohol distillation: it was used to flavor spirits like gin, absinthe, liqueurs, aquavits, and vermouth.

OTHER USES FOR THE ANGELICA PLANT

The roots can be burned in the fireplace for a wonderful, purifying fragrance. Both leaves and roots can be added to a potpourri.

PRECAUTIONS OF USE

The essential oil of Angelica which is obtained from the plant's roots consists of *coumarins*, which can interfere with other prescription drugs. Allergy symptoms, like redness, blisters, hives, bumps, or darkening of the skin may occur with its use, and may be delayed. Always perform a patch test first.

Don't use if pregnant or diabetic. Direct contact of angelica root oil with skin may cause increased sensitivity to sunlight. In higher doses, it can over-stimulate the nervous system, and can cause or aggravate hyperactivity. Consult a physician before using in aromatherapy or as a topical application.

REFERENCES:

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