

Anise Essential Oil Health and Beauty Benefits

ANISE QUICK FACTS

Name	Anise
Scientific Name	<i>Pimpinella Anisum</i>
Origin	Egypt, Greece, Crete and Asia Minor. Was cultivated by the ancient Egyptians
Flavor/Aroma	Distinctive licorice flavor
Health benefits	Benefits metabolism and improves digestion, provides pain relief, stimulates the pancreas, is an antioxidant, expectorant and antiepileptic, regulates menstruation and menstrual disorders, benefits reproductive health, baby's health, boosts lactation, benefits the heart, benefits oral health, benefits respiratory health, used in skin remedies, treats head lice, microbial infections and diseases, male sexual dysfunction, thrombosis, seizures and convulsions, asthma, insomnia, and cataracts.

ABOUT ANISE ESSENTIAL OIL

Anise essential oil is obtained by steam distillation of the plant *Pimpinella anisum*. This plant oil is manufactured in India, China, and Spain. It's also utilized in alternative medicine to treat numerous health conditions. These include upper respiratory and gastro intestinal problems. This essential oil is also utilized in aromatherapy because of its calming effects.

The essential oil of anise is used by aromatherapists for several reasons: it is thought to have a euphoric, mood enhancing effect. Making it an organic therapy for the treatment of anxiety, depression, anger, and stress. Anise essential oil's sedative qualities can help with insomnia. Although, in small doses, it might behave more like a stimulant. By contrast, large amounts can have a narcotic effect.

Anise essential oil is thought to improve respiratory health conditions like bronchitis, whooping cough, asthma, and chest congestion from the flu or the common cold. Its expectorant effects can help loosen excessive mucous from the lungs through the use of aromatherapy. A few drops added to a cotton ball placed into an air humidifier or vaporizer. The use of anise essential oil in aromatherapy can also ease nausea and vomiting.

Using anise essential oil can treat some digestive problems, including gas, cramps, dyspepsia, constipation, and indigestion. The oil is thought to act as an antispasmodic in the digestive system. For general dyspepsia and upset stomach in children, it is suggested that a few drops of the oil be added to the bath, or to a moist, clean cloth and placed on the child's abdomen. Anise essential oil has been used to treat intestinal worms because it is thought to be a vermifuge. Due to its insecticide properties, the oil can also be used to treat lice and scabies.

Since it can be poisonous if ingested it has antiseptic and antimicrobial effects. Anise essential oil can help fight infectious bacteria, yeast, and fungi.

There has not been enough scientific research to back up the claims of health benefits derived from the use of anise essential oil. This oil should be avoided during pregnancy. Be aware that this oil should never be ingested. Anise essential oil's most notable negative side effect is skin and eye irritation when applied topically.

HEALTH BENEFITS OF ANISE ESSENTIAL OIL

The health benefits of anise essential oil are derived from its antiepileptic, Antirheumatic, antiseptic, antispasmodic, aperient, carminative, cordial, decongestant, digestive, expectorant, insecticide, sedative, stimulant and vermifuge properties.

Anise has been used as a flavoring ingredient for food stuffs and beverages for thousands of years. It's also been used to flavor liqueurs. In India and other countries, anise is used as a breath freshener and digestive aid. The therapeutic qualities of the herb were widely known throughout ancient Egypt, Greece, and Rome. The essential oil of anise is obtained through the steam distillation of the dried fruits of anise (*Pimpinella Anisum*). This process produces a thin and clear oil that is comprised of about 90% *anethol*. Anethol is a chemical compound from which this herb gets its characteristic aroma. The other chemical compounds are *alpha pinene*, *anisaldehyde*, *beta pinene*, *camphene*, *linalool*, *cisanethol*, *transanethol*, *safrol*, and *acetoanisol*.

1. BENEFITS TO THE NERVOUS SYSTEM

Aniseed essential oil offers calming effects without the negative side effects of synthetic narcotics. This oil can slow breathing and can even help with panic attacks. Individuals who experience anxiety may use this oil to help them relax. This oil can have sedative effects and could be used to treat sleep problems.

2. ANTIEPILEPTIC & ANTI HYSTERIC

Since anise essential oil can have sedative effects, it can soothe epileptic convulsions and panic attacks by slowing down circulation, breathing and nervous response, when applied in large doses. When given in small quantities, it can be stimulating. However, in very heavy doses it can have negative effects, especially in children.

3. ANTIRHEUMATIC

This oil can relieve rheumatic and arthritic pain simply by stimulating blood flow, and also by reducing inflammation.

4. ANTISPASMODIC

Spasms are simply an extreme contraction of respiratory tracts, muscles, nerves, blood vessels or internal organs that can lead to coughs, cramps, convulsions, stomach and chest pains, and obstructed circulation. The essential oil of anise is an antispasmodic that can naturally relax the body and ease these contractions.

5. WOMEN'S HEALTH

Aniseed can have analgesic and antispasmodic qualities that help ease cramps from menstruation. Gentle massaging a couple of drops of this oil on the abdominal region can reduce stomach cramps. This oil has estrogenic properties. The *diantheole* and *photoantheole*

compounds can promote lactation in nursing mothers when applied topically in minute doses directly to the breast.

6. COLD AND FLU

Anise essential oil can have a warming effect on the body. It can help ease the symptoms of a cold. Add one or two drops of anise essential oil to hot water and drink.

7. MIGRAINES

A paste made from the seeds of anise can be applied to the forehead, neck or temples to reduce the symptoms of headaches and migraines. The same paste can be used to kill lice and scabies. To create an anise herbal paste, melt a tablespoon of beeswax with two tablespoons of a carrier oil. Whilst the mixture is still warm, add a few drops of anise essential oil and stir well to combine. Place in a reusable small, tightly covered jar and store in a cool place or refrigerate. Discard if mold appears or the scent becomes rancid.

8. APERIENT

This oil has mild purgative qualities, yet is safe to use. Unlike other synthetic purgatives, it's not hard on the stomach or the liver; and won't cause exhaustion or fatigue. When used in low doses, it can help clear bowel blockages.

9. METABOLISM

This essential oil promotes proper secretion of hormones. Stimulation of enzymes is key to a healthy metabolic rate. The detoxifying effects of aniseed also encourages the expelling of toxins from the body.

10. CARMINATIVE

Everyone experiences bloating and gas on occasion. Indigestion can give rise to gas, acute chest pains, stomach aches, and muscular cramps. In the longer run if indigestion becomes chronic, it can give rise to rheumatism, weight gain, hypertension and other problems like hair loss and a decrease in eyesight. Anise essential oil is a digestive that encourages the release of excess gas. Drinking few drops of anise essential oil in a glass of warm water can assist in relieving the pressure of gas, and can also ease symptoms of heartburn.

11. DIGESTIVE

This quality found in anise and anise essential oil is widely used to enhance digestion. In some countries it's an old practice to chew aniseed, to serve desserts that contain anise, or to drink a few drops of anise essential oil in a glass of warm water to aid digestion, particularly right after a heavy meal.

12. DECONGESTANT & EXPECTORANT

This oil is a remarkable expectorant. It can loosen mucus and phlegm from the lungs and respiratory tract. It can ease a cough, tightness of the chest, difficulty breathing, asthma, bronchitis, and congestion. Combined with steam is among the best natural organic techniques to ease breathing clearing congestion. With inhalation, the therapeutic, aromatic, and antibacterial vapors travel directly to where they're needed the most—the lungs and sinuses. Part of the appeal of a hot bath or shower is the steam that they create, steam that naturally vaporizes essential oils to increase the humidity in a room and ease breathing.

13. SEDATIVE

Due to its considerably narcotic and calming effects, it is used as a sedative to treat anxiety, nervousness, depression, and stress. This effect is especially notable when it is administered in large doses. However, it is not recommended to be taken in large doses.

14. MUSCLE RELAXANT

Along the same vein, anise essential oil has been shown to relax muscles, which can aid in pain management. One team of researchers in a study applied anise essential oil to pigs to examine the tracheal muscles' response to the oil. The oil demonstrated "significant relaxation" in the animals. Not only did this research show the topical use of this oil to relax tense muscles, it also showed a bronchodilatory response. In other words, it improved breathing within inflamed or congested airways.

15. HEALTHY SLEEP

The natural sedative qualities of anise essential oil can help improve sleep. However, it should only be used in much diluted form because it can have negative narcotic side effects.

16. STIMULANT

Anise essential oil can be used as a stimulant to improve circulation making the brain and the nervous system more active and alert.

17. ANTISEPTIC

This essential oil also has antimicrobial and germicidal properties that can safeguard wounds against infection and sepsis. It also promotes the rapid healing of wounds.

18. LOWER CANCER RISK

Using herbs as health tonics to reduce the occurrence of cancer has been a popular practice for hundreds of years. Numerous therapeutic plants contain chemical compounds which are therapeutic for many ailments, including cancer. Which is surprising given all the different types of cancer and the host of body systems they affect. That said, none of this information is intended to be applied as a primary cure for cancer. Nor should it be interpreted as medical advice. Please consult your primary physician regarding any cancer diagnosis and treatment.

19. FIGHT BAD BREATH IN DOGS

Dogs love the scent of anise, and you can make their doggy beds more appealing to them by placing a muslin sachet filled with aniseed under the blankets. It will also keep fleas away. Anise mixed with baking soda makes for a quick and simple doggy toothpaste.

20. INSECTICIDE

The essential oil of anise is poisonous to insects and other small animals, its fragrance can keep away insects. Which is why, this oil can be used as an insecticide when added to fumigants, vaporizers, and sprays.

21. ANTI-FUNGAL

Anise essential oil is a highly effective anti-fungal that may aid in fighting fungal infections like candida. In research studies conducted in Korea, it was discovered that extracts of anise can be an extremely effective cure for such infections. Topical fungal infections are notoriously difficult to manage, and a systemic yeast infection can be devastating to the human body. Essential oils

are an effective and frequently used treatment for topical fungal infections, more so even when compared to other prescribed options. Anise, in a variety of forms including the essential oil, appears to be effective at treating several types of fungi, including the dreaded *Candida albicans*.

22. VERMIFUGE

As part of its insecticidal property, it can also kill intestinal worms.

THERAPEUTIC USES OF ANISE ESSENTIAL OIL

- a. For abdominal and stomach cramps, and uncontrolled sneezing: mix 5 drops aniseed essential oil into 1 tablespoon carrier (almond) oil, and massage onto stomach (for cramps) or neck (for sneezing). For coughs, use same mixture, but massage onto chest.
- b. For asthma, bronchitis, colds, flu, and whooping cough, add 2-3 drops to aromatherapy diffuser.
- c. For menstrual pain or muscle aches, add 2-3 drops to 1 ounce of carrier oil and massage onto affected area.
- d. For migraines or vertigo, add 2-3 drops to a handkerchief and slowly breathe in periodically.
- e. To aid digestion add 2-3 drops to aromatherapy diffuser.
- f. To alleviate nausea, add 2-3 drops to aromatherapy diffuser.
- g. For restful sleep, mix with chamomile and use in the diffuser.
- h. To treat hiccups—add 2-3 drops to aromatherapy diffuser.
- i. To freshen breath—Mix one or two drops with warm water. Swish and gargle.

HOW TO MAKE ANISE ESSENTIAL OIL

Large scale manufacture of anise essential oil involves the steam distillation of dried anise seeds. The whole process creates a clear colored oil. However, you can make your own in small quantities in your own home.

THINGS YOU'LL NEED

- Dried anise seeds
- Carrier oil (e.g. sweet almond oil)
- Mortar and pestle
- Cheesecloth
- Reusable airtight glass container

INSTRUCTIONS

- 1) Grind the dried seeds with the mortar and pestle to release the fragrance and oils, although not so much that it turns into a fine powder.
- 2) Transfer this mix to the glass container until it's almost full.
- 3) Add the carrier oil to the container until the anise mixture is completely submerged.
- 4) Seal the container and keep it in direct sunlight. The heat from the sun rays will help extract the essential oil from the crushed seeds.
- 5) Filter the oil through a cheesecloth to eliminate any solids. Once complete, keep the finished product in a cool, dry place.

PRECAUTIONS

Be cautious with aniseed essential oil, since it should not be ingested. Ingesting as few as one to five milliliters can cause nausea, vomiting, seizures, and pulmonary edema. This oil is strictly for topical use. Keep out of the reach of children and pets. A 2012 study demonstrated that aniseed interacts with certain prescription drugs. If you take codeine, diazepam, midazolam, pentobarbital, imipramine, or fluoxetine, do not use aniseed essential oil as it could decrease or increase the medication's effects on your central nervous system. Consult with your physician before using aniseed essential oil.

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