

Arabian jasmine

Jasminum sambac



Jasmine has been used for **liver disease (hepatitis), pain due to liver scarring (cirrhosis), and abdominal pain due to severe diarrhea (dysentery)**. It is also used to prevent stroke, to cause relaxation (as a sedative), to heighten sexual desire (as an aphrodisiac), and in cancer treatment.

Arabian jasmine is very popular for its exotic, musky, sensual, and zesty aroma. But apart from that, the benefits of Arabian jasmine are also numerous. This mildly fragrant flower works as a natural aphrodisiac. In India, brides are adorned with oodles of this jasmine in their wedding celebrations.

This jasmine has a special mention in Ayurvedic texts. It has been valued as an effective remedy for various health ailments like epilepsy, headaches, nausea, impotence, itches, wounds, ulcers, and eye disorders.

This aromatic flower also possesses antiseptic, anti-inflammatory, anesthetic, and analgesic properties.

Arabian jasmine will be a worthy add-on to your favorite jasmine oil or jasmine tea range. We have described the many health benefits of the Arabian jasmine in this article. Incorporating it into your regular lifestyle can help improve your life in many ways.

Scientific Name- Jasmine sambac

Native- Southeast Asia

Other Names- Maid of Orleans, Belle of India, Grand Duke of Tuscany, Mogra in Hindi, Gundu malligai poo in Tamil and Mallige in Kannada

This aromatic flower lives up to its name that can translate to 'A Gift From God' with its plethora of medicinal and decorative uses. Using this flower to cure ailments is nothing new. In earlier centuries, Egyptians and Greeks used this as aromatherapy, an aphrodisiac as well as a stimulant. Our ancestors utilized its paste for healing sores and scars. Chinese people used jasmine to flavor their teas.

What makes Arabian jasmine such a beneficial ingredient for health issues? Well, many studies have shown that this miraculous flower is full of active compounds like flavonoids and coumarins that are known to promote vascular health, cardiac glycosides and phenolics that detoxifies our body.

Arabian Jasmine offers a multitude of benefits to your skin, hair, and health. Let's take a look at each one of them.

The Many Benefits of Arabian Jasmine

Skin Benefits

1. Natural Deodorant
2. Softer Skin
3. Toned, Scar-free Skin
4. Eases Skin Troubles
5. Safeguards Skin

Hair Benefits

1. Natural Conditioner
2. For Stronger, Longer, And Radiant Locks
3. Anti-lice Agent
4. Keeps The Scalp Moisturized

5. Treats Scalp Infections

Health Benefits

1. Natural Aphrodisiac
2. Eases Stress And Depression
3. Innate Antiseptic Properties
4. Anti-Cancerous Agent
5. Eases Spasms
6. Alleviates Pain And Inflammation
7. Eases Cough And Cold
8. Natural Remedy For Snoring
9. Aids Weight Loss
10. For A Stronger Digestive System
11. Cure For Fever
12. Improves Blood Circulation
13. Painless Menstruation
14. Eases Labor Pains
15. Impact On Breast Milk
16. Helps Diabetics
17. Regulates Cholesterol Levels In Blood
18. Other Benefits

Skin Benefits of Arabian Jasmine

Who doesn't want to have a skin that is beautiful, glowing and flawless? I bet you have tried every product out there in the market only to regret later that you spent a fortune on cosmetics that didn't work. Why don't to switch to a natural ingredient for a change? Yes, Arabian Jasmine, it is! But always blend jasmine with other carrier oils. Although Jasmine is safe, it's advisable to use it after mixing it with avocado, sweet almond, jojoba, or coconut oil.

1. Natural Deodorant

By now it's common knowledge that even the most pricey deodorants in the market won't last beyond a period. Try Jasmine, will you?

Why Does It Work

The flower as well as the essential oil has ketone in low concentrations. This, in turn, gives it a warm, yet mild fragrance that makes it a natural deodorant option

2. Softer Skin

Longing to have a soft and smooth skin?

Add a few drops of the oil extracted from jasmine to your bath water. Soak yourself for 10 minutes for an in-bath moisturizer, and see the results for yourself. Or, you can mix jasmine oil with a little aloe vera lotion and apply it on your skin and leave on for a moisturized, soft skin . Believe me; you will feel just wow after a bath!



3. Toned, Scar-free Skin

Crushed jasmine flowers or jasmine oil, when used along with petroleum jelly or coconut oil, helps to ease stretch marks and scars. It also tones and soothes dry skin and retains the skin's elasticity .

4. Eases Skin Troubles

Jasmine, when used as a tea, is known to be an effective cure for scratches, wounds, and cuts . It is also an effective home remedy for rashes and redness caused by sunburn. Jasmine juice is an effective cure for corns too.

5. Safeguards Skin

You already know that the essential oil extracted from Jasmine can keep your skin moisturized and hydrated. Did you know that it can also heal the post acne marks? This way it can protect your skin from the cruelties of the weather too.

Why Does It Work

The antibacterial, antiseptic, and antiviral properties of jasmine can be utilized in the form of its oil to improve the immunity power of the skin . Regular application of this oil on your skin can fight infections and weather impacts.

6. Natural Conditioner

Aromatic Jasmine serves as an easy and perfect natural conditioner as well.

What You Need To Do

Prepare jasmine water by steeping 10 to 15 jasmine flowers in plain water. Allow it to cool down and use it as the last hair rinse. It can be mixed with baking soda to be used as shampoo as well as a conditioner. Jasmine water can also be used as a serum to keep your hair conditioned. Jasmine, in the form of oil, can be applied to keep frizzy, curly, and unmanageable hair under control by padlocking the moisture

7. For Stronger, Longer, And Radiant Locks

The extract of jasmine leaves strengthens your hair roots, makes hair tensile and prevents it from turning brittle. This also ensures that your strands grow longer and thicker. Fresh extract of jasmine infused with coconut hair oil also gives you longer, fuller hair. Along with maintaining its natural color and sheen, this extract also ensures that you own thicker locks



8. Anti-lice Agent

Are lice and bugs making your scalp itchy and irritating? Add a handful of jasmine flowers to a carrier oil (coconut, almond or any other of your choice) and apply it regularly on scalp and hair to shield your hair from the attacks of head lice.

9. Keeps The Scalp Moisturized

Jasmine extracts when used along with coconut oil, almond oil, or jojoba oil is known to lock the moisture in the scalp, keeping the scalp hydrated while preventing hair fall and dandruff. So, say bye-bye to dry and itchy scalp with Jasmine .

10. Treats Scalp Infections

Come monsoon and bacterial-fungal infections attack your scalp. If you are looking for an easy remedy, jasmine can help.

What You Need To Do

Crush jasmine flower and steep it in coconut oil. Apply this on your infected scalp to treat an infection. The antiseptic and anti-microbial actions of both the ingredients work together, thereby ensuring that the infection subsides at a faster pace .

Health Benefits Of Arabian Jasmine

Last on the list is the sub-section about health benefits that is the most critical portion of this article (I'm sure many of you agree with me!). So, let's go through the most important ones.

11. Natural Aphrodisiac

Jasmine has been used to enhance libido since time immemorial. Why not make use of it then?

Why Does It Work

These white flowers have this compelling masculine and sensual fragrance, which bestow them with their magical aphrodisiac powers. It relaxes the person completely, unlocking the sexual inhibitions. It prepares the man and the woman to express themselves while nurturing the reproductive system by triggering the secretion of essential sex hormones .

12. Eases Stress And Depression

The fragrant and lively jasmine flowers are known to lift your mood and ease stress. Jasmine can also bring you out of depression.

What You Need To Do

Smell a handful of fresh jasmine buds to counter your stress levels. Alternatively, you can use the pure oil extracted from these leaves. The aromatic ingredients of the flower soothe the senses thwarts off negative thoughts and fill you with energy. Just 2 drops—that is what you need to beat the stress caused by work and exam, fatigue, nervousness, anxiety, tension, and even addiction.

While jasmine can ease postnatal depression too, make sure you use the oil instead of flowers for that benefit. Or, add about 10 to 12 jasmine flowers to your water and take a bath to boost your confidence levels, and put your emotions at ease.

Why Does It Work

Jasmine soothes the nerves by relaxing the automatic nerve activity and decreasing your heart rate. It is full of flavonoid antioxidants that are known to fight oxidative stress. Also, it carries mild sedative property that calms the mind and soul by regulating blood sugar and blood pressure levels .



13. Innate Antiseptic Properties

Jasmine is also a favorite wound healer. No wonder then that it was used as an alternative to medicines in earlier days.

Why Does It Work

The presence of benzyl benzoate, benzoic acid, and benzaldehyde in jasmine makes it an effective antiseptic. Choose a fresh homemade oil for topical application on wounds to prevent infections. Inhalation of jasmine scent is also known to ease infections affecting the respiratory system, thwarting cold and cough .

14. Anti-Cancerous Agent

You can even stem the growth and spread of cancerous cells with jasmine.

Why Does It Work

Numerous studies conducted on this flower suggest that it is known for its anti-cancerous and cytotoxic activities, both of which can help in easing and preventing cancer. If we look into the past, we can see that the flowers, as well as leaves of jasmine, have been used to shield women from breast cancer .

15. Eases Spasms

Sometimes, using up different lotions and potions for painful conditions can make it worse. Why not use a single ingredient that can cure everything?

Why Does It Work

A natural antispasmodic agent, it can be used to ease painful conditions such as congestion, cough, asthma, and spasmodic cholera. It relieves spasms, alleviating the pain experienced under such conditions .

16. Alleviates Pain And Inflammation

Suffering from a headache or a backache? Apply a drop of jasmine oil and massage. Yes, it heals, and it is a proven grandma's home remedy for different kinds of pains and aches, including those from arthritis and rheumatism.

Why Does It Work

Jasmine, along with its anti-noci-perceptive and anti-inflammatory properties, also possesses anesthetic properties, the synergic effects of which helps in faster recovery from painful inflammatory conditions .

17. Eases Cough And Cold

Sneezing and coughing throughout the day can reduce us into a cranky and grumpy soul. Try something new this time.

Why Does It Work

The oil extracted from jasmine flowers is a natural expectorant. This clears the phlegm accumulated in your respiratory tracts during cold and cough, giving you a good night's sleep .

18. Natural Remedy For Snoring

The unnatural and untimely habit of snoring can be embarrassing for you and annoying for the others too. But, did you know that Jasmine can spare you the awkward situation?

Why Does It Work

The expectorant property of this oil can be a natural cure for snoring. Sniffing the flower or oil eases the throat, widens the air passage, and keeps snoring at bay . Thanks to this wonderful flower, you can now have a sound sleep.

19. Aids Weight Loss

Unbelievable but true, jasmine helps you lose weight.

Why Does It Work

Tender jasmine flowers are picked and infused with tea—green, black, or white. Studies suggest that intake of at least 3 cups of jasmine tea, along with a proper diet and exercise routine, can help cut unwanted flab and trim your waistline by increasing metabolism .

20. For A Stronger Digestive System

Jasmine can improve your internal system by regulating digestive enzymes and making them effective.



Why Does It Work

Along with easing the spasms experienced during various digestive disorders, an infusion of jasmine tea is known to offer a cure for ulcers and gastritis too. It not only keeps your gut clean by paving the way for the growth of good bacteria, but it also strengthens your digestive system, developing immunity against infections.

21. Cure For Fever

The Arabian jasmine flowers, as well as oil, have been used as a time-tested home remedy to bring down the temperature levels during a high fever.

Why Does It Work

Jasmine improves the circulation levels, eases stress, and relaxes muscles, helping in lowering and reducing fever .

22. Improves Blood Circulation

Using jasmine can benefit you in a million other ways, especially in making your organ system fit and fine!

Why Does It Work

Jasmine, when consumed as a tea or massaged topically as oil, is known to improve blood circulation levels. It can be used to keep blood pressure levels under control and thwart off various dreaded cardiovascular conditions such as atherosclerosis, thrombosis, and strokes .

23. Painless Menstruation

Those five days of menses can be painful. And that makes us reach out for any possible pain-relieving options. Jasmine is one of them!

Why Does It Work

The oil extracted from Arabian Jasmine is efficient as an emmenagogue, which helps to alleviate the spasms and pain experienced during menstruation. This property also helps in regulating the cycles as well as keeping various premenstrual symptoms, including fatigue and mood swings under control. A nerve-soothing tonic, it helps women smoothly deal with this period. Mix 2 drops of jasmine oil in 1 ml sesame seed oil. Apply on your lower abs, massage gently to get over the pain .

24. Eases Labor Pain

Now, it may sound absurd, but Jasmine is known to smoothen the delivery process.

Why Does It Work

A parturient cum uterine tonic, application of jasmine oil is known to ease the anxiety experienced during labor while helping the women relax completely. Once the muscles relax, labor becomes easier .

What You Need To Do

Mix 4 drops jasmine oil with 2 ml jojoba oil for more natural delivery and pain-free recovery soon after.

25. Impact On Breast Milk

It's not wrong to say that Jasmine is perfect for pregnant and lactating ladies because of the plethora of benefits it offers.

Why Does It Work

While the oil extracted from jasmine flowers is known to be a galactagogue, the flowers as such are known to be a lactifuge. Yes, Jasmine oil has been known to enhance the secretion of breast milk. Women who wish to stop breastfeeding can use jasmine flowers as it is known to halt breast milk secretion within 48 hours.

26. Helps Diabetics

Among other things, jasmine can even keep your blood sugar levels under control.

Why Does It Work

Tea infused with jasmine leaves is known to maintain the blood sugar levels, normalizing the production of insulin. Consuming this tea can help people with diabetes balance their sugar levels. Studies also suggest the regular use of jasmine-infused tea to lower the chances of diabetes, especially if you are obese .

27. Regulates Cholesterol Levels In Blood

Jasmine, when consumed as tea, is known to lower the levels of bad cholesterol in the blood. It also keeps a tab on the cholesterol levels and keeps health conditions such as heart attacks and strokes at bay.

28. Other Benefits

Arabian Jasmine is also known to be therapeutic for conditions such as Leprosy, Otorrhea, Rectal bleeding, Urinary infections, Paralysis, Mental Debility, Giddiness, Liver cirrhosis and Hepatitis.



