

Eucalyptus

Eucalyptus Globulus



Eucalyptus Benefits

Eucalyptus comes from the eucalyptus tree, native to Australia, but is now grown in many places all over the world. It's the oil, derived from the crushed leaves of the tree, that has made its mark as nature's medicine. Its antibacterial, anti-inflammatory and analgesic properties have been used over the centuries for cosmetic and dental use, to ward off insects, and to treat a wide range of respiratory problems.

Traditional uses of eucalyptus

With origins in Australia, eucalyptus has widely been used for centuries in Aborigine medicine. According to the University of Maryland Medical Centre, Aborigines used the oil to combat fungal and skin infections, and to reduce fevers. It's not just Australia that has made good use of eucalyptus oil for medicinal purposes. It has long been used in traditional Chinese and Indian medicine, and even in England it was used to clean urinary catheters in hospitals in the

19th century. More recently, almost 70 years ago, eucalyptus oil was officially registered in America as an insect repellent.

Promote good dental health

Eucalyptus oil is commonly added to toothpastes and mouthwashes, and for good reason. It's not just the clean, refreshing aroma of the oil that makes it suitable for dental products, but it contains antibacterial properties that are believed to fight dental decay. A study published in the *Journal of Periodontology* states that the oil is effective at eliminating the build-up of plaque and can kill bacteria that causes cavities and gum disease. The oil also contains an antiseptic, known as cineole, which tackles bad breath and bleeding gums.

Improve respiratory health

Arguably one of the best-known health benefits of eucalyptus oil is in treating a wide range of respiratory conditions, such as coughs and colds, and even relieving the symptoms of asthma, bronchitis and sinusitis. According to a study reported in *Clinical Microbiology & Infection*, it's the antibacterial properties of the oil that have the power to zap bacteria responsible for many respiratory infections. It's also a powerful decongestant, and many people inhale steam infused with vapours from the oil to relieve a blocked-up nose.

Provide pain relief

Eucalyptus oil has been found to be effective at relieving pain when applied to specific areas, such as the joints or temples on the head. The oil contains analgesic properties that are associated with pain relief, but it also has a very cooling effect when applied to the skin, which can help to reduce inflammation, increase blood flow and relax the muscles. A study published in the *American Journal of Physical Medicine and Rehabilitation* also backs up this theory, based on research undertaken.

Enhance the immune system

Research published in *BMC Immunology* claims that eucalyptus oil boasts powerful properties to enhance the immune system. When applied to the skin, the oil can stimulate and strengthen immune cells, helping to provide a protective function against infections.

Treat skin infections

Eucalyptus oil has been used for centuries to treat skin infections, and according to a study reported by the University of Maryland

Medical Centre, many cultures have long used the oil to heal wounds, reduce inflammation and treat skin infections, such as cold sores. There are various compounds in the oil that give it super-strong antiseptic and antibacterial qualities, including cineole, citronellol and citronellal, and it's these that are responsible for fighting infections.

Repel insects

If you're looking for an insect repellent that is natural and effective, eucalyptus oil has been shown to work incredibly well. It's particularly useful for anyone who is allergic to the ingredients used in many supermarket insect repellent products. As well as applying the oil to your skin mixed with a little body lotion, you can add it to a vaporiser to release the aromas that biting insects particularly take a dislike to.

Diabetes

Research into the effects of eucalyptus oil on reducing symptoms of diabetes is still very much ongoing, but it seems that the oil may play a role in helping to lower blood sugar levels. Researchers are still not sure how this works, but if this becomes more apparent, it could pave the way for offering a new way to treat this debilitating condition.

Originally native to Australia, eucalyptus trees are now grown all over the world and used for their medicinal properties. Their healing power comes from eucalyptus oil, which is made from the tree's oval-shaped leaves.

The leaves are dried, crushed, and distilled to release the essential oil. After the oil has been extracted, it must be diluted before it can be used as medicine. Here are nine benefits of eucalyptus oil.

1. Silence a cough

For many years, eucalyptus oil has been used to relieve coughing. Today, some over-the-counter cough medications have eucalyptus oil as one of their active ingredients. Vicks VapoRub, for example,

contains about 1.2 percent eucalyptus oil along with other cough suppressant ingredients.

The popular rub is applied to the chest and throat to relieve cough symptoms from the [common cold or flu](#).

2. Clear your chest

Are you coughing but nothing is coming up? Eucalyptus oil can not only silence a cough, it can also help you get the mucus out of your chest.

Inhaling vapor made with the essential oil can loosen mucus so that when you do cough, it's expelled. Using a rub containing eucalyptus oil will produce the same effect.

3. Keep the bugs away

Mosquitoes and other biting insects carry diseases that can be dangerous to our health. Avoiding their bites is our best defense. DEET sprays are the most popular repellants, but they're made with strong chemicals.

As an effective alternative for those who aren't able to use DEET, many manufacturers make a botanical compound to repel the pests. Brands such as Repel and Off! use oil of lemon eucalyptus to keep the pests away.

4. Disinfect wounds

The Australian aborigines used eucalyptus leaves to treat wounds and prevent infection. Today the diluted oil may still be used on the

skin to fight inflammation and promote healing. You can purchase creams or ointments that contain eucalyptus oil. These products may be used on minor burns or other injuries that can be treated at home.

5. Breathe easy

Respiratory conditions such as asthma and sinusitis may be helped by inhaling steam with added eucalyptus oil. The oil reacts with mucous membranes, not only reducing mucus but helping loosen it so that you can cough it up.

It's also possible that eucalyptus blocks asthma symptoms. On the other hand, for people who are allergic to eucalyptus, it may worsen their asthma. More research is needed to determine how eucalyptus affects people with asthma.

6. Control blood sugar

Eucalyptus oil has potential as a treatment for [diabetes](#). Although we don't know much at this time, experts believe that it may play a role in lowering blood sugar in people with diabetes.

Researchers haven't yet figured out how the essential oil works. However, until more is known, the scientific community recommends careful blood sugar monitoring for people using diabetes medication with eucalyptus oil.

7. Soothe cold sores

The anti-inflammatory properties of eucalyptus can ease symptoms of herpes. Applying eucalyptus oil to a cold sore may reduce pain and speed up the healing process.

You can buy over-the-counter balms and ointments for cold sores that use a blend of essential oils, including eucalyptus, as part of their active ingredient list.

8. Freshen breath

Mint isn't the only weapon against stinky breath. Because of its antibacterial properties, eucalyptus oil can be used to fight the germs that cause unfortunate mouth odor. Some mouthwashes and toothpastes contain the essential oil as an active ingredient.

It's possible that eucalyptus products may also help prevent plaque buildup on the teeth and gums by attacking the bacteria that cause tooth decay.

9. Ease joint pain

Research suggests that eucalyptus oil eases joint pain. In fact, many popular over-the-counter creams and ointments used to soothe pain from conditions like osteoarthritis and rheumatoid arthritis contain this essential oil.

Eucalyptus oil helps to reduce pain and inflammation associated with many conditions. It may also be helpful to people experiencing back pain or those recovering from a joint or muscle injury. Talk to your doctor about if it may be right for you.