

# Geranium



## Geranium Benefits

*Geranium (Geranium maculatum) also known as Cranesbill is indigenous to the Northeastern United States, where the herb has been utilized as a natural remedy for centuries. The plant features small flowers in a variety of colors. Many people feature the flowers in their gardens without even realizing the potential healing powers that the plants possess when used as herbs.*

### Active Ingredients

Geraniums look pretty, but the roots of cranesbill contain a powerful ingredient called tannin.

### Health Benefits

Tannin is responsible for soothing the digestive tract, and it is useful in preventing and treating frequent diarrhea. Geranium has been used for centuries as a way to treat such problems. The raw plant was used in the past but it is available today in easy-to-use supplements.

Geranium best benefits those with mild gastrointestinal ailments. The presence of tannin in the herb may help alleviate diarrhea, inflammation in the bladder and other symptoms related to Crohn's disease.

Historically, geranium was also used in folk medicine to stop abnormal bleeding, including that related to menstruation and uterine problems. Tannins can also act as a natural astringent to reduce inflammation and redness related to skin conditions, such as sores. Geranium may be applied topically to help treat haemorrhoids.

Less common uses of the herb are for the treatment of eye conditions, such as conjunctivitis and moderate retina irritations. Diabetic patients may turn to geranium as a possible natural treatment for vision problems.

### **Instructions**

Like many herbs, the healing power of geranium is derived from the roots. Capsules are the most common forms of the herb today, and they are best taken once or twice a day with a glass of water.

Experienced herb users might opt for a tea version, which is brewed with hot water and consumed throughout the day. Tincture versions of geranium can be more powerful than tea and capsules, so it is important to take extra care. Generally, users take 1/2 a teaspoon at a time, twice a day.

### **Geranium Herb Notes / Side Effects**

#### **Safety Precautions**

Geranium offers a wealth of health benefits, but it is best to use any herb under the strict guidance of a medical doctor or an alternative medicine practitioner. Indigestion is the most common side effect of this plant, and it is usually related to the over consumption of tannin contained in the herb. Generally, it is best not to take Geranium for more than three weeks at a time, unless otherwise directed by a health professional.

Pregnant women shouldn't use Geranium. Also, you should refrain from using Geranium while breastfeeding because the active ingredients can be passed to your infant through milk. Tannins in Geranium may also dry up breast milk altogether.

It is also important to exercise caution when mixing herbal remedies with prescription medications. Geranium contains other active ingredients that can potentially interact with other herbs that have the same features. The ingredients include calcium oxalate, gallic acid and potassium. Take care in combining herbal treatments to reduce the possibility of interactions. Herbs are powerful, and they have the propensity to interfere with or decrease the efficacy of any medications you might be taking.

# Everything You Need to Know About Geranium Essential Oil

Geranium essential oil is derived by steam distillation of the leaves of *Pelargonium graveolens*, a plant species native to South Africa. According to folklore, it was used for a wide range of health conditions.

Geranium oil is grown in many regions, including Europe and Asia. There are many varieties and strains of the pink flower with a fresh, floral fragrance. Each variety differs in scent, but is near-identical in terms of composition, benefits, and uses.

Geranium oil is widely used as an ingredient in perfumes and cosmetics. The essential oil is also used in [aromatherapy](#) to treat a number of health conditions. In aromatherapy, essential oils are inhaled using a diffuser, or diluted with carrier oils and applied to the skin for soothing benefits.

Researchers have examined the benefits of geranium essential oil in several human and animal studies. There's also anecdotal evidence about its benefits. It's thought to have [antioxidant](#), antibacterial, anti-inflammatory, antimicrobial, and [astringent](#) properties.

# Geranium essential oil benefits

Geranium essential oil has been well researched for some conditions, but is less researched for others. Make sure to check with a doctor before using it, and don't substitute geranium essential oil for a prescribed medication or treatment.

Geranium oil may be beneficial for the following conditions:

## Acne, dermatitis, and inflammatory skin conditions

A [2017 review of studies](#)<sup>Trusted Source</sup> on geranium essential oil indicated that its antibacterial, antimicrobial, and antiseptic properties make it beneficial for reducing [acne](#) breakouts, skin irritation, and [skin infections](#) when applied topically.

Geranium essential oil's anti-inflammatory properties also make it beneficial for a number of inflammatory conditions, including those affecting skin.

One [study](#)<sup>Trusted Source</sup> found that geranium essential oil shows promise as a potential anti-inflammatory medication with few side effects.

## Edema

An [animal study](#)<sup>Trusted Source</sup> indicated that geranium essential oil's anti-inflammatory qualities may make it beneficial for leg and foot swelling caused by [edema](#).

Anecdotal evidence indicates that adding geranium essential oil to bath water may be a good way to treat this condition. More research is needed to investigate the effects of geranium essential oil on edema.

## Nasal vestibulitis

[Nasal vestibulitis](#) is an uncomfortable condition associated with cancer drug treatment.

A [small observational study](#) and anecdotal evidence suggests geranium essential oil may ease nasal symptoms caused by this condition, such as bleeding, scabbing, pain, dryness, and sores.

For the study, geranium essential oil was mixed with sesame oil and used as a nasal spray in women undergoing chemotherapy for breast cancer.

## Infection

Multiple studies suggest geranium essential oil may fight off [bacterial infections](#). Geranium essential oil has antimicrobial and antibacterial properties, making it effective against multiple bacterial strains.

One [study](#)<sup>Trusted Source</sup> found that geranium essential oil was about as effective as [amoxicillin](#) at fighting bacterial strains, such as *Staphylococcus aureus*. The same study found that it was not effective at fighting *Listeria monocytogenes*, a different bacterial strain.

## Neurodegenerative disease

Certain neurodegenerative diseases like [Alzheimer's disease](#), [multiple sclerosis](#), [Parkinson's disease](#), and [amyotrophic](#)

[lateral sclerosis \(ALS\)](#) are associated with varying degrees of neuroinflammation.

A [study](#) found that high concentrations of citronellol, a component of geranium essential oil, inhibited nitric oxide production, reducing inflammation and cell death in the brain.

According to researchers, geranium essential oil might have benefits for people with neurodegenerative diseases that include neuroinflammation.

## Menopause and perimenopause

A [study](#)[Trusted Source](#) found that aromatherapy with geranium essential oil was beneficial at stimulating secretion of salivary estrogen.

Researchers theorized that geranium essential oil might be of value for women experiencing reduced estrogen and health-related symptoms caused by [menopause and perimenopause](#).

## Stress, anxiety, and depression

Aromatherapy is becoming more and more mainstream, even in hospital settings. A [randomized, clinical trial](#)[Trusted Source](#) of women in labor for the first time found that inhaled geranium essential oil had a calming effect and was able to reduce the anxiety associated with first-stage labor.

Anecdotal evidence also suggests geranium essential oil may promote relaxation and alleviate depressive mood. One [animal study](#)[Trusted Source](#) on mice analyzed the calming, antidepressive effects of the Reunion geranium (*Pelargonium roseum* willd) essential oil strain, and found it to be effective for reducing stress.

## Shingles pain

[Shingles](#) often result in postherpetic neuralgia, a very painful condition affecting the nerve fibers and skin that run along a nerve.

One [study](#) found that topical application of geranium oil significantly reduced postherpetic neuralgia pain within minutes of application. These effects were temporary, and required reapplication as needed.

## Allergies

According to one [preliminary study](#)[Trusted Source](#), geranium essential oil's citronellol content makes it potentially effective for reducing [allergic reactions](#). However, more study is needed.

Anecdotal evidence suggests that topical use may reduce itching caused by allergic reactions. This is because of the anti-inflammatory action of this essential oil.

## Wound care

Anecdotal evidence suggests that geranium essential oil may be beneficial for stopping minor wounds from bleeding. It may do this by speeding up coagulation, and by causing blood vessels to contract. It's antibacterial and antiseptic properties are also beneficial for healing.

## Diabetes

Geranium essential oil has long been used in Tunisia as a folk remedy treatment to reduce [hyperglycemia](#).

An [animal study](#)[Trusted Source](#) found that daily, oral administration significantly reduced glucose levels in rats. Researchers suggested

that geranium essential oil may be beneficial for alleviating high blood sugar in people with [diabetes](#), but also indicated that further study is needed.

Humans should not consume geranium essential oil. Research in humans is still needed, but aromatherapy added to a diffuser or applied topically might have the same effect.