

# AGARWOOD ESSENTIAL OIL HEALTH AND BEAUTY BENEFITS

## QUICK FACTS

Name:	Agarwood Essential Oil
Origin	It originated in Bhutan, North Eastern India, Cambodia, Vietnam, Indonesia, Philippines and Papua New Guinea.
Health benefits	Promotes relaxation, relieves symptoms of rheumatism, promotes reproductive health, digestive health, and acts as a diuretic

*Agarwood Essential Oil* (EO) is also known as *Aloeswood*, *Oud*, and *Gaharu*. This oil is very precious and rarely found in the wild. It's extracted from the various species of *Agarwood* trees such as *Aquilaria Malaccensis*, *Aquilaria Crassna* or *Aquilaria Agallocha*. Agarwood has a light or pale color when the trees are healthy; but after the wood is infected by disease, it turns dark, aromatic, and produces a resin called *oleoresin*.

The essential oil of agarwood is extracted from the rich dark resin through a water distillation process. The resin is like wine, the older the resin, the more it is prized. Since it is rarely found in the wild, the trees are now cultivated and artificially infected to create the resin used to extract the essential oils.

The quality of the oil is graded by the length of the distillation process. Agarwood promotes motility and increases sperm count. It helps with pain relief. Its diuretic properties promote urination, which helps detoxify the body by eliminating excess uric acid and sodium.

## HISTORY

It's native to Bhutan, North Eastern India, Cambodia, Vietnam, Indonesia, Philippines, and Papua in New Guinea. Agarwood has a pleasing and complex odor. It is usually sold by weight and mostly consumed in Japan and Saudi Arabia. It is also known as Aloeswood.

## HEALTH BENEFITS

Agarwood EO possesses anti-inflammatory and analgesic properties that help relieve symptoms of rheumatism, arthritis, pain and swelling. It functions as a diuretic by eliminating excess sodium, toxins and uric acid through urination. It supports digestion. It also supports skin health by eliminating free radicals. It reduces the appearance of fine lines and wrinkles. Its aroma helps enhance mood and focus mind.

## RELAXATION

Agarwood EO increases mental acuity and emotional quotient. It also alleviates anxiety and stress. A few drops could be inhaled directly or diffused through the night. It helps treat insomnia. It is used by Tibetan monks to enhance energy and calm the mind.

### **RELIEF RHEUMATISM**

This EO helps to provide relief from painful conditions such as arthritis and rheumatism because it possesses anti-inflammatory, anti-rheumatic, and analgesic properties.

### **REPRODUCTIVE HEALTH**

Agarwood EO helps increase motility, sperm count, and libido. Do a patch test before applying to skin.

### **AS A DIURETIC**

Agarwood EO possesses diuretic properties that help relieve fluid retention through urination. It assists in detoxifying the body by eliminating excess uric acid and sodium.

### **DIGESTIVE HEALTH**

Agarwood EO helps treat various digestive problems. It possesses stomachic and carminative properties that provide relief from gas and bloating. It promotes the secretion of gastric juices.

### **SKIN HEALTH**

It nourishes skin and treats skin conditions. It repairs damaged skin cells and counteracts damage from free radicals.

### **TRADITIONAL USES**

1. It helps treat inflammatory conditions such as rheumatism, gout, bronchial infections, chronic headaches and cardiovascular problems.
2. This oil helps clear bronchitis, eliminate body odor, ease headaches, treat skin conditions, and cirrhosis of the liver.
3. It helps to treat bronchial asthma, stomach problems, painful joints and rheumatic aches.
4. It is also used to lower blood pressure.
5. Massage with a few drops of Agarwood oil on tummy to aid digestion, and provide relief from bloating and gas.
6. Topical application of Agarwood EO (few drops to the bottom of the feet) aids in expelling toxins.
7. Massage diluted with carrier oils to painful joints or aching muscles or add to a hot compress and applied to affected area.
8. It helps prevent urinary tract problems.

### **PRECAUTIONS**

- Pregnant and breast feeding women should consult their doctor before use of any EOs.
- It should be diluted with other EOs or carrier oils.
- A patch test should be done before using.

### **HOW TO USE**

Add to a diffuser for focus and relaxation while meditating.

It could be massaged to the body or affected areas of soreness. It should be diluted before topical application.

Add a few drops to a warm bath for relaxation.

Add a few drops to a facial cleanser or body wash to revitalize skin.

## OTHER FACTS

- It is used to make perfumes or as a deodorant.
- It is commonly blended with sandalwood, myrrh, frankincense, jasmine, lemon, rose, bergamot, patchouli, vetiver, orris root, palo santo, lime, and ylang ylang.

## AGARWOOD EO FACTS

Agarwood has a luxurious and unique aroma. Pure Agarwood oil is quite expensive. It is extracted from the heart of the agarwood tree which has become an endangered species. It is used for its anti-inflammatory properties. This oil has a strong aroma which is why it is used for making perfumes. Agarwood oil is said to provide mental clarity. It helps nourish skin from within by eliminating free radicals.

Name	Agarwood EO
Native	Originated in Bhutan, North Eastern India, Cambodia, Vietnam, Indonesia, Philippines and Papua New Guinea.
Common/English Name	Gaharu, Oud oil, Aloeswood oil
Color	Brown
Flavor/aroma	Deep exotic, sweet, warm, earthy, woody

## REFERENCES:

<https://webessentialoils.com/Agarwood-essential-oil/>

<https://www.healthbenefitstimes.com/category/essential-oils/>