

ANGELICA



Plant/Part : Herbs/Seeds/Roots (Source: Northern Europe, Russia, and Greenland)

Latin Name : *Angelica archangelica*

Family : Umbelliferae

Base Extraction : Distillation

AROMA: Sweet, Herbaceous and a little musky.

PROPERTIES: Antispasmodic, Aphrodisiac, Carminative, Diuretic, Emmenagogue, Expectorant, Stomachic, Stimulant, Tonic.

CHEMICAL CONSTITUENTS: Borneol, Linalool (Alcohol), Bergaptene (Lactone), Limonene, Phellandrene, Pinene (Terpenes).

PRECAUTIONS: Excessive use may over stimulate the nervous system possibly causing insomnia. Could be phototoxic, i.e. causing irritation when the skin is exposed to the sun. Best avoided in pregnancy and diabetes.

BLENDS : Basil, Chamomile, Geranium, Grapefruit, Lavender, Lemon, Mandarin.

Uses:

General: reduces fever (febrifuge), causes sweating.

Digestive: stimulates the production of gastric juices (carminative), aids digestion. used for indigestion, dyspepsia, flatulence.

Genito-Urinary: stimulates the production of urine (diuretic) and menstrual blood (emmenagogue).

Circulatory: cleanses the blood (depurative).

Immune System: strengthens.

Respiratory: relieves coughing, helps to expel mucus, relaxes the respiratory muscles, used for bronchitis, asthma, colds, flu.

Skin/Hair: used for dull and congested skin, psoriasis.

Emotions/Mind: strengthens the nervous system (nervine), used for fatigue, migraine, nervous tension and stress.



Angelica is a genus of about 60 species of tall biennial and perennial herbs in the family Apiaceae native to temperate and subarctic regions of the Northern Hemisphere reaching as far North as Iceland and Lapland. They grow to 1-3 m tall, with large bipinnate leaves and large compound

umbels of white or greenish-white flowers. It is a rather large, water-loving herb, with broad pointed leaves dividing into smaller leaflets and has small white-green flowers. It has a strong aromatic scent and a large rhizome.

In past times the seeds and roots of Angelica used to be burned as incense to perfume the house. Legend says the herb takes its name from the story that an angel came to earth when plague was rampant and told people to hold a piece of Angelica root in their mouths to ward off the pestilence, however, It is called Angelica, since it normally flowers on the 8th May, which is St Michael the Archangel's Day, and for this reason it is often planted in monasteries and is referred to as "Angel Grass".

The plant is said to originate from Africa and was introduced to Europe in the 16th century. It is considered a native plant of northern and eastern Europe, as well as parts of Asia and the Soviet Union, and is found in Scotland, Holland, Lapland and Germany. This herb is included in the famous Chartreuse and Benedictine liqueur. When the Black Plague swept Europe, the herb was considered an antidote for it, and "Angelica Water" was taken up in a Royal Prescription and published by the College of Physicians when the plague swept London in 1665. It is also used to flavor gin, perfumes, and traditionally candied for cake decoration and confectionery.

Angelica essential oil is extracted from the plant *Angelica archangelica* (*A. officinalis*), of the Umbelliferae family. It is a sweet herbal smelling oil that has a spicy undertone and is also known as European Angelica.

Angelica oil can be used to help in the treatment of dull congested skin, irritation, **Psoriasis**, accumulation of **Toxins**, **Arthritis**, **Gout**, **Rheumatism**, water retention, **Bronchitis**, **Coughs**, **Anaemia**, **Anorexia**, **Flatulence**, **Indigestion**, **Fatigue**, **Migraine**, nervous tension and **Stress** related disorders. Detoxifying and soothing. Helpful during winter months when many are suffering from **Colds** and **Flu**. Helps mental clarity, and relief for **Aches and Pains**.

Angelica oil may over stimulate the nervous system. The essential oil extracted from the root can cause photo-toxicity, which in turn could cause irritation should the skin be exposed to the sun. Safety during pregnancy has not been determined and it should not be used by **diabetics**.