

VIOLET



Plant/Part: Flower/leaves (Source : France and Egypt)

Latin Name: Viola Odorata

Family: Violaceae

Extraction: Enfleurage

AROMA: Dry, sweet and somewhat hay-like.

PROPERTIES: Violet has an affinity with the kidneys and tends to exert a purging effect on urine, therefore helpful with cystitis particularly where there is a sharp pain in the lower back. May also help to disperse general congestion in the body and has mild laxative properties. Will also induce vomiting. Often acts as a liver decongestant and could be helpful with jaundice, as well as clearing hangovers! Allegedly a strong aphrodisiac, beneficial to sexual problems, reputedly restoring libido. Possibly of assistance to menopausal symptoms such as irritability and hot flushes. Also said to have some pain killing

properties and may ease rheumatism, fibrosis and gout.

CHEMICAL CONSTITUENTS: Salicylic (Acid), Benzyl (Alcohol), Parmone (Ketone), Eugenol (Phenol).

PRECAUTIONS: Unknown.

BLENDS: Benzoin, Citronella, Frankincense, Grapefruit, Jasmine, Lavender, Lemon, Orange, Sandalwood, and Rose.

An absolute is obtained from the leaves of Violets (*Viola odorata*) which is mainly used in high class perfumery. Small amounts are occasionally available to aromatherapists, though at extremely high prices. All parts of the Violet plant (petals, leaves, rhizome) contain salicylic acid, glucosides and an alkaloid named violine, from which the plant derive; its properties. The absolute has a fresh, dry aroma resembling hay.

It is antiseptic, and has healing properties which are especially valuable in treating skin problems. It is reported to have pain-killing properties, which one would expect from the presence of salicylic acid. Violet leaves have been used in the treatment of RHEUMATISM, and for harsh COUGHS with difficult breathing.

MRS. GRIEVE mentions that Violet leaves have been used in the treatment of cancer in various preparations, including infusions, compresses and a poultice made from the fresh leaves, and she cites some cures, so it might be worth investigating the possibility of using Violet Leaf absolute alongside other therapies, either orthodox or not, in helping CANCER patients.