

Benefits of Lemongrass Essential Oil

Benefits of lemongrass essential oil include repelling insects, treating infections, reducing fever, helping injured ligaments heal, reducing swelling, easing muscle pain, and relieves intestinal distress.

Lemongrass, comprising various species of the genus *Cymbopogon*, are tropical plants grown mostly in the tropics of South and Southeast Asia. It grows spontaneously in tropical regions and Savannah. Lemongrass essential oil is extracted from the leaves and stalks of these grassy plants.

Most popular is the *Cymbopogon citratus* species which has a strong lemon scent.

Lemongrass has a citrus scent and is often used in soaps, cooking, beverages, and herbal medicine. It's a very popular oil in aromatherapy.

Benefits of Lemongrass Essential Oil

It is used around the world as a herbal medicine. It is used to treat a variety of problems:

- India: gastrointestinal problems
- China: ansiolitic (inhibits anxiety)
- Malay Peninsula: flu, fever, pneumonia, gastric problems
- Nigeria: reduce fever and muscle spasms
- Indonesia: promote digestion and improve production of urine.
- Africa & Asia: relieve coughs, antiseptic, promote sweating, reduce pain

Lemongrass essential oil uses and benefits come about because of the chemical components of lemongrass oil.

The journal article [Chemical composition of *Cymbopogon citratus* essential oil and its effect on mycotoxigenic *Aspergillus* species](#) indicate the oil contains a “high percentage of geranial (39.53%), neral (33.31%), and myrecene (11.41%).” These three chemical components of lemongrass represent 84.25% of all chemicals found in lemongrass essential oil.

One component often mentioned with lemongrass is Citral. This comes in two forms or isomers. One is known as geranial (citral A) while the other is known as neral (citral B). These components were listed separately above.

So, we can write the major components of lemongrass essential oil as follows:

- Citral (72.84%)
 1. Citral A / [geranial](#) (39.53%)
 2. Citral B / neral (33.31%)
- Myrecene (11.41%)

Additional minor components and their concentrations often mentioned for lemongrass include:

- Citronellal 0.12%
- Geranyl acetate 0.24%

The lemongrass essential oil uses and benefits often depend on where the lemon grass is grown. Weather conditions and soil nutrients play an important role in the concentrations of chemical components of lemongrass oil.

Another study, [Application of molecular sieves in the fractionation of lemongrass oil from high-pressure carbon dioxide extraction](#) showed ranges (in parts per million) for these components from various samples as follows:

- geranial 46.2-80.6 ppm
- neral 22.6-63.7 ppm

- myrecene 0.8-3.6 ppm

So, it's obvious that various samples will contain different concentrations of these components. Environmental conditions where the plants are grown and methods of oil extraction can contribute to these differences.

These chemical components of lemongrass essential oil actively affect various parts of the body to address a range of conditions.

Lemongrass essential oil has been shown to have many important benefits and uses including:

- Antimicrobial properties. Helps to heal wounds and prevent infections from bacteria.
- Antifungal properties. Works against fungi that cause athlete's foot, ringworm and jock itch.
- Anti-inflammatory properties. Reduces edema or swelling when applied topically. And, as swelling goes down, pain is often relieved.
- Reduces stress. Aromatherapy often reduces stress and anxiety.

Cautions

Lemongrass can cause skin irritation. So try an application to a small area of skin before using it as a general massage oil. Also, people with estrogen-dependent cancer or children under the age of 6 (some say under the age of 2) should not use this oil.

Benefits of Lemongrass Essential Oil

The following video summarizes the benefits of lemongrass.

The health benefits and uses of lemongrass.

Benefits of Lemongrass Essential Oil

1. Lemongrass is a tasty herb used in Thai cooking and has some wonderful health benefits for the human body.
2. This is a citrusy smelling grass which grows in Australia, Asia and Africa and is also known as barbed-wire grass or simbop agon.
- 3 It is commonly used as a natural medicine in India to treat many problems and can be purchased fresh in powdered form or as lemongrass oil.
4. High cholesterol levels are common in many people. This herb helps to lower these levels and reduce harmful triglycerides in the blood. This helps the body to circulate blood in a healthy way, reducing the risk of heart problems.
- 5 Lemongrass also contains citral, a powerful compound which prevents cancer cells from spreading, especially in cases of skin or breast cancer.

Benefits of Lemongrass Essential Oil for Nutrition

- 6 When eaten regularly lemongrass helps your body to absorb more nutrients. This strengthens the immune system and the body's defenses against diseases and infections.
- 7 Studies have shown that lemongrass can help cells in the body to communicate more effectively which reduces inflammation throughout the body.
- 8 Many people use lemongrass oil as a natural skin tonic as it can be used to cleanse oily skin and clear up acne. It has a gentle, antiseptic quality which cleans and strengthens the skin tissues and pores.
- 9 In traditional medicine, people have used lemongrass for kidney stones. Extracts from within the herb have been shown to improve kidney health. And therefore works well when

blended into kidney cleansing smoothies and juices.

Benefits of Lemongrass Essential Oil on Aging

10 It contains many powerful antioxidants, flavonoids, and polyphenols which boost the overall health of the body. These work to slow down the effects of aging.

11 Lemongrass tea is excellent for treating insomnia and those who struggle to sleep at night. It has a soothing effect on the central nervous system and helps you to unwind.

12 It contains neral, citronella, depintine, myRacine, geranium, and methyl heptanon. These are powerful essential oils which destroy harmful fungus and bacteria in the body. It is common to use lemongrass oil in aromatherapy as these oils create a wonderful smell which promotes relaxation and peacefulness.

13 Lemongrass oil is also used in massage oils for relaxation and to improve the quality of the skin. It is said to increase blood circulation and tighten sagging skin.

Benefits of Lemongrass Essential Oil for Fat Burning

14 We recommend adding fresh or powdered lemongrass into your diet when trying to lose weight. It has been shown to fight obesity by causing your body to use stored fat for energy and boost the metabolism.

15 Lemongrass is also used in products such as insect repellents, deodorants, shampoos, conditioners, pet products, candles, cosmetic products, and perfumes.

16 Nutritionally, lemongrass contains many nutrients such as vitamin A, B1, B2, B3, B5, B6, C, and folate. And minerals including potassium, magnesium, calcium, iron, zinc, copper, and manganese.

17 Whole stems of lemon grass can be added to delicious stews and curries to add flavor and nutrients and then removed before serving.

18 To learn more about healthy herbs and foods please see our other videos.

Thank you very much for listening to the lemongrass essential oil uses and benefits. A LIKE is always appreciated. And remember to subscribe for more healthy videos. I wish you great health, wealth, and happiness.

Full

Article:

<http://potla5.blogspot.co.uk/2018/05/lemongrass-benefits-and-uses.html>