

## EO of the Month November 2013



### Vetiver (aka Vetivert or Khus Khus) *Vetivera zizanoides*

#### Plant Origin:

Southern India, Himalayan mountains, Malaysia, Sri Lanka and Indonesia. Also cultivated in Réunion Island (called "Bourbon", which is considered the best Vetiver), Haiti, Java and many other countries.

#### Largest Producing Countries:

India, Haiti, Sri Lanka, Réunion Island

#### Plant parts used:

Roots

#### Unusual facts:

**VETIVER** is called "The Oil of Tranquility" in India. "The common name for the grass comes from its Tamil, India name, *vetiverr*, meaning 'Hatched up' – a description of the way in which the roots are collected. In Java, vetiver is called *akar wangi*, or 'fragrant root'".<sup>1</sup> In India the grass is "woven into screens and blinds... in the burning noon of summer... they are doused with water... creating a cool, sweet scent... that turns the scorching winds that dehydrate into moist balmy breezes."<sup>1</sup> **VETIVER** is an excellent insect repellent. To repel moths, put a few drops on a cotton ball and put in a small perforated box. Place in closet, between clothes, near wool and fur to keep moths away.

#### Scent:

**VETIVER** is a sweet base note that is very earthy, musty, deep, woody and heavy. Some describe it as smelling like a damp forest floor. It is deeply grounding and relaxing, like being cradled by Mother Earth.

#### Properties:

Antiseptic, antispasmodic, calming, grounding, depurative (purifier), rubefacient (locally warming), sedative (nervous system), stimulant (circulatory, production of red corpuscles), tonic, vermifuge.

#### Mental, Emotional and Spiritual effects:

Because it quiets the mind, **VETIVER** is useful during prayer and meditation. To quiet and focus the mind, try it in a blend with Frankincense, Sandalwood, Bergamot and Myrrh. The scent of **VETIVER** is "uplifting, relaxing and comforting, releasing deep fear and tension. It cools the body and mind of excessive heat and grounds, centers and gives individuals who tend to feel nervous, anxious or overly sensitive, a sense of security".<sup>2</sup> **VETIVER** is indispensable when we encounter the Dark Night of the Soul. It "helps us to remain calm when unsettling events affect the spiritual self and when facing adversity. Gently, and without disturbing the creative forces, **VETIVER** steadies and calms any inner disquiet, and in the calmness may come the answers we seek".<sup>3</sup> So it is wonderful for "regrouping and rebounding from a crisis situation... aiding our rebirth so we can be like the phoenix rising from the ashes".<sup>4</sup> **VETIVER** is also an aphrodisiac. Try a blend in Apricot Kernel Oil with Benzoin, Bergamot, Jasmine, Lavender and Ylang-Ylang while being careful to avoid sensitive parts of the body. Use **VETIVER** by itself for balancing the Root Chakra.

#### Physical effects:

**VETIVER** strengthens the nervous system. It is a mild sedative and is useful for depression, stress, anxiety, irritability, anger, insomnia, nervousness and mental and physical exhaustion. Eases postpartum depression, menopause and any other low-estrogen condition. Helps with anorexia, liver congestion, and any "hot" disorder related to inflammation such as arthritis, muscular aches and pains, rheumatism, sprains and stiffness.

#### Skin:

It balances sebum production, so is useful in treating both oily and dry skin. Acne, wounds, dry or irritated skin, oily skin, scars, insect bites and stings. To heal wounds, add **VETIVER** to a blend of virgin Coconut oil, Aloe Vera juice or gel, Tea Tree, Eucalyptus, Lavender and German or Roman Chamomile.

#### Blends with:

All citrus oils, Lemongrass, Lemon Verbena, Benzoin, Clary Sage, Lavender, Sandalwood, Ylang Ylang, Geranium, Melissa, Black Pepper, Coriander, Ginger, Jasmine, Patchouli, Marjoram and Rose.

**CAUTIONS:** **VETIVER** is considered safe and is non-toxic, non-sensitizing and a non-irritant, however, consult your physician before using with children, pregnant women, or the frail elderly.

<sup>1</sup> [Aromatherapy for Healing the Spirit](#) by Gabriel Mojay

<sup>2</sup> [Aromatherapy](#) by Kathi Keville and Mindy Green

<sup>3</sup> [The Fragrant Heavens](#) by Valerie Ann Worwood

<sup>4</sup> [Your Essential Nature: A Guidebook of Essential Oils for Energy Workers](#) by Nita Morrow Hill

[Essential Oils Desk Reference](#) by Young Living Essential Oils

[The Encyclopedia of Essential Oils](#) by Julia Lawless

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