Science Awareness Committee

LEARNING GARDEN INITIATIVE

Member Enrichment Programme

22nd Webinar

The Healing Wonder Flowers: Lavender and Roman Chamomile

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Date: 21st October 2020, Wednesday
Time: 3 pm

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Aromatic plants, their extracts and oils have been used for thousands of years as incense, perfume and cosmetics, for food preservation and culinary delights as flavor enhancers. Our ancients knew by instincts the effect of aroma ingredients of plants on the mind and the body. When aromas healed it got incorporated into religion believing that it was the will of God. We will look at two exotic plants form the high- altitude regions. I will also touch on Rosehip oil or Rose haw to introduce you to a very exotic and highly beneficial essential oil from the wild Himalayas. It has tremendous benefits in skin care and yet many are not aware of it.

Lavender and Chamomile (Babune ka phool)

Lavender – Has about 350 chemical compounds of which the major ones are Linalyl acetate and linalool. Lavender oil has clinical benefits on the central nervous system, antimicrobial activity; spasmolytic activity (soothes the muscles). It is anticarcinogenic and antioxidant. They have sedative and local anesthetic effect. Linalool is also antibacterial, antifungal and insecticidal. Topical application of lavender oil can be detected by the presence of linalyl acetate and linalool in blood stream.

Chamomile- German Chamomile contains major compounds Chamazulene and Bisabolol. It has a sedative effect due to a flavonoid Apigenin that binds to Benzodiazepine receptors in the brain. Hence, it is the best treatment for Insomnia.

Roman Chamomile relaxation and calming properties on the digestive system. Terpenoids giving a unique smell and flavonoids are strong antioxidants that boost immune system for benefits and are anti inflammatory. It is best known for hypnotic effect.

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