

Plant of the Month

By Iris Solorzano, Alkemist Labs, April 2021



History

The earliest written accounts of lavender can be found in the writings of early Greek scholars such as Theophrastus (370-285 BC.) The ancient Greeks called it *νάρδος* : *nárdos*. Its late Latin name was *lavandārius*. During Roman times, flowers were sold for 100 denarii per pound, which was about the same as a month's wages for a farm laborer. Lavender is native to the Mediterranean region.



Botanical Characteristics

Shrubs dwarf, stellate tomentose. Branches gray-brown to dark brown, with long flowering and short leafy shoots, bark longitudinally exfoliating. Leaves widely spaced on flowering shoots. The flower has a short peduncle and consists of a bluish-grey tubular calyx divided distally into 4 very short teeth and a small rounded lobe. Nutlets 4.

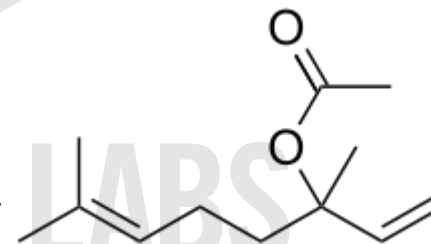
Lavandula angustifolia/
Lavandula officinalis
Lavender flowers

Use/Benefit

Lavender preparations have traditionally been used for anxiety, infections, pain and a variety of other conditions, often as aromatherapy. Internal: mood disorders such as restlessness, insomnia, functional upper abdominal complaints (nervous stomach irritations, Roehmheld syndrome, meteorism, nervous intestinal discomfort). Balneotherapy: For treatment of functional circulatory disorders.

Pharmacology/Toxicity

Essential oil of Lavender contains mostly monoterpenes, the main component is R(-)-linalyl acetate (30-55%), linalool (20-35%). Also contains tannins particularly rosmarinic acid, flavonoids, traces of phytosterols and tripenes.



R (-)-linalyl acetate



References

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