

What is an Expectorant?

Cold and Flu season is here and every one is congested. You will hear talk about coughing and congestion and that they need an "Expectorant".

Since many folks are not familiar with medical terminology you may not have a clue as to what they are talking about.

Well, an Expectorant is (according to the Merriam-Webster Dictionary): an agent that promotes the discharge or expulsion of mucus from the respiratory tract ; *broadly* : an antitussive agent

— *expectorant adjective*

So now you have the definition but how can you use essential oils to help this congestion?

What essential oils possess the properties of expectoration?

Several essential oils can help to thin the mucous and that will help relieve the tightness so you can more easily cough and 'expel' this mucous. Several help by reducing the inflammation in the airway and discomfort due to the inflammation.

The following essential oils are good to help thin down the mucous in the nasal passage and throughout the entire respiratory tract - bronchial tubes and other structures in the lungs.

The most commonly known ones of course are: Eucalyptus, Rosemary and Several of the Conifer trees: Fir, Pine and Spruce needles.

But there are others that may work too depending on your personal preference and the condition or infection you may be using them to give yourself relief. The following list is not in any particular order. You may want to try different essential oils over the period of your congestion to see if you have better results with one oil over another.

Cajuput, Camphor, Blue Tansy, Cistus, Bergamot, Cardamom, Clove bud, Ginger, Helichrysum, Cedarwood, Litsea Cubeb, Cypress, Elemi, Fennel, Frankincense, Hyssop, Lavandin, Sweet Marjoram, Niaouli, Peppermint, Spearmint, Myrtle, Oregano, Pennyroyal, Fir, Pine, Spruce, Ravensara, Sage, Thyme.

Decongestion and Expectorant Blend

Eucalyptus Radiata (best for children) or E. Globulus (if adult) - 25 drops

Thyme ct linalol - 10 drops

Myrtle - 10 drops

Niaouli - 10 drops

Ravensara - 5 drops

Blend well - then place several drops on the cotton pad of any cold air fan diffuser. Let this run continuously for several hours in the room you are occupying.

This blend can also be used in a bowl of hot water - place 3-4 drops in a bowl of hot water and inhale the vapors that rise. You do not need to drape a towel over the bowl or your head. Just inhale the warm essential oil filled air as it diffuses.

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