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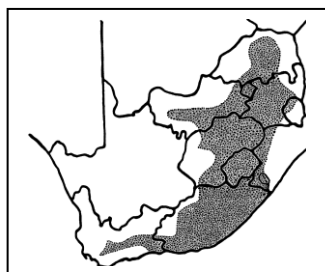
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ARTEMESIA AFRA Organic Essential oil

LATIN NAME:	Artemesia Afra
OTHER NAMES:	Wilde Als; African wormwood; Lanyana
SOURCE:	Steam distilled from the flowering plant.
CULTIVATION:	Organically grown
COLOUR:	Clear, straw colour to viscous yellow liquid.
ORIGIN:	South Africa.
AROMA:	Strong, sticky pungent, deep sweet herbaceous, camphor like smell



OVERVIEW



This oil is extracted from Artemesia Afra (also known as Wilde Als and Lanyana) of the Compositae family. Artemesia afra is an erect multi-stemmed perennial shrub of up to two metres in height. It has feathery leaves, finely divided which is usually greyish to green in colour. Yellowish and inconspicuous flowers appear on branch ends.

Origin of Artemesia Afra oil: Artemesia afra is a common species in South Africa with a wide distribution from the Cederberg Mountains in the Cape, northwards to tropical East Africa and stretching as far north as Ethiopia. In the wild it grows at altitudes between 20-2 440 m on damp slopes, along stream sides and forest margins. Artemesia afra (Afra = come from Africa) is the only indigenous species in this genus

EXTRACTION & PRODUCTION

Extraction: Artemesia afra oil is extracted from the leaves, stalks and flowers by means of steam distillation. The harvesting time starts when the flowers are just starting to form which is from mid March to seed time until end of May

Production of Artemesia afra Oil at HIGHLAND ESSENTIAL OILS

It is commercially planted and harvested at Highland Essential Oils but also harvested in the wild by the local people when flowering from mid March - June



CHEMICAL COMPOSITION

The main components in Artemisia Afra oil are

- a-Thujone;
- b-Thujone;
- 1,8 – Cineole;
- Borneol
- a-Pinene



USES

Insecticide: Artemisia afra is used in natural organic insecticide sprays and is used as a moth repellent in cupboards.

Fungicide: can help with fungal infestation.

Liqueur: Artemisia afra is the main active ingredient of the spirit liqueur Absinthe

Health benefits: Artemisia afra is one of the oldest and best known medicinal plants, and is still widely used today in South Africa by people of all cultures. The list of uses covers a wide range of ailments from coughs, colds, fever, flu, loss of appetite, colic, headache, earache, gastro – intestinal disorders, intestinal worms, to malaria. Artemisia afra (roots, stems and leaves) is used in many different ways and taken as enemas, poultices, infusions, body washes, lotions, smoked, snuffed or drunk as a tea. A not so common use is to place leaves in socks for sweaty feet or make a spray with oil in ethanol to spray feet. The painkilling and relaxing properties of Artemisia afra oil acts as a local anaesthetic for rheumatism, neuralgia and arthritis.

It has antimicrobial and antibacterial activities and it is able to cure ringworm in guinea pigs, Artemisia afra and its constituents are potentially useful for the management of hypertensive conditions. The oil is used as an inhalation for the relief of headache and nasal congestion or put in a lotion to treat haemorrhoids. Put a few drops (5-8) in a hot bath for menstrual pain or after childbirth. In traditional practice, fresh leaf is inserted into the nostrils to relieve nasal congestion

Warmed leaves may be applied externally as a poultice or use a few drops on a warm compress to relieve inflammation

PRE-CAUTION

The toxicity of thujone, a common component of the essential oils of Artemisia can cause restlessness, vomiting, vertigo, tremor, convulsions and fatty degeneration of the liver with excessive or prolonged use.

The use of this oil during pregnancy is not recommended

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