



Maharishi Aroma Therapy

Brings You the Healing Power of Nature from Around the World

Supporting the Immune System

The following essential oils: Thyme (thymol, borneol), Frankincense, Spruce (black), Cinnamon (leaf), Vetiver, Ajowan, Cajeput, Cistus, Elemi, Nigella, Palo Santo, Tulsi, Tea Tree, Niaouli, Bay Laurel, Savory (mountain), Fir (Hemlock and Siberian), Myrtle (green), Rosewood, Clove bud, Ravintsara

How to Use: Diffusion (micro-diffuser), Local application, Massage, Bath

IMPORTANT: Essential oils should always be well diluted (1–3% essential oil) in a carrier oil (sesame, coconut, almond oil, Jojoba oil) before applying to the skin.

Research on the Power of Essential Oils:

Many universities and research institutes in various countries have conducted research on the health promoting benefits of pure (therapeutic grade) essential oils. Among the important results are those relating to the powerful antimicrobial and antibacterial properties contained in many essential oils.

There is a well-known formula that combines **Clove bud** (*Eugenia caryophyllus*), **Lemon** (*Citrus limonum (per)*), **Cinnamon bark** (*Cinnamomum verum*), **Eucalyptus globulus** (*Eucalyptus globulus L.*), **Rosemary verbenone** (*Rosmarinus officinalis Ct. verbenone*).

This blend of essential oils known by herbalists as "Thieves" is based on an ancient herbal formulation, originating in Europe. **VEDAROMA calls its blend based on this formula 'Panch Pandava'.**

There are numerous published research studies on the benefits of each individual essential oil in this special blend, and **in 1997, research conducted at Weber State University in Utah, USA, verified the very effective anti-bacterial, antiviral activity of the above blend of essential oils against airborne micro-organisms.** The finding states: *Diffusion of the oil blend, Thieves, can significantly reduce the number of aerosol-borne bacteria and may have application in treating air for enclosed environments and preventing transmission of aerosol-borne bacterial pathogens.* *Journal of Essential Oil Research [J. Essent. Oil Res.]. Vol. 10, no. 5, pp. 517-523. Sep-Oct 1998.9*

One analysis showed a 90 percent reduction in the number of gram positive *Micrococcus luteus* organisms after diffusing this powerful blend for 12 minutes. After diffusing for 20 minutes, there was a 99.3 percent reduction.

Another study against the gram negative *Pseudomonas aeruginosa* showed a kill rate of 99.96 percent after just

12 minutes of diffusion of this blend of essential oils.

These oils are highly antiviral, antiseptic, antibacterial, anti-infective and can help to protect the body against flu, colds, sinusitis, bronchitis, pneumonia, sore throats, cuts, and so on.

Research on Clove bud (*Eugenia caryophyllus*) essential oil found that it has the power to destroy typhoid bacillus within minutes. In the following study it was found that Eugenol (an active compound in Clove bud essential oil) inactivated *Salmonella typhi* within 60 min exposure. **Eugenol (an essential oil of Clove) acts as an antibacterial agent against *Salmonella typhi* by disrupting the cellular membrane:** *Article in Journal of Ethnopharmacology Devi KP, Nisha SA, Sakthivel R, Pandian SK. 2010 6 July;130(1):107-15 · May 2010*

Cinnamon bark (*Cinnamomum verum*), Clove bud, Lemongrass, Citronella, Thyme, Oregano, and Tea Tree essential oils are among the most effective at killing MRSA and other strains of so called 'Super Bugs' resistant to antibiotics.

Microbiologists at Manchester Metropolitan University (MMU) in the UK, worked with industry to create a vapouriser which sprays essential oils into the air to kill harmful micro-organisms. A nine-month trial of the system at Wythenshawe Hospital, an acute teaching hospital, documented very successful results with airborne bacteria, including MRSA (a type of bacteria resistant to several antibiotics), reduced by 90% and infections on the ward plummeting.

This research team used a blend of the essential oils of Patchouli, Tea Tree, Geranium, and Lavender. **Vapour-phase activities of essential oils against antibiotic sensitive and resistant bacteria including MRSA.** *A.L. Doran W.E. Morden K. Dunn V. Edwards-Jones. First published: 09 March 2009 <https://doi.org/10.1111/j.1472-765X.2009.02552.x>*





Essential oils have been shown to have the highest ORAC scores

Many other research studies have looked into the power of essential oils to fight free radicals – ORAC – Oxygen Radical Absorption Capacity. Essential oils are most effective.

The oxidative stress caused by free radicals, which are produced during normal metabolism and cell function, as well as from stress and pollutants in our air, water, and food, is implicated in everything from ageing and wrinkling of skin to DNA damage, diabetes, cancer and heart disease.

Antioxidants offer powerful, effective protection for our body and cells against their oxidative stress, by offsetting the damaging effects of free radicals.

USDA researchers at Tufts University in Boston, Massachusetts, have developed a laboratory test to measure the ORAC of different foods and natural substances. Known as the ORAC scale, this is one of the most sensitive and reliable methods for measuring antioxidant capacity. The first test of its kind, the ORAC (Oxygen Radical Absorbance Capacity) scale measures both the time and degree of free-radical inhibition.

Medical doctors start to recognise in certain essential oils natural substances that are powerful antibiotics

At the 69th annual meeting of the American Academy of Orthopaedic Surgeons (February 2002), representing

25,500 orthopaedic surgeons from around the world, it was stated that **Oregano essential oil** is the ultimate antibiotic. Various research studies document its effectiveness, one of which concludes: *The investigation suggests potentials of Oregano oil as an alternative to antibiotics for the treatment of wound-associated infections regardless of antibiotic susceptibility.* **Bactericidal Property of Oregano Oil Against Multidrug-Resistant Clinical Isolates: Min Lu,¹ Tianhong Dai,^{1,*} Clinton K. Murray,² and Mei X. Wu^{1,*}**

New antibiotics against virulent germs / bacteria are urgently needed. In the past year doctors and clinics used too many so called reserve antibiotics. These reserve antibiotics are only administered when others are no longer effective, because reserve antibiotics (Fluorquinolones) have serious side effects.

The research institute connected to the German health insurance company, AOK, found that for an estimated 3.3 million patients treated with antibiotics containing fluoroquinolones, as part of 3.5 million therapies in Germany in 2018, possibly more than 40,000 patients were affected by side effects such as damage to the nervous system, the aorta or a torn tendon and many fatally affected.

www.aok-bv.de/hintergrund/dossier/arzneimittel/index_22170.html

The plant kingdom, over millions/ billions of years, has itself the innate intelligence, sophistication, and power to ward off all forms of virus, bacilli, bacteria, fungi, predators, etc. This is what makes essential oils so powerful and effective.

Botanical pictures of the essential oils referred to in the above research. Also refer to back page.



Citronella
(*Cymbopogon winterianus*)



Geranium Rose
(*Pelargonium asperum*)



Lavender
(*Lavandula angustifolia*)



Lemongrass
(*Cymbopogon flexuosus*)



Oregano
(*Origanum compactum*)



Patchouli
(*Pogostemon cablin*)



Tea Tree
(*Melaleuca alternifolia*)



Thyme, thymol
(*Thymus vulgaris Ct. thymol*)





Ved Aroma



Vedic AROMA

Panch Pandava



Special Care Oil

How to Use: Apply one drop behind the ears, and at the back of the neck, and two drops on the lower back and the base of the feet, (morning and evening) to support the immune system.

Use topically.

Cinnamon bark (*Cinnamomum verum*) has been found to have antiseptic, anti-infectious, antibacterial, antiviral, anti fungal, anti-parasitic properties.

Clove bud (*Eugenia caryophyllus*) has stimulating, strengthening, anti-septic, anti-infectious, antibacterial, antiviral, anti fungal, anti-parasitic, analgesic, and antioxidant properties. It can help to support the prevention of infectious disease.

Eucalyptus, radiata (*Eucalyptus radiata*) has anticatharrhal and expectorant properties and can aid as a cough suppressant. Having antibacterial and antiviral qualities, it can act as an immune stimulant and to support the respiratory system.

Lemon (*Citrus limonum (per)*) has been found to have antiseptic, antibacterial, anti-infectious, anti-rheumatic, anti-sclerotic qualities, and can act as an immune stimulant. It can be helpful in decreasing toxins, and improving appetite and digestion. It could help to improve micro-circulation.

Rosemary, cineol (*Rosmarinus officinalis Ct. cineole*) supports the prevention and easing of colds, flu, bronchitis, sinusitis, otitis, respiratory infections. It can help soothe pain in stiff muscles and joints, and can improve circulation.



Blend

How to Use: Put 2-4 drops in an aroma lamp and enjoy throughout the day. Use 10-12 drops in an aroma diffuser for 10 minutes twice a day. A powerful air purifier and delightfully fragrant. A few drops (12) in a 200 ml bottle of fresh filtered water, (shake well) can be used as a disinfectant around the home.

For external use only.

Pandava – the five pious Kshatriya brothers – Yudhistira, Bhima, Arjuna, Nakula, and Sahadeva – devotees of Sri* Krishna, inherited the leadership of the world upon their victory over the Kauravas (opposing forces) in the battle of Kurukshetra, as documented in the great epic, the Mahabharata.

This formula has been given the name 'Panch Pandava', because the essential oils of each of the five plants that combine in this well known recipe have proven their power to increase immunity due to their antiviral, anti-septic, antibacterial, and anti-infective properties.

In the Plant Kingdom, these five have demonstrated their innate intelligence, sophistication, and power – gaining victory by overcoming the multiple virulent bacteria, the micro-organisms challenging balance in the fine fields of Nature's functioning.

* In the Vedic Tradition Sri Krishna is upheld as one of the ten incarnations of Vishnu, embodiments of Total Knowledge motivated by total Natural Law–Cosmic Creative Intelligence–upholding the evolution of life while maintaining balance and order in the universe. The Vedic Texts highlight the intimate relationship between individual life and Cosmic Life: 'Yatha Pinde Tatha Brahmande'. As is the Atom, so is the Universe; as is the body of the individual, so is the Cosmic Body. Refer to the publication: *Human Physiology: Expression of the Veda and Vedic Literature. Modern science and ancient Vedic Science discover the fabrics of immortality in the human physiology, rendering human life as a field of all possibilities.*

‡ The word 'Panch' meaning 'five'.

For more information or to order any of these products please contact customer-service@vedaroma.com



Air Purifying Mist

How to Use: This is a refreshing fragrant air purifying mist. Use at home or on the go. Avoid the eyes and skin in case of sensitivity. Gently shake the bottle before use. Available in 30 ml and 100 ml bottles with spray caps.

For external use only.



Flower Water Synergy

How to Use: This is a refreshing fragrant air purifying mist. Use at home or on the go. Avoid the eyes and skin in case of sensitivity. Available in 30 ml and 100 ml bottles with spray caps.

For external use only.





Ved Aroma®



Vedic AROMA®

Panch Pandava



Cinnamon bark
(*Cinnamomum verum*)



Clove bud
(*Eugenia caryophyllus*)



Eucalyptus, radiata
(*Eucalyptus radiata*)



Lemon
(*Citrus limonum* (per))



Rosemary, cineol
(*Rosmarinus officinalis* Ct. *cineole*)

Essential oils have been used for thousands of years with the aim of improving health and well-being. Certain essential oils have antimicrobial, antiviral, anti fungal, insecticidal, and antioxidant properties in various potencies. It is important that essential oils be used in the prescribed way by following the 'how to use' advise connected with the product.

Disclaimer: For educational purposes only. The information has been compiled from published sources and is provided only as a guide. All VEDAROMA and VEDIC AROMA products are for external use only, unless otherwise indicated, and should not be used for babies* or pregnant Mothers-to be, or anyone under the care of a medical practitioner. This information is not intended to diagnose, treat, cure, or prevent any disease. Our products are not medications and we can only make recommendations for the suitability of our products in certain conditions. MVOE Sagl accepts no responsibility for incorrect use of information or products.

* Unless the products have been prepared under the direction of doctors and aromatherapists specifically for the Maharishi Ayurveda Healthy Happy Mother and Baby Programme.

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English

