

# Benefits of Vidhyanjali Essential Oils



NEEM

Relieves symptoms of Eczema  
 Fights acne & fungal infections  
 Acts as a mosquito repellent, prevents mosquito breeding  
 Promotes Hair Growth & helps dandruff treatment  
 Treat Head Lice  
 Treat Minor Wounds



PINE

Helps treat psoriasis, pimples, eczema & scabies  
 Reduces inflammation of gall bladder & incidence of gallstones  
 Natural remedy for Urinary Tract Infections  
 Good remedy for joint pain, arthritis & inflammation  
 Helps treat boils, cuts, sports injuries & Athlete's foot  
 Aids in curing respiratory problems, cough & cold



EUCALYPTUS (NILGIRI)

Helps to clean your body from toxins  
 Fights upper respiratory tract infections  
 Purifies the air  
 Fastens wound healing



LEMON

A natural disinfectant: helps clean household surfaces  
 Aids in digestion  
 Increases metabolism  
 Stimulates brain activity, improves concentration



CLOVE (LAUNG)

Removes bad breath  
 Strengthens hair  
 Removes dark circles  
 Treats acne  
 Gets rid of dandruff



PEPPERMINT

Natural Energizer  
 Helps improve digestion  
 Freshens Breath  
 Helps to clear upper respiratory tract  
 Helps to reduce fevers & headaches  
 Works to relieve muscle and joint pain



TURMERIC

Anti-inflammatory, antiseptic, antioxidant & antifungal  
 Prevents hairloss & helps in digestive issues  
 Acts as a painkiller, helps in arthritis, joint problems & muscle pain



BASIL (TULSI)

*Antibacterial: Fights infections*  
*Anti-inflammatory: reduces pain, swelling & redness*  
*Anti-oxidant: Fights free radical damage*  
*Increases urine output*  
*Stimulates the nervous system*



SUGANDH KOKILA

*Reduces pain and inflammation in muscles and joints.*  
*Increases blood circulation*  
*Relieves stress*  
*Promotes digestion and increases appetite*  
*Expectorant: removes excess mucus by loosening the mucus*



CITRONELLA  
(MEHANDI)

*Anti-inflammatory: reduces pain, swelling & redness*  
*Antibacterial, antiseptic, antifungal & a natural de-worming agent*  
*Helps increase frequency & quantity of urination*  
*Provides relief from depression, anxiety & stress*  
*Increases sweating & promotes removal of toxins*  
*Relieves menstrual cramps*  
*Fights stomach infections & Stimulates blood circulation*



CEDARWOOD

*Promotes healthy respiratory functions*  
*Helps in Hair Growth & in treating acne & Eczema*  
*Excellent insect repellent*  
*Arthritis & Asthma*  
*Heals minor wounds*  
*Is anti fungal and a natural analgesic*  
*Its relaxing aroma makes it perfect for massage therapy*



ORANGE (SFOLDS)

*Mood elevating & refreshing*  
*Fights Colds & Flu*  
*Improves digestion, prevents flatulence & constipation*  
*Reduces stress & anxiety*  
*Antimicrobial in nature*  
*Pain relieving massage oil*



THYME (AJWAINE)

*Effectively fights bacterial, viral & fungal infections*  
*Fights Upper respiratory tract infections, cough & cold*  
*Helps in urinary tract infections & digestive disorders*  
*Stimulates circulation*  
*Eases muscular aches*



FRANKINCENSE

*Helps stabilize emotions*  
*Helps boost immune system*  
*Used as a house hold cleaner to eliminate germs*  
*Helps to balance out hormone levels*  
*Helps to decrease inflammation in the body*



PALMAROSA

Good antiseptic & antiviral agent  
Reduces Fever  
Prevents bacterial infections  
Helps in digestion  
Maintains moisture balance of skin  
Cures sores, cracks on skin & Athlete's foot  
Rich in anti-aging properties  
Helps fight depression, anxiety & fatigue



NUTMEG (JAIFAL)

Comforting, soothing & boosts energy  
Supports Nervous system  
Supports Endocrine System



CINNAMON (DALCHINI)

Stimulates the Immune System  
Reduces Nervousness  
Improves circulation & relieves depression  
Decreases inflammation  
Relieves Joint Pain, dilates blood vessels, fights viruses & parasites



TEA TREE

Has antifungal, antiseptic and antibacterial properties  
Can treat cuts and wounds, blisters, bruises, burns & sunburns  
Helps in treating dandruff, bad breath, and be used as a deodorant  
Helps in Acne treatment  
Treats mouth ulcers, muscle aches, arthritis, bug bites and cold sores



LAVENDER

Help to decrease anxiety or stress  
Aids in falling asleep faster  
Alleviates headaches  
Helps heal bruises, cuts, scars and bug bites  
Helps relieve pain (muscle, joint & menstrual)  
Helps digest food with ease  
Increases concentration



VETIVAR (KHUS)

Has calming and soothing effect on Central Nervous System  
Helps manage anger & irritability  
Help children with behavioral challenges  
Relieves anxiety

**Note:**

This is an initial draft with summary of benefits. I will be updating this as and when I work on the detailed write ups for each of the products

~ Dr. Deepika Jain