

# Athrixia phyllicoides

**(Essential oil, Tincture, Tea)**

**Family name:** Asteraceae

**Common names:** Bush tea is indigenous to South Africa and is commonly known as Bushman's tea (English); Boesmanstee (Afrikaans); Icholocholo/ Itsshelo/umThsanelo (Zulu).

**Essential Oil Extraction Method:** Steam Distilled at source, using Natural Spring Water.

**Tea Production:** Air dried in shade.

**Tincture ingredients:** 100% Athrixia phyllicoides, Purified water, 65% alcohol. (Although no side effects have been reported to date, Athrixia tinctures are recommended for topical use only)

**Description:** An attractive herbaceous shrub, growing about 50 cm to 1 m in height, with thin woolly stems and light grey-green leaves, smooth on the upper surface and white-woolly below leaves.

Flowers vary from various shades of pink to purple, flowering during May to June.

**Origin:** South Africa

**Essential Oil Colour and Consistency:** Amber to Orange, Medium

**Essential Oil Note and Aroma:** Medium note with a Medium to Strong sweet floral to woody fragrance

**Essential Oil Blends well with:** Spice and Herb family

**Blends well with:** Essential oils from Spice and Herb family

**Plant Uses and Benefits:** Plant parts are predominantly used throughout history as a tasty, smooth medicinal tea, for cleansing or purifying the blood, treating boils, headaches, infested wounds and cuts. The tea solution may also be used as a foam bath to treat boils, skin eruption or cuts. The tea, used with honey is excellent for coughs and colds and as a gargle for throat infections and loss of voice. It is also believed to have aphrodisiac properties in some parts of Southern Africa. It is rich in polyphenols.

- Used for treating anthelmintics (intestinal parasites)
- Coughs and colds and as a gargle for throat infections and loss of voice
- Traditionally, used for aphrodisiac
- Cough and chest ailments, used to treat sore feet and for skin infections, boils and sores and infested wounds.
- Kills Fungi (Candida Albicans)
- Excellent sleep aid, treat psychosis, Anxiety, anti-epileptic agent
- Relief from pain, used as an analgesic
- Anti-tumor, anti-inflammatory, treatment of spasms
- Have shown to lowering the resistance across the blood to brain barrier, allowing itself and many other chemicals to cross the barrier easier and more quickly

**Cultural aspects:** *The indigenous people of South Africa have used bush tea for many years as medicinal tea for cleansing or purifying the blood, treating boils, headaches, infested wounds, cuts and the solution may also be used as foam bath (Mabogo 1990). The foam bath brew can also be used as lotion dabbed on to the boil, skin eruption or cuts (Roberts 1990).*

*In Venda culture, it is known as the tree which is not supposed to be consumed by bachelors (D.N.E. Mabogo pers. comm.)*

### **How to Use:**

- *Use dried matter as a refreshing and calming caffeine free tea, tonic, blood purifier, gargle, body rinse, treat stomach cramps.*
- *Use the essential oil in homemade shampoos / Blend with a carrier oil to soothe and nourish dry / Irritable skin / Rub for sore muscles / Add a few drops in hot water for a soothing relaxing bath / Foot bath or steam therapy to open airways / Fungus treatment / Treating boils, wounds and cut / In perfumery and aftershaves.*
- *Use the Tincture for Bites, Stings, Rash, Scratches, Small wounds, Cuts,*

### **Warnings:**

- *Do not use during pregnancy*