

# Lippia Javanica

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

**Family name:** Verbenaceae

**Common names:** Fever Tea/Lemon Bush (English); Koorsbossie/Beukesbossie/Lemoenbossie (Afrikaans); Mutswane/ umSutane (Swati); inZininiba (Xhosa); umSuzwane/ umSwazi (Zulu); Musukudu/ Bokhukhwane (Tswana)

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

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

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

**Plant Description:** A woody 1 to 2m high multi-stemmed and erect shrub. The stems have a square appearance with hairy leaves and when crushed gives off a strong lemon-like smell. It is said to be Africa's most under rated aromatic medicinal plant. The small creamy flowers are formed from summer to autumn; flowers are arranged in somewhat dense, rounded flower heads. In some areas flowers are produced all year.

**Origin:** South Africa

**Essential Oil Colour and Consistency:** Light Yellow to Orange, Thick

**Essential Oil Note and Aroma:** Medium, Woody

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

**Plant Uses and Benefits:** Rich in volatile oils including myrcene, caryophyllene, linalool, and cymene. It was demonstrated to have decongestant, antiseptic and anti-inflammatory activity. The essential oils are also used in the perfume industry. Clinical studies have shown that it is a more potent malaria vector mosquito repellent than most available commercial formulations.

- For the treatment of skin conditions such as heat rash, other rashes, scratches, stings, bites, skin infections, boils, sores and infested wounds
- Helpful in bringing down a fever
- Nose bleeds
- Soothes tired muscles, sore feet
- Head lice, scabies repelling ticks, fleas, cockroaches
- Gargle for sore throats
- Excellent for treatment of stomach cramps.
- Coughs, colds, bronchial problems, chest ailments, Prophylactic against lung infections
- Common cold, influenza
- Five Gram positive bacteria (*Bacillus cereus*, *Bacillus pumilus*, *Bacillus subtilis*, *Staphylococcus aureus*, *Enterococcus faecalis*) were found to be susceptible to extracts of Lippia javanica
- Observed to be active against the H37Rv. (ATCC 27294) strain of TB
- Showed inhibitory effects against HIV bioactivity ( $\alpha$ -glucosidase and  $\beta$ -glucuronidase )
- Significant antioxidant activity (Typical, TOTAL ANTIOXIDANT CAPACITY (ORACFL)  $960 \pm 150 \mu\text{mol TE/g}$ )

**Cultural aspects:** *This plant is extensively used medicinally by many African tribes. Different parts of the plant are used for different reasons. The Xhosa and Zulu people drink it as an infusion tea substitute for the treatment of colds, coughs and bronchial problems. They also use it for the disinfection of meat.*

*The leaves and stems are burned and the smoke inhaled for an effective treatment against asthma, chronic coughs and pleurisy.*

*In some traditions, Lippia javanica is used ritually in various cleansing ceremonies.*

*It's effectively used in perfumery and in pot-pouri as a cupboard freshener and to repel insects.*

### **How to Use:**

- *Use dried matter as a refreshing caffeine free tea, tonic, gargle, body rinse, treat stomach cramps and fevers.*
- *Use the essential oil in homemade shampoos/ Blend with carrier oil to soothe and nourish dry/irritable skin/ Rub for sore muscles/In cupboards, drawers and sprays to keep pests and bugs at bay/Add a few drops in hot water for a soothing relaxing bath/Foot bath or steam therapy to open airways/Treat Fungus/Bug repellent candles.*
- *Use the Tincture for Bites, Stings, Rash, Scratches, Small wounds, Cuts,*

### **Warnings:**

- *Do not use during pregnancy*

