



**SIGMA**<sup>®</sup>  
**UNIVERSITY**

**JESMIN**



## Synonym

- Gujarati: મોગરો
- Hindi: मोगरा
- English: common jasmine, white jasmine

## Botanical name

- *Jasminum officinale*

## Family

- Oleaceae

## Chemical Constituents

- Volatile Compounds (Aroma Compounds):  
These are the most significant constituents for the characteristic jasmine scent and taste.
- Alcohols: Benzyl alcohol, linalool, and geraniol are prominent, contributing to the floral and spicy notes.
- Esters: Benzyl acetate and benzyl benzoate are key components, providing sweet and fruity notes.
- Indole: Found in small amounts, indole contributes to the complex, appealing aroma of

jasmine, despite its unpleasant association in high concentrations.

## **Therapeutic Uses**

- Stress reduction: The scent of jasmine has a relaxing effect on the nervous system and can reduce anxiety. Research has found that inhaling jasmine oil can lead to a sense of well-being, tranquility, and calmness.
- Improved mood: In aromatherapy, jasmine oil can have a stimulating effect that helps to uplift the mood and alleviate symptoms of depression.
- Enhanced alertness: Inhaling jasmine oil has been shown to increase alertness, leading to increased breathing rate and blood oxygen saturation. It promotes beta waves in the brain, which are linked to a state of consciousness and attention.
- Better sleep: Jasmine's calming properties can promote restful sleep and may help with insomnia.

## **Marketed Preparations**

- Loose flowers (domestic market): For local transport, the buds are often soaked in a chemical

solution, such as 0.1% aluminum sulfate or 0.01% silver nitrate, for a couple of hours. Afterward, they are covered with a moist cloth to maintain freshness.

- Oil extraction: If the flowers are for oil extraction, they should be fully opened when harvested. They are then sent for processing in a solvent extraction system to produce floral concrete.
- Export flowers: Flowers intended for export receive specialized treatment. One method involves treating stringed flowers with 4% boric acid to increase their shelf life from 36 to 72 hours.