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Eucalyptus



Synonym:

Gujarati: Nilgiri

Hindi: Safeda / Nilgiri

English: Eucalyptus

Botanical name: *Eucalyptus globulus*

Family: Myrtaceae

Chemical Constituent:

- Volatile Oil (Eucalyptus oil): Rich in cineole (eucalyptol) – main active compound
- Flavonoids: Quercetin, Kaempferol
- Tannins
- Phenolic compounds
- Resins

Therapeutic Effect:

- Expectorant & Decongestant: Relieves cough, cold, bronchitis, sinusitis
- Antiseptic: Used in wounds, ulcers, and skin infections
- Anti-inflammatory: Reduces swelling and pain

- Analgesic: Provides relief in muscular and joint pain
- Antimicrobial: Effective against bacteria and fungi

Marketed preparation:

- Eucalyptus Oil: Used in inhalants, balms, and ointments
- Cough Syrups & Lozenges: Contain eucalyptus oil for respiratory relief
- Ayurvedic Formulations: Nilgiri oil-based rubs for colds and joint pain
- Cosmetic Products: Shampoos, creams, and mouthwashes

Key Constituents:

- Cineole (Eucalyptol) – primary therapeutic compound
- Flavonoids (Quercetin, Kaempferol) – antioxidant, anti-inflammatory
- Tannins – astringent, antimicrobial

Uses:

- Medicinal:
 - Treatment of cough, cold, asthma, bronchitis
 - Relief in muscular and rheumatic pain
 - Antiseptic for wounds and ulcers
- Cosmetic:
 - Used in mouthwashes, toothpastes, shampoos
- Traditional:
- Inhalation of eucalyptus oil vapors for nasal congestion
- Oil massage for joint pain