

Eucalyptus

Botanical Name: *Eucalyptus globulus*

Family: Myrtaceae

Energetics: Warming, drying

Taste: Camphoraceous, sharp, aromatic

Actions: Expectorant, antimicrobial, decongestant, anti-inflammatory, antiseptic

Overview

Eucalyptus is a powerful herb for respiratory support, commonly used in teas, steam inhalations, and topical applications for colds, congestion, and respiratory infections. Its essential oil and infused leaves provide antimicrobial and decongestant properties.

Uses

Internal Uses

- Respiratory support for congestion, colds, and sinus issues (use caution internally)
- Mild antimicrobial properties
- Supports circulation

External Uses

- Steam inhalation for decongestion
- Chest rubs and poultices for respiratory relief
- Topical antiseptic for minor cuts and abrasions

Medication Interactions

- May interact with blood sugar-lowering medications
- Use caution with liver-sensitive drugs
- Essential oils are potent and should be used diluted externally

Contraindications

- Pregnancy: avoid high internal doses; topical use diluted is safe
- Children under 6: avoid internal use; essential oil only in very low dilution externally
- Allergy to Myrtaceae family



Caution & Safety

- Essential oil is potent; always dilute for topical use
- Avoid internal use in high doses unless under guidance
- Monitor for skin irritation or allergic reactions



Herbal Pairings

Blends Well With

- Peppermint (respiratory support)
- Thyme (antimicrobial synergy)
- Lavender (soothing and anti-inflammatory)
- Eucalyptus + Honey (cough and throat relief)

Avoid Combining With

- Other potent essential oils internally without guidance
- Blood sugar-lowering herbs in high doses if on medication



Possible Side Effects

- Skin irritation if essential oil is not diluted
- Nausea or digestive upset if ingested in high doses
- Rare allergic reactions



Forms & Dosage

Steam Inhalation

- Add 1-2 tsp dried leaves or a few drops of essential oil to hot water
- Inhale for 5-10 minutes

Infused Oil / Chest Rub

- Dilute essential oil to 1-2% in carrier oil
- Apply to chest, back, or throat as needed

Tea / Decoction (internal, caution)

- 1 tsp dried leaves per cup water
- Steep 5-10 minutes, drink occasionally



Eucalyptus is a potent respiratory herb, excellent for congestion relief, antimicrobial support, and topical antiseptic use. Exercise caution with internal and essential oil use.

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