ARTEMESIA AFRA
Organic Essential oil

<table>
<thead>
<tr>
<th>LATIN NAME:</th>
<th>Artemesia Afr a</th>
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</thead>
<tbody>
<tr>
<td>OTHER NAMES:</td>
<td>Wilde Als; African wormwood; Lanyana</td>
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<tr>
<td>SOURCE:</td>
<td>Steam distilled from the flowering plant.</td>
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<td>CULTIVATION:</td>
<td>Organically gown</td>
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<td>COLOUR:</td>
<td>Clear, straw colour to viscous yellow liquid.</td>
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<td>ORIGIN:</td>
<td>South Africa.</td>
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<td>AROMA:</td>
<td>Strong, sticky pungent, deep sweet herbaceous, camphor like smell</td>
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This oil is extracted from Artemesia Afr a (also known as Wilde Als and Lanyana) of the Compositae family. Artemisia afra is an erect multi-stemmed perennial shrub of up to two metres in height. It has feathery leaves, finely divided which is usually greyish to green in colour. Yellowish and inconspicuous flowers appear on branch ends.

**Origin of Artemesia Afr a oil:** Artemisia afra is a common species in South Africa with a wide distribution from the Cederberg Mountains in the Cape, northwards to tropical East Africa and stretching as far north as Ethiopia. In the wild, it grows at altitudes between 20-2,440 m on damp slopes, along stream sides and forest margins. Artemisia afra (Afra = come from Africa) is the only indigenous species in this genus.

**EXTRACTION & PRODUCTION**

**Extraction:** Artemisia afra oil is extracted from the leaves, stalks and flowers by means of steam distillation. The harvesting time starts when the flowers are just starting to form which is from mid March to seed time until end of May.

**Production of Artemisia afra Oil at HIGHLAND ESSENTIAL OILS**
It is commercially planted and harvested at Highland Essential Oils but also harvested in the wild by the local people when flowering from mid March - June.
CHEMICAL COMPOSITION

The main components in Artemesia Afra oil are:
- a-Thujone;
- b-Thujone;
- 1,8-Cineole;
- Borneol;
- a-Pinene

USES

**Insecticide:** Artemisia afra is used in natural organic insecticide sprays and is used as a moth repellent in cupboards.

**Fungicide:** can help with fungal infestation.

**Liqueur:** Artemisia afra is one of the oldest and best known medicinal plants, and is still widely used today in South Africa by people of all cultures. The list of uses covers a wide range of ailments from coughs, colds, fever, flu, loss of appetite, colic, headache, earache, gastro – intestinal disorders, intestinal worms, to malaria. Artemisia afra (roots, stems and leaves) is used in many different ways and taken as enemas, poultices, infusions, body washes, lotions, smoked, snuffed or drunk as a tea. A not so common use is to place leaves in socks for sweaty feet or make a spray with oil in ethanol to spray feet. The painkilling and relaxing properties of Artemisia afra oil acts as a local anaesthetic for rheumatism, neuralgia and arthritis. It has antimicrobial and antibacterial activities and it is able to cure ringworm in guinea pigs, Artemisia afra and its constituents are potentially useful for the management of hypertensive conditions. The oil is used as an inhalation for the relief of headache and nasal congestion or put in a lotion to treat haemorrhoids. Put a few drops (5-8) in a hot bath for menstrual pain or after childbirth. In traditional practice, fresh leaf is inserted into the nostrils to relieve nasal congestion.

Warmed leaves may be applied externally as a poultice or use a few drops on a warm compress to relieve inflammation.

PRE-CAUTION

The toxicity of thujone, a common component of the essential oils of Artemesia can cause restlessness, vomiting, vertigo, tremor, convulsions and fatty degeneration of the liver with excessive or prolong use.

The use of this oil during pregnancy is not recommended.