

- If you will add the essential oils derived from sandalwood in your bath water. This will reduce your stress and tension. This is also good in case you have sleep related problems.
- In case of vomiting and nausea massaging the stomach with the mixture of carrier oil and sandalwood will give relief. You can also inhale the mixture of these two things to cure vomiting.
- In case of dry cough, inhale the mixture of carrier oil and sandalwood. You can also massage with this mixture on your chest and throat.
- To reduce the itching of skin, you can apply the mixture of carrier oil and sandalwood over the affected part.

MIDICINAL USES OF SANDALWOOD

Sandalwood can be used medicinally in one of three ways, as an Aromatherapy, taken Internally, or used Externally. Used as such, it provides a variety of highly effective treatments, as follows:

As An Aromatherapy:
Sandalwood has a sedative effect on the mental and emotional levels, and can be used effectively for stress, nervousness, anxiety and depression. Sandalwood can have the effect of calming aggression, soothing irritability, and encouraging awareness and compassion. It's easy to see why Sandalwood has been a favorite enhancement for meditation for centuries.

Used Internally:
Using Sandalwood internally is not as popular in the West as it is in Eastern medicinal use, where it is one of the staples of the Ayurvedic medicinal systems and is commonly used for treating abdominal pain, difficulty swallowing, headache, abnormal thirst, and vomiting.

Today, you will find knowledgeable Western herbalists following centuries old standards of relief in using Sandalwood for:

- Bronchitis
- Cough, Colds and Sore Throat
- Fever
- Liver and Gallbladder problems
- Diarrhea
- Nausea, Gastritis
- Tendency toward infection
- Urinary tract infections
- Chronic cystitis

Science has shown that Sandalwood does affect the digestive system by stimulating the production of gastric juices, while relaxing the digestive muscles. It affects the Respiratory System through its muscle relaxing properties as well, acting as an antispasmodic combined with certain anti-inflammatory and antiseptic properties. It is well known to support urinary function and the urinary system by stimulating the production of urine. Be aware this means Sandalwood has diuretic properties, so drink plenty of fluids when using it in this manner. Use: Crushed Sandalwood can be made into a tea. The essential oil should be used as aromatherapy or taken in the smallest possible dosage and only in coated-pill form. The usual oral dosage, according to The Pdr Family Guide To Natural Medicines, is 10 grams (2 teaspoonfuls) of crushed Sandalwood, or 1 gram of Essential Oil.

Used Externally:
Sandalwood or Sandalwood powder may be crushed into a paste and spread on the skin to heal rashes or cleanse the complexion. Be aware that some may be sensitive to Sandalwood, so irritation in this form is possible. Its antiseptic, astringent and anti-inflammatory properties are said to stimulate cell regeneration and assist in healing wounds and scars.

Sandalwood Paste for Face:
There are two types of sandalwood that are commonly found, one is the red sandalwood and another is the white sandalwood. The

red sandalwood is known for its medicinal properties, while the white one is generally employed for skin care. If you are wondering, "is sandal wood powder good for skin", then let me tell you that the sandalwood oil, powder and paste are endowed with antiseptic, anti-inflammatory, disinfectant, astringent and emollient properties. That is why, so many people use sandalwood to treat acne, skin rashes, blackheads, dark spots, blemishes and to get a fair and flawless complexion. One of the most important and noteworthy sandalwood paste benefits is, that it can remove scars, especially those left by acne. To derive all these benefits, you can directly use sandalwood paste on face, or mix it with some other natural skin care products like turmeric, black gram, honey and rose water to further enhance its efficacy. So, here are a few simple recipes that can be prepared by combining sandalwood paste or powder and some readily available natural ingredients. More on sandalwood paste for skin and sandalwood oil for acne.

Skin Care Recipes With Sandalwood

Turmeric and Sandalwood Paste for Pimples
Both turmeric and sandal wood powder are very effective to treat acne and hence, both can be combined to get a pimple free skin. Just mix equal quantity of sandalwood powder and turmeric and then add some water to it. Now mix them properly to make a fine and thick paste. Apply this paste on the pimples and leave overnight. On the next morning, you can wash it off with lukewarm water. This paste will not only help you to get rid of pimples, but also from acne scars.

Sandalwood Paste and Black Gram Paste

As has been mentioned already, sandalwood wood paste or powder can be used for acne scar removal. So, if you are struggling with those ugly acne scar, then just mix sandalwood powder, black gram powder and

a small amount of milk and honey to make a fine paste. Apply this paste on the scarred area and leave for the whole night. On the next morning, wash it with lukewarm water. More on sandalwood paste for acne scar.

Sandalwood Paste and Rose Water

This is perhaps one of the simplest recipe for skin care. Sandalwood powder and rose water can mixed to make a thick paste to apply on skin. It can be effective in removing acne and acne scar. Just apply the paste on the affected are of the skin and leave for about half an hour. Then use lukewarm water to wash it off.

Sandalwood Paste for Fair and Smooth Complexion

Sandalwood powder or paste is widely used to lighten skin complexion and treat sunburnt skin. To get a radiant complexion, mix sandalwood powder with coconut oil. You can also add a small amount of almond oil to it. Mix all these ingredients to make a paste and apply it on your face. Leave for about half an hour and then wash with lukewarm water. It will remove sun tan and make your complexion even.

Sandalwood Paste for Insect Bite and Prickly Heat

Apart from helping you to get a beautiful skin, sandalwood paste can also help you to get rid of prickly heat, and heal insect bites. The soothing and cooling effects of sandalwood paste, makes it an ideal remedy for prickly heat. Similarly, due to its antiseptic and anti-inflammatory properties, it can be used for treating minor burn, cut and insect bites. Just add turmeric powder (another herbal antiseptic) and milk to sandalwood powder and make a paste to apply on the affected area. Find out more information on sandalwood powder for face. Toxicology

The oil has been found to be irritating in both mouse and rabbit skin test models. The santalols and related compounds have been identified in the blood of mice that inhaled sandalwood fumes under experimental conditions, indicating that systemic absorption of these compounds can occur.

As used as Medicines

- ❖ In Ayurvedic medicine, the wood is grounded with water to form a paste that is applied to the foreheads of people suffering from fevers.
- ❖ The sandalwood paste is also mixed with coconut water and taken as a drink to decrease dehydration effects.
- ❖ An infusion of sandalwood powder made with water or rose water is used to treat headaches, scorpion stings, dry skin, dermatitis, psoriasis, prickly heat and other skin conditions.
- ❖ Sandalwood paste has also been used to treat warts and forms of skin cancer. Clinical trials are being carried out to investigate this.
- ❖ The infusion has also been used as a deodorant and as a mouthwash to treat bad breath.
- ❖ Oil from the heartwood is used as a skin lotion to treat itching and inflammatory conditions.
- ❖ Sandalwood is mixed with honey, sugar and rice-water to treat digestive disorders.
- ❖ The oil can be added to candles or burnt as incense in rooms with patients that have mental health problems or are very stressed as the perfume has a calming effect.
- ❖ Sandalwood oil is used to relieve tension and stress and so is used in aromatherapy.
- ❖ Santalol has antiseptic and antimicrobial properties.

As used as Cosmetics

- ❖ Sandalwood oil is expensive oil and is used in skin products. It

has moisturizing, astringent, antiseptic, balancing and stimulating properties.

- ❖ Recommended for dry and aging skin, it can be blended with other plant-derived extracts in hair oils and body lotions.
- ❖ The sandalwood paste is used for its cooling properties in case of skin burns.
- ❖ The paste is used to decrease effects of skin tanning and blotching.
- ❖ Sandalwood paste is also used to attain a clear, smooth and unblemished face.

CONCLUSION

Sandalwood oil is one of the most widely used oils for aromatherapy purpose in the world. It is famous for its scent and therapeutic effects besides being used traditionally during meditation. The wood of the sandalwood plant is used to extract the oil through the process of steam distillation. It is from the root that the highest quality oil is produced. Sandalwood oil is used as an ayurvedic form of medicine and has the ability to reduce inflammatory conditions like genitor-urinary conditions and inflamed skin. Today aromatherapy uses sandalwood oil for curing dry skin, acne and general irritation besides helping in cases of dry coughs, sore throat, nausea, diarrhea, laryngitis, catarrh and bronchitis. An emulsion or a paste of the wood is a cooling dressing in inflammatory and eruptive skin diseases such as erysipelas, an inflammatory disease of the face and prurigo, an itchy eruption. The oil is useful for scabies too. This oil mixed with twice its quantity of mustered oil is used for removing pimples. In summer, regular application of sandalwood paste on the body, especially for children has a refreshing effect which heals any tiny infected spots. - It is also useful in the treatment of dysentery. It should be administered as for gastric

irritability, aromatic, antiseptic, diuretic. The oil is given internally for chronic ❖ mucous conditions, e.g. bronchitis, inflammation bladder. It is also used in chronic cystitis, gleet and gonorrhoea. The oil is used in aromotherapy to lessen tension and anxiety and it was also considered a sexual stimulant in folk traditions. The fluid extract of sandalwood may be better tolerated by some people than the oil.

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