



Oils According To Prana / Chi (Life force, nerve current, respiration, immune power)

Prana / Chi Oils (Energizing to mind and brain)

Rosemary

Laurel

Tulsi

Prana / Chi Oils (Immune Enhancing)

Frankincense

Tulsi

Prana / Chi Oils (Respiratory)

Eucalyptus

Conifers: spruce, pine, fir, juniper

Tulsi

Prana / Chi Oils: Antimicrobials

Tea tree

Oregano

Ravensara

Tulsi

Oils According to Ojas (Nutrient / immunological essence)

Ojas Oils: Heartwood, sweet

Sandalwood

Agarwood

Cedarwood

Oils according to Ojas, and Jing (Nutrient and reproductive essences) and Soma (Lunar nectar)

Soma, Jing and Ojas Oils: Flowers, sweet

Rose

Jasmine

Ylang ylang

Champa

Oils According to Yang / Agni (Sunlight, fire element, metabolic heat)

Agni Oils: Hot, stimulant

Cinnamon

Clove

Tulsi

Oregano

Agni Oils: phototoxic

Bergamot

Citruses

Digestive Agni:

Aromatic herbs and spices

Essential oils used in abdominal massage

Oils That Can Be Easily Classified Into 5 Elements

Space

All essential oils can be classified as related to space when inhaled or used for atmospheric purposes

Air

Specifically therapeutic for the respiratory system

Specifically when used for atmospheric purposes

Generally low dermatotoxic potential

Qualities of lightness, dry, subtle, mobile, sharp, clear

Cardamom

Eucalyptus

Fir

Hyssop

Juniper

Laurel

Pine

Pinon Pine

Rosemary

Spruce

White Sage

Fire

Distinct warming, stimulating and rubifacient effects

High potential for causing contact dermatitis or gastric inflammation

Qualities of hot, dry, light, subtle, mobile, sharp, clear

Basil
Birch
Black Pepper
Cinnamon Leaf
Cinnamon Bark
Clove Bud
Ginger
Laurel
Lemongrass
Oregano
Tea Tree
Tulsi, Holy Basil
Thyme
Wintergreen

High potential of photo-toxicity

Bergamot
Clementine
Grapefruit
Lemon
Lime
Mandarin
Orange
Petitgrain
St. John's Wort
Tagetes

Water

Hydrating, emollient
Qualities of heaviness, cold, wet, liquid, dull, soft, smooth, cloudy

Rose
Sandalwood
Vetiver

Carrier oils
Hydrosols

Earth

Primarily from roots
Grounding properties, stabilizing to the nervous system
Qualities of heaviness, stability, cold, solid, static, cloudy

Angelica

Cedar
Jatamansi
Mitti Attar
Sandalwood
Patchouli

Essential Oils For The Three Gunas (Qualities) Of Consciousness

Sacred Scents For Promoting Sattvic (Spiritual) Consciousness

Sandalwood
Agarwood
Frankincense
Palo Santo
Cistus
Rose

Flower Oils For Reducing Rajasic (Aggressive) Consciousness

Rose
Lavender
Geranium
Chamomile
Jasmine
Ylang ylang
Clary Sage

Energizing Oils For Overcoming Tamasic (Dullness, inertia) Consciousness

Laurel
Cinnamon
Rosemary
Tulsi
White sage

10 Major Gunas (Physical Qualities) Of Essential Oils

Heavy: moves energy downward, grounding, provides stability
Vetiver, Jatamansi, Valerian, Myrrh, Sandalwood, Cedarwood

Light: moves energy upwards, removes sluggishness, decreases kapha, assists agni
Citruses, Eucalyptus, Conifers, Rosemary, Peppermint, Cardamom, Fennel

Cold: used to reduce inflammation and treat hot painful conditions
German chamomile, Roman chamomile, Eucalyptus, Frankincense, Helichrysum, Lavender, Peppermint, Vetiver

Hot: warms, invigorates and stimulates, encourages circulation and sweating

Cinnamon, Ginger, Black pepper, Thyme, Oregano, Tulsi, Basil, Sage

Moist: moistening effect on tissues, demulcent

Vegetable oils, particularly those rich in essential fatty acids; Hydrosols; Sandalwood, Rose

Dry: astringent, reduces kapha, may increase vata due to drying nature

Citrus oils, Cypress, Geranium, Patchouli

Dense: provides stability, solidity and strength

Vetiver, Cedarwood, Jatamansi, Sandalwood

Flowing/Liquid: provides lightness, movement

Carrier oils, Conifers, Eucalyptus

Dull: supports calmness, quietness, sedative, grounding

Vetiver, Clary sage, Valerian, Sandalwood, Jatamansi

Sharp: fiery, hot, pungent

Cinnamon, Clove, Cardamom, Ginger, Tulsi, Black pepper.