

Eucalypts

Botanical Name: *Eucalyptus obliqua*

Family: Myrtaceae

Common Name: Gum trees

Hindi Name: नीलगिरी

Part Used: Leaf, bark and Wood

Eucalyptus obliqua is a tree that typically grows to a height of 90 m (300 ft) or sometimes a mallee and forms a lignotuber. The trunk is up to 3 m (9.8 ft) in diameter and has thick, rough, stringy or fibrous bark. Branches more than 80 mm (3.1 in) in diameter have stringy bark and thinner branches have smooth greenish or greyish bark. Young plants and coppice regrowth have glossy green, broadly egg-shaped to lance-shaped leaves that are 60–210 mm. Eucalyptus, a genus of trees native to Australia, has a rich history and significant importance globally. Originating in Australia, its rapid growth, diverse uses, and medicinal properties have led to its introduction and cultivation worldwide. Eucalyptus is valued for its timber, fuel, and medicinal properties. Eucalyptus has a variety of medicinal uses, primarily due to its antiseptic, anti-inflammatory, and pain-relieving properties. Its oil is often used for respiratory issues like coughs and colds, as well as for muscle and joint pain. Additionally, eucalyptus can be used to freshen breath, repel insects, and even help with wound healing. Potential health benefits of eucalyptus and eucalyptus oil include reducing symptoms of coughs, colds, and congestion and relieving muscle and joint pain. Antibacterial, promote oral health, relief from runny noses, coughs and colds, ingredient of cough syrups, rubs and vapor baths, pain relief. Eucalyptus is widely believed to decrease symptoms of stress. A small 2022 study found that inhaling eucalyptus oil helped increase brain spectrums associated with relaxation and rest. Similarly, a 2014 study in 62 people found that inhaling eucalyptus oil helped reduce pre-surgery anxiety.

