

Lemongrass

essential oil, benefits, uses and its market

Tejshvini Dattatray Kumavat¹, Nikita Dilip Dapurkar²

¹JRF, NAHEP, CAAST, VNMKV, Parbhani

²COA VNMKV Parbhani

INTRODUCTION

Lemongrass is among the most popular essential oils used today for its effectiveness, health benefits, and a wide variety of applications. Lemongrass also known as Cymbopogon, barbed wire grass, silky heads, Cochin grass, Malabar grass, oily heads, citronella grass or fever grass. It is genus of Asian, African, Australian, and tropical island plants in the grass family. It is native to tropical countries such as India, China, and Thailand where it has traditionally been used as a flavoring agent in foods, drinks, and desserts and for its ability to boost circulation and immunity. Due to its ability to reduce fever, Lemongrass earned the name “fever grass” in some cultures that made “fever teas” from Lemongrass leaves. Lemongrass is most commonly used to relieve digestive issues, reduce bodily aches, pains, and high temperatures, and eliminate harmful bacteria. The lemongrass plant, which thrives in tropical and subtropical regions of the world, is the source of lemongrass essential oil. The oil might have a thin consistency, a bright or pale yellow color, and a citrus fragrance. In traditional medicine, lemongrass has been used to treat fevers, stomach issues, and discomfort. The cost of lemongrass oil is near about Rs 1800-2000/ litre.

BENEFITS OF LEMONGRASS OIL

1. Fighting bacteria
2. Inflammation reduction
3. Combating fungal infection
4. Providing antioxidants
5. Treating stomach issues
6. Easing rheumatoid arthritis
7. Massage and Relaxation
8. Helping headaches



HOW TO USE IT

Lemongrass essential oil is available for purchase online or at health food stores. Never use undiluted essential oils on the skin, or put them in your mouth, eyes, or ears. When used properly, lemongrass essential oil is deemed safe by the Food and Drug Administration (FDA) in the United States. The improper usage of essential oils can result in poisoning, skin burns, sickness, and illness in animals. Lemongrass essential oil can be combined with a carrier oil, like jojoba or coconut oil, and then massaged into the skin as a result. Another approach to utilize it is to add a few drops of the essential oil to boiling water, then inhale the steam while closing your eyes and covering your head with a towel. Lemongrass essential oil can also be added to an oil diffuser. You may buy oil diffusers both offline and online. When essential oils are vaporized, their concentration levels are unlikely to be harmful to adults. Diffusers should not be used around young children, pregnant women, or animals, though. People should take precautions to keep essential oils away from an open flame since they are combustible. In the absence of a doctor's prescription, avoid ingesting lemongrass essential oil.

SIDE EFFECTS

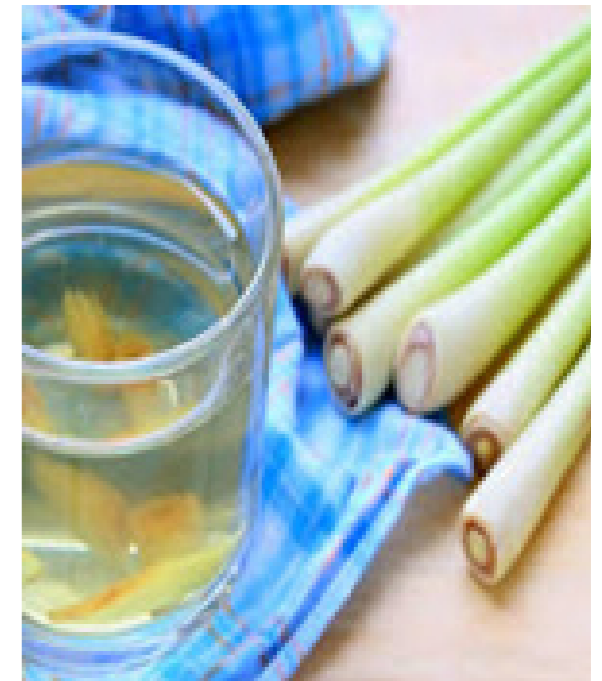
Lemongrass essential oil may irritate the skin and cause a rash. Applying lemongrass essential oil to the skin should be avoided in the following situations in order to minimize the risk of skin irritation:

- ✓ Allergies or skin conditions, such as eczema
- ✓ Not diluted the oil first
- ✓ Broken or damaged skin

Before using the oil, try it on a small patch of skin and wait 24 hours to see if there is a reaction before using more of the diluted oil. Additionally, lemongrass essential oil may cause dryness and stinging near the mouth, ears, eyes, and other mucous membranes, including the genital region. Because of this, it is advisable to avoid applying it to your face or putting it in your bathwater.

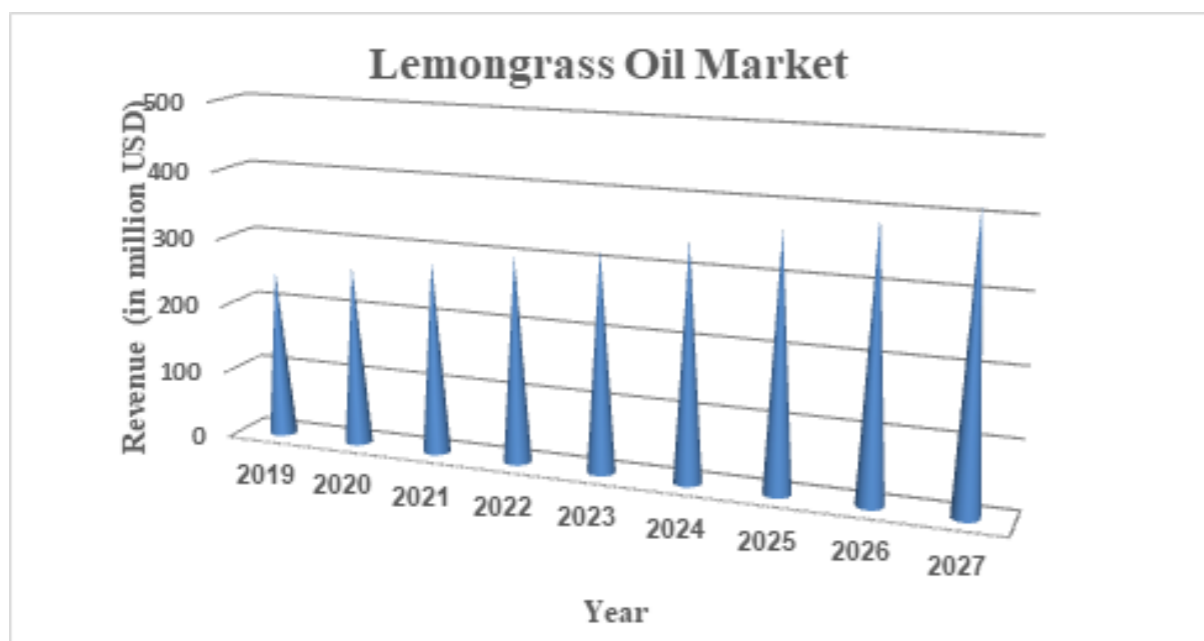
TAKEAWAY

Lemongrass is thought to have a variety of health advantages, frequently as a result of its antifungal, antioxidant, and antibacterial characteristics. To learn more about the advantages of lemongrass essential oil on people, further research is still required. A lot of the studies on lemongrass essential oil have been conducted in test tubes or using animal models. Without the advice of a medical professional, people should never ingest or apply undiluted essential oil straight to their skin. People may feel more at ease and gain the benefits of this conventional medicine by using diluted lemongrass essential oil for massage, steam inhalation, or diffusing.



LEMONGRASS OIL MARKET

Global Lemongrass Oil Market is estimated to reach USD 421.13 million by 2027, growing at a CAGR of 6.9% between 2019 and 2027 according to Industry Analysis, Volume, Share, Growth, Challenges, Trends and Forecast.



Major corporations have consolidated their market leadership through greater integration across the value chain. Additionally, these businesses have long-term agreements with suppliers of raw materials and research institutions for new product development. By extending their operations to new areas, businesses are concentrating on boosting their production capacities.

CONCLUSION/ SUMMARY

Lemongrass oil extracted from the leaves and stalks of the lemongrass plant. Lemongrass oil has a powerful, citrus scent. It's often found in soaps and other personal care products. Lemongrass oil can be extracted, and it's been used by healthcare providers to treat digestive problems and high blood pressure. It has high demand in market for its different medicinal benefits and uses.

