

## HELICRISO: *Helicrysum italicum* / stoechas



### Definition:

Native to the Mediterranean basin, its name derives from Greek and means "golden sun". It is a plant that grows wild. It has dark yellow flowers and greenish-silver leaves, with an aroma between pepper and curry.

Botanical Name: *Helicrysum italicum*

Family: Asteracea

Plant part: Flowers

Taste: Bitter, spicy

Aroma: sweet, spicy, curry

Energy: Hot (Yan)

Quality: Heals and regenerates

Element: Fire

Planet: Sun

Apparatus: Respiratory, Digestive, locomotive.

Dosha: VK- P+

### HISTORY and MYTH

Helichrysum has been used in herbalism since ancient Greece and the essential oil is highly valued for its great health benefits. One of the great virtues of Helichrysum is its restorative properties for the skin. It is known as the immortal or eternal flower for its rejuvenating benefits and can help reduce the appearance of blemishes, scars and promotes a radiant, youthful complexion.

Other benefits of Helichrysum are to help the skin and body in general heal faster and reduce bleeding in wounds and cuts.

### MEDICINAL USES:

Since ancient times it has been used as an expectorant, diuretic and febrifuge, but it has many more properties which is what makes it a very interesting plant.

It is stomachic, increases gastric and pancreatic secretions, and especially pectoral favoring the fluidity of mucus in bronchial catarrh and expectoration, soothing coughs. Highly bactericidal it can be used for internal use in case of intestinal worms.

In external use it is useful in case of burns, eczema and psoriasis.

It has an anti-allergic action, according to recent studies is due to a stimulation of the cortex of the adrenal glands, which causes an increase in the production of cortisone.

This virtue of the helichrysum is important in our days as allergic diseases are proliferating more and more among other things by environmental pollution.

We will use the plant internally in case of allergic asthma, acute and chronic bronchitis, food allergies ... both internal and external use in creams or balms for dermatitis and rashes.

Other properties for the skin: Helps heal wounds, also acts as anti-infective and anti-inflammatory.

In its essential oil there is neryl acetate, with relaxing effects, capable of reducing the tensions of the tissues in the affected area.

We can consider it as the arnica of the Mediterranean, as it eliminates bruises and soothes sports accidents. It reduces joint pain, as in arthritis. It multiplies the presence of collagen in the skin, being useful in cosmetic products to reduce wrinkles and regenerate the skin.

**Infusion:** One tablespoon of flowers per cup of water. 3 times a day.

**Syrup:** Prepare a decoction leaving it to macerate overnight and filter in the morning. Reheat with a little brown sugar and reduce by half...take a spoonful throughout the day for respiratory disorders...

**Floral Elixir:** To eliminate energetic blockages derived from emotional traumas. Indicated in all types of fatigue and energetic exhaustion. Prepare moon in leo.