

## ***Eucalyptus or Talipatra***

**Latin Name(s):** Eucalyptus Globulus

**English Name(s):** Eucalyptus, Tasmanian Blue Gum Tree

**Sanskrit / Indian Name (s):** Tailapatra, Tailaparna, Sugandhapatra



**Cure for:** The essential oil found in the leaves is a powerful antiseptic and is used all over the world for relieving coughs and colds, sore throats and in certain skin diseases. It is found to have potent pain relieving and anti-inflammatory action. The essential oil is a common ingredient in many over-the-counter cold remedies. The oil can also be used externally, applied to cuts, skin infections etc, it can also be inhaled for treating blocked nasal passages, it can be gargled for sore throat and can also be taken internally for a wide range of complaints. Some caution is advised, however, because like all essential oils, it can have a deleterious effect on the body in larger doses.