

## THE WONDERS OF LINIMENT OIL

Liniment is a liquid or in semi-liquid that is applied to the skin as an anodyne or a counterirritant. It was once called as “Embrocation” because, it is applied and rubbed with friction on the affected body area. Accordingly, it has originated as early as 15<sup>th</sup> century at the Middle English.

While we need intake medicines, we also need liniment oils accompanied with smooth massage to facilitate normal blood circulation, thus, minimizing the untoward effects of STRESS.

Obviously, there are too many liniment products in the market today. However, as I went through on some of those, I have realized that they can be grouped into two (2) only such as 1.) Liniment Oil containing purely of various chemical components and 2.) Liniment Oil with medicinal plants.

Watch the Differences.

1. The liniment oil containing purely of various chemical has a mixture of various chemical substances such as methyl salicylate, mineral oils, camphor, menthol, essential oils and coloring. Noticeably, if not all as others may agree or disagree, these are chemicals which we rub onto our body have produces either or both heat and coolness depending on the dosage content, thus, giving us the feeling of being relax. While many had enjoyed and loved the product, but to some individuals, it have caused skin irritations or allergies.
2. The second liniment oil is contained with medicinal plants. Hundreds to thousands of herbal oils are now plying and available in the market. The good thing here is that, they are not wholly contained with chemicals because they are mixed with herbal medicinal plants such as TURMERIC “Luyang duwaw”, GABON, KALABO or Oregano, TUBA-TUBA or Jatropa, PANYAWAN, MALUNGGAI, TAMBA – ULI, and KALINGAG. In my experiences in the highlands of Region XI, Mindanao Island, I have encountered the plants called TOGATTOY which the Indigenous Peoples called it “Manluluwas” or Saviour in English. This plant accordingly, had cured several kinds of sickness and diseases. However, literatures pertaining to the said plant are not quite too many and available, thus needing further research.

Here are some, (not all, relevant only to liniment oils) important usage of selected medicinal plants which many researchers have attested to its ability to remove or lessen pains in body, muscles, joints even skin irritations and allergies.

1. Luyang Dilaw (Turmeric)- *Curcuma domestica*
  - It has Osteoarthritis ability which helps relieve or reduce pain and disability according to degree.
  - External antibiotic in preventing bacterial infection in wounds
  - The itching and inflammation that accompanies hemorrhoids and anal fissures can reduce by use of turmeric.
  - It helps skin conditions from eczema, psoriasis and acne.
2. Gabon
  - This plant is good for arthritis by simply applying into the joints.



### 3. Kalabo or Oregano

- It is used as antiseptic for cuts and burns containing thymol, a crystalline substance that has antiseptic and fungicide properties.
- Offers soothing effect and helps in getting restful sleep.
- A good relief from toothaches by applying cotton with few drops on the teeth and gums after every meal.
- Helps in controlling acne, pimples and athlete's foot
- It provides relief on affected joints suffering from arthritis, including muscle pain and varicose veins.
- A few drops of oil rubbed on the scalp at night help control dandruff and psoriasis
- It controls and removes lice from hair and helps cure infections of fingernails.
- When rubbed on the chest and inhaled, it helps clear the passage for sinuses and asthma;
- Observed to be an insect repellent



### 4. Tuba-tuba violet or Jatropha

- leaves are applied to wounds and pruritic lesions.
- A vigorous massaging of the oil onto the abdomen is believed to be abortifacient..
- Used for scabies, eczema, and ringworm.
- showed significant wound-healing effect



### 5. Tamba – uli

- Primarily used for healing wounds

### 6. Panyawan or Makabuhay (Tagalog)

Scabies - crush fresh stem and apply juice over the affected.

- used for a variety of rheumatic and arthritic complaints;
- good for athlete's foot.
- A good relief for flatulence (*kabag*) in children
- used as vulnerary for itches and wounds.



### 7. Kalingag

- The bark of the tree and leaves are soothing for the stomach and a stimulant with astringent, antiseptic, antifungal and antiviral properties.
- It helps eliminate head lice
- The leaves were used to get rid of flatulence

### 8. Malunggay ( Moringa )

- Proven effective in preventing rheumatism, arthritis and other joint pains.
- Its leaves are a good diet for people who have been suffering for joint pains for years.
- Contained pterygospermin which serves as an effective prevention for bacteria and fungi related diseases.

I have personally used several liniments oils for the past years, however, lately I have discovered a herbal liniment oil which really gives soothing effect on our body pains.

I recommended **NATURES LINIMENT OIL with turmeric and moringa varieties**. You may find that in the market.

Remember this:

While we need intake medicines, we also need liniment oils accompanied with smooth massage to facilitate normal blood circulation, thus, minimizing the untoward effects of STRESS.

For more information, you may view the references below;

#### **REFERENCES**

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