



**MAHARISHI COLLEGE OF PERFECT HEALTH**  
International Training Centre for Maharishi AyurVeda, Vlodrop, Holland  
**Department of Aroma Therapy**

## Essential Oils and their Dosha Specific Action (Basic Line of EOs)

Aniseed.....	VK-	Hyssop .....	VK-	Palmarosa.....	VP- K+
Balm (Melissa) .....	VP-	Iris (Absolute) .....	VPK	Patchouli .....	V- PK
Basil, linalool .....	KV- P+	Jasmin (Absolute) .....	VP- K+	Petitgrain .....	VP- K+
Bergamot.....	K- VP+	Juniper berry.....	VK- P+	Pine, Sylvester .....	VK- P+
Cardamom .....	VPK	Lavandin, Abrial .....	PK- V	Ravintsara .....	VK- P+
Carnation (Absolute).....	VP-	Lavandin, Super .....	VPK	Rhododendron.....	VK- P+
Cedar, Atlas .....	VK- P+	Lavender, Highland .....	VP- K	Rose (Absolute).....	VP- K+
Chamomile, German .....	P-	Lavender, English .....	VPK	Rose (distilled) .....	VPK
Chamomile, Moroccan.....	VP-	Lavender, Spike.....	K- VP+	Rosemary, cineol & Highland.....	VK- P+
Chamomile, Roman.....	VP- K+	Lemon .....	VK- P+	Sage .....	VK- P+
Cinnamon bark & leave .....	VK- P+	Lemongrass .....	VK- P+	Sage, Clary .....	VK- P+
Clove bud.....	VK- P+	Lime (distilled) .....	K- V	Sandalwood (Sri Lanka) .....	VP- K+
Coriander seed .....	P-	Mandarin, red .....	V- PK	Savory, montain .....	VK- P+
Cypress .....	VPK	Marjoram .....	VPK	Spikenard (Jatamansi) .....	VPK
Eucalyptus, smithii .....	VK- P+	Mint, Peppermint .....	VPK	Spruce, black.....	VK- P+
Fennel, sweet.....	VK- P+	Mint, Spearmint + nana.....	VPK	Tea Tree, lemon scented.....	K- P+
Fir, Balm .....	VK- P+	Myrrh.....	VP-	Thyme, borneol + thymol.....	VK- P+
Fir, Douglas .....	VK- P+	Myrtle.....	VK- P+	Thyme, linalool.....	VPK
Fir, Silver.....	VK- P+	Neroli .....	VK- P+	Vetiver .....	VP- K+
Frankincense.....	VK- P+	Niaouli .....	PK- V	Violet leaf (Absolute) .....	VPK
Geranium Rose .....	VPK	Orange, red + bitter .....	V- PK	Wintergreen .....	VK- P+
Ginger .....	VK- P+	Oregano .....	VK- P+	Ylang Ylang.....	VP- K+

Code: - decreasing (pacifying) / + increasing / V P K PK strengthening / VPK balancing



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### VPK balancing Oils

Cypress.....	VPK
Geranium Rose.....	VPK
Iris (Absolute).....	VPK
Lavandin, Super.....	VPK
Lavender, English.....	VPK
Marjoram.....	VPK
Mint, Peppermint.....	VPK
Mint, Spearmint.....	VPK
Mint, Spearmint nana.....	VPK
Rose (distilled).....	VPK
Spikenard (Jatamansi).....	VPK
Cardamom.....	VPK
Thyme, linalool.....	VPK
Violet leaf (Absolute).....	VPK

### Vata pacifying Oils

Aniseed.....	VK-	Myrtle.....	VK- P+
Balm (Melissa).....	VP-	Neroli.....	VK- P+
Basil, linalool.....	VK- P+	Orange, red.....	V- PK
Carnation (Absolute).....	VP-	Orange, bitter.....	V- PK
Cedar, Atlas.....	VK- P+	Oregano.....	VK- P+
Chamomile, Moroccan.....	VP-	Palmarosa.....	VP- K+
Chamomile, Roman.....	VP- K+	Patchouli.....	V- PK
Cinnamon bark & leave.....	VK- P+	Petitgrain.....	VP- K+
Clove bud.....	VK- P+	Pine, Sylvester.....	VK- P+
Eucalyptus, smithii.....	VK- P+	Ravintsara.....	VK- P+
Fennel, sweet.....	VK- P+	Rhododendron.....	VK- P+
Fir, Balm.....	VK- P+	Rose (Absolute).....	VP- K+
Fir, Douglas.....	VK- P+	Rosemary, cineol.....	VK- P+
Fir, Silver.....	VK- P+	Rosemary, Highland.....	VK- P+
Frankincense.....	VK- P+	Sage.....	VK- P+
Ginger.....	VK- P+	Sage, Clary.....	VK- P+
Hyssop.....	VK-	Sandalwood (Sri Lanka).....	VP- K+
Jasmin (Absolute).....	VP- K+	Savory, montain.....	VK- P+
Juniper berry.....	VK- P+	Spruce, black.....	VK- P+
Lavender, Highland.....	VP- K	Thyme, borneol.....	VK- P+
Lemon.....	VK- P+	Thyme, thymol.....	VK- P+
Lemongrass.....	VK- P+	Vetiver.....	VP- K+
Mandarin, red.....	V- PK	Wintergreen.....	VK- P+
Myrrh.....	VP-	Ylang Ylang.....	VP- K+

### Pitta pacifying Oils

Balm (Melissa).....	VP-
Carnation (Absolute).....	VP-
Chamomile, German.....	P-
Chamomile, Moroccan.....	VP-
Chamomile, Roman.....	VP- K+
Coriander seed.....	P-
Jasmin (Absolute).....	VP- K+
Lavandin, Abrial.....	PK- V
Lavender, Highland.....	VP- K
Myrrh.....	VP-
Niaouli.....	PK- V
Palmarosa.....	PV- K+
Petitgrain.....	VP- K+
Rose (Absolute).....	VP- K+
Sandalwood (Sri Lanka).....	VP- K+
Vetiver.....	VP- K+
Ylang Ylang.....	VP- K+

### Kapha pacifying Oils

Aniseed.....	VK-
Basil, linalool.....	VK- P+
Bergamot.....	K- VP+
Cedar, Atlas.....	VK- P+
Cinnamon bark & leave.....	VK- P+
Clove bud.....	VK- P+
Eucalyptus, smithii.....	VK- P+
Fennel, sweet.....	VK- P+
Fir, Balm.....	VK- P+
Fir, Douglas.....	VK- P+
Fir, Silver.....	VK- P+
Frankincense.....	VK- P+
Ginger.....	VK- P+
Hyssop.....	VK-
Juniper berry.....	VK- P+
Lavandin, Abrial.....	PK- V
Lavender, Spike.....	K- VP+
Lemon.....	VK- P+
Lemongrass.....	VK- P+
Lime (distilled).....	K- V
Myrtle.....	VK- P+
Neroli.....	VK- P+
Niaouli.....	PK- V
Oregano.....	VK- P+
Pine, Sylvester.....	VK- P+
Ravintsara.....	VK- P+
Rhododendron.....	VK- P+
Rosemary, cineol.....	VK- P+
Rosemary, Highland.....	VK- P+
Sage.....	VK- P+
Sage, Clary.....	VK- P+
Savory, montain.....	VK- P+
Spruce, black.....	VK- P+
Tea Tree, lemon scented.....	K- P+
Thyme, borneol + thymol.....	VK- P+
Wintergreen.....	VK- P+

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