



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

Essential Oils and their Dosha Specific Action (2nd Line of EOs)

Ajowan	VK- P+	Fir, Hemlock	VK- P+	Opoponax	VK- P+
Amyris balsamifera	VPK	Fir, Himalaya	VK- P+	Osmanthus (Absolute)	V- K+
Angelica root	VK- P+	Fir, Siberian	VK- P+	Palo Santo (Holy Wood)	VPK
Basil, tropical	VK- P+	Fragonia	VPK	Petitgrain Mandarin	VP- K+
Bay Laurel	VK- P+	Frankincense (India)	VK- P+	Pine, Stone	VK- P+
Benzoin	VK- P+	Galangal root	VK- P+	Rose (distilled)	VPK
Black Pepper	VK- P+	Galbanum	VK-	Rosemary, verbenone	VK- P+
Cabreuva	VPK	Golden Rod	VP-	Rosewood	VP- K+
Cajeput	VK- P+	Grapefruit	K- P+ V	Sandalwood (Australian)	VP- K+
Calamus	VK- P+	Hay (Absolute)	VP-	Siam Wood (Fokiena)	VP- K+
Camphor	VK- P+	Helichrysum (Immortelle)	VPK	Spanish Sage	VK-
Caraway	VK-	Hyssop, decumbens	VK- P+	Spruce, white	VK- P+
Carrot seed	VK-	Jasmim sambac (Absolute)	VP- K+	Styrax	VK- P+
Cassia, India (Tamala)	VK- P+	Khella (Ammi)	VK-	Tansy, blue	VPK
Celery seed	VK- P+	Labrador Tea (Ledum)	VK-	Tarragon	VK- P+
Champaka, red (Absolute)	VPK	Litsea (May Chang)	PK-	Tea Tree (melaleuca)	VK- P+
Champaka, white (Absolute)	VP- K+	Lotus, Gold (Absolute)	VP- K+	Thyme, sweet (geraniol)	VPK
Cistus ladaniferus	VPK	Lotus, Pink (Absolute)	VPK	Thyme, thujanol-4	VK- P+
Citronella (Java-Type)	VK- P+	Magnolia blossom	VP- K+	Tolu balm (Absolute)	VPK
Cumin	VK- P+	Mandarin, green	VP-	Tonka (Absolute)	VP-
Cypriol (Nagarmotha)	VPK	Manuka	VK- P+	Tuberose (Absolute)	VP- K+
Davana	VP- K+	Marjoram, wild	VK- P+	Tulsi (Holy Basil)	VK- P+
Dill seed	VK-	Mastic	VK- P+	Turmeric	K- VP+
Elecampane (Inula)	VK- P+	Mimosa (Absolute)	VP-	Vanilla Extract	VP- K+
Elemi	VK-	Mint, Bergamot (Mentha citrata)	VPK	Verbena, lemon	VK- P+
Eucalyptus, citriodora	VK- P+	Mint, Field (Mentha arvensis)	VPK	Vitex, berry	VK-
Eucalyptus, dives	VK- P	Myrtle, Green	VK-	Yarrow, blue	PK- V+
Eucalyptus, globulus	VK- P+	Nigella (Black Cumin)	K- VP+		
Eucalyptus radiata	VK- P+	Nutmeg	K- VP+		

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



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Vata pacifying Oils

Ajowan	VK- P+	Hyssop, decumbens	VK- P+
Angelica root	VK- P+	Jasmim sambac (Absolute)	VP- K+
Basil, tropical	VK- P+	Khella (Ammi)	VK-
Bay Laurel	VK- P+	Labrador Tea (Ledum)	VK-
Benzoin	VK- P+	Lotus, Gold (Absolute)	VP- K+
Black Pepper	VK- P+	Magnolia blossom	VP- K+
Cajeput	VK- P+	Mandarin, green	VP-
Calamus	VK- P+	Manuka	VK- P+
Camphor	VK- P+	Marjoram, wild	VK- P+
Caraway	VK-	Mastic	VK- P+
Carrot seed	VK-	Mimosa (Absolute)	VP-
Cassia, India (Tamala)	VK- P+	Myrtle, Green	VK-
Celery seed	VK- P+	Opoponax	VK- P+
Champaka, white (Absolute)	VP- K+	Osmanthus (Absolute)	V- K+
Citronella (Java-Type)	VK- P+	Petitgrain Mandarin	VP- K+
Cumin	VK- P+	Pine, Stone	VK- P+
Davana	VP- K+	Rosemary, verbenone	VK- P+
Dill seed	VK-	Rosewood	VP- K+
Elecampane (Inula)	VK- P+	Sandalwood (Australian)	VP- K+
Elemi	VK-	Siam Wood (Fokiena)	VP- K+
Eucalyptus, citriodora	VK- P+	Spanish Sage	VK-
Eucalyptus, dives	VK- P	Spruce, white	VK- P+
Eucalyptus, globulus	VK- P+	Styrax	VK- P+
Eucalyptus radiata	VK- P+	Tarragon	VK- P+
Fir, Hemlock	VK- P+	Tea Tree (melaleuca)	VK- P+
Fir, Himalaya	VK- P+	Thyme, thujanol-4	VK- P+
Fir, Siberian	VK- P+	Tonka (Absolute)	VP-
Frankincense (India)	VK- P+	Tuberose (Absolute)	VP- K+
Galangal root	VK- P+	Tulsi (Holy Basil)	VK- P+
Galbanum	VK-	Vanilla Extract	VP- K+
Golden Rod	VP-	Verbena, lemon	VK- P+
Hay (Absolute)	VP-	Vitex, berry	VK-

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VPK balancing

Pitta pacifying Oils

Champaka, white (Absolute)	VP- K+
Davana	VP- K+
Golden Rod	VP-
Hay (Absolute)	VP-
Jasmim sambac (Absolute)	VP- K+
Litsea (May Chang)	PK-
Lotus, Gold (Absolute)	VP- K+
Magnolia blossom	VP- K+
Mandarin, green	VP-
Mimosa (Absolute)	VP-
Petitgrain Mandarin	VP- K+
Rosewood	VP- K+
Sandalwood (Australian)	VP- K+
Siam Wood (Fokiena)	VP- K+
Tonka (Absolute)	VP-
Tuberose (Absolute)	VP- K+
Vanilla Extract	VP- K+
Yarrow, blue	PK- V+

VPK balancing Oils

Amyris balsamifera	VPK
Cabreuva	VPK
Champaka, red (Absolute)	VPK
Cistus ladaniferus	VPK
Cypriol (Nagarmotha)	VPK
Fragonia	VPK
Helichrysum (Immortelle)	VPK
Lotus, Pink (Absolute)	VPK
Mint, Bergamot	VPK
Mint, Field (Mentha arvensis)	VPK
Palo Santo (Holy Wood)	VPK
Rose (distilled)	VPK
Tansy, blue	VPK
Thyme, sweet (geraniol)	VPK
Tolu balm (Absolute)	VPK

Kapha pacifying Oils

Ajowan	VK- P+	Litsea (May Chang)	PK-
Angelica root	VK- P+	Manuka	VK- P+
Basil, tropical	VK- P+	Marjoram, wild	VK- P+
Bay Laurel	VK- P+	Mastic	VK- P+
Benzoin	VK- P+	Myrtle, Green	VK-
Black Pepper	VK- P+	Nigella (Black Cumin)	K- VP+
Cajeput	VK- P+	Nutmeg	K- VP+
Calamus	VK- P+	Opoponax	VK- P+
Camphor	VK- P+	Pine, Stone	VK- P+
Caraway	VK-	Rosemary, verbenone	VK- P+
Carrot seed	VK-	Spanish Sage	VK-
Cassia, India (Tamala)	VK- P+	Spruce, white	VK- P+
Celery seed	VK- P+	Styrax	VK- P+
Citronella (Java-Type)	VK- P+	Tarragon	VK- P+
Cumin	VK- P+	Tea Tree (melaleuca)	VK- P+
Dill seed	VK-	Thyme, thujanol-4	VK- P+
Elecampane (Inula)	VK- P+	Tulsi (Holy Basil)	VK- P+
Elemi	VK-	Turmeric	K- VP+
Eucalyptus, citriodora	VK- P+	Verbena, lemon	VK- P+
Eucalyptus, dives	VK- P	Vitex, berry	VK-
Eucalyptus, globulus	VK- P+	Yarrow, blue	PK- V+
Eucalyptus radiata	VK- P+		
Fir, Hemlock	VK- P+		
Fir, Himalaya	VK- P+		
Fir, Siberian	VK- P+		
Frankincense (India)	VK- P+		
Galangal root	VK- P+		
Galbanum	VK-		
Grapefruit	K- P+ V		
Hyssop, decumbens	VK- P+		
Khella (Ammi)	VK-		
Labrador Tea (Ledum)	VK-		

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VPK balancing