

Hemp Seed Oil

Cannabis sativa- Semen (Urticaceae)

The seed of this infamous plant is a superb demulcent laxative. They also have a perfect balance of Omega-3-6-9 Essential Fatty Acids pointing to its use as an anti-inflammatory, nervous restorative and cardiac tonic.

Constituents:

Essential Fatty Acids-Omega 3 (21%)/Omega 6 (63%)/ Omega 9 (13%), volatile oil, calcium, iron¹

Bio-Medical Action:

Demulcent, restorative, tonic, emollient, anti-inflammatory, anti-cholesterolaemic

Indications:

Digestion: Constipation; *vata* type constipation with dryness, wind and hard to pass stool². May also benefit ulcers and inflamed mucus membranes.

Skin: As an oil, Hemp seed can reduce inflammation in eczema, psoriasis, acne³.

Heart: As an oil, it reduces LDL levels and fatty deposits and blood coagulation⁴.

Diabetes: It reduces numbness and tingling and also increases insulin function⁵.

Inflammations: It reduces the inflammatory process in arthritis, Crohn's and pre menstrual syndrome with dysmenorrhoea⁶.

Combinations:

- + **Neem & Sarsaparilla Formula** for skin inflammations
- + **Arjuna & Hawthorn Formula** for cardiac congestion and insufficiency
- + **Guggul Plus Formula** for high cholesterol
- + **Brahmi Plus Formula** for enhancing mental function and concentration levels
- + **Turmeric & Boswellia Formula** for arthritis and inflammation
- + **Triphala Plus** for constipation with dry stools
- + **Gymnema Plus Formula** for diabetics to improve insulin function
- + **Andrographis & Holy Basil Formula** for strengthening immunity

Notes:

- Hemp Seed contains the highest amount of essential fatty acids (EFA's) of any vegetable oil (80%). Essential fatty acids are a necessary part of our diet. Our bodies cannot manufacture them. The EFA's in Hemp Seed Oil include Omega 6 (linoleic acid), Omega 3 (alpha linolenic acid) and GLA (super gamma linolenic acid). Our hempseed oil has an Omega 6: Omega 3 ratio of 3:1 and this is nature's most perfect balance for optimum health.

Ayurvedic Energetics:

Taste *rasa*: Sweet

Action *virya*: Cooling

Post-digestive effect *vipaka* (post-digestive effect): Sweet

Quality *guna*: Heavy, Unctuous

Dosha effect: VP-, K+

Tissue *dhatu*: All

Channel *srota*: Digestive, Nervous, Reproductive

Contraindications:

None. Do not use excessively with mucus problems.

Dosage: 15-100ml/day

Duration: Long term 1-6 months

¹ Leson 1999

² Bensky and Gamble 1986

³ Leson 1999

⁴ Leson 1999

⁵ Leson 1999

⁶ Leson 1999