PLANTS & HERBS

Copaiba Oil: How To Use It To Help Chronic Pain, Psoriasis, Eczema, Acne, Anxiety, And Depression Without Drugs

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Copaiba essential oil is acquired from copaiba trees and there are more than 70 different species of this tree, a lot of them in Central and South America.

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These trees produce copaiba oil-resin naturally and it's extracted by making a hole in the trunk. Then, a pile is inserted to get the resin out. Then, it's properly collected. This resin is further used make copaiba essential oil through a steam distillation process.

This oil, together with the resin, has long been used for different purposes and some people even praise it for their health properties. Continue reading the article to learn the potential benefits and the uses of this amazing essential oil.

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The Uses & Health Benefits of Copaiba Essential Oil

The people from areas where these trees grow have long been used the resin for several purposes.

Some of them are the following ones:

- **Anti-inflammatory**
- **Pain-relieving**
- **Wound-healing**
- **For treatment of infections**
- **Aphrodisiac**
- **For contraception**
- **In cosmetic products like shampoos and soaps**

Even though a lot of the benefits are only based on anecdotal reports, there is research which has been exploring the potential advantages.

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Though done with lab animals, these results are very promising. Below, check out what research has to say about copaiba essential oil benefits.

- **Reduces pain**

In a 2018 study, the effects of massage with copaiba essential oil and Deep Blue essential oil in arthritic individuals decreased the pain, boosted the finger strength, and increased the finger dexterity when compared to a coconut oil massage.

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- **Antimicrobial properties**

In a study from 2016, it was discovered that even low amounts of copaiba oil impeded the bacterial growth of bacteria linked with skin and wound infections. Also, it was found that the copaiba oil had antimicrobial activity against the bacteria species on the teeth.

- **Leishmaniasis**

This condition is triggered by parasites of the Leishmania genus and it spreads from the bite of sand flies. This results in skin lesions and ulcers. According to a 2011 study, oral and topical treatment with this oil led to a reduction in the lesion size.

- **Prevents acne breakouts**

Thanks to its antiseptic and anti-inflammatory characteristics, copaiba essential oil is often used as a natural remedy for acne. According to a 2018 clinical trial, those with acne had a major reduction in skin areas with acne when they used copaiba essential oil topically. Many also use it for the treatment of eczema and psoriasis.

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How to Use Copaiba Essential Oil

When it comes to this oil, there are three different methods of use, i.e. topical, ingestion and inhalation.

For topical application, drop several drops of the oil to a cotton ball and gently place it on the affected area of the skin to help it heal.

When it comes to ingesting this oil, it's best to do it with consultation with your doctor. If you decide to take it orally, combine it with tea, food or a capsule. Avoid placing it directly on the tongue because of the strong taste. And, remember, not every essential oil is safe for ingestion.

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To inhale this oil, you will also need a diffuser. Place several drops of the oil in the diffuser and place it in a room where you spend most of the time. This is great for reduction of depression, stress, and anxiety. You can also inhale it directly from the bottle.

Sources:

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HEALTH LINE

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