**JASMINE**

*Jasminum officinale*

[JAZ-mih-num oh-fiss-ih-NAH-lee]  
*(J. sambac)*

**Family:** Oleaceae

**Names:** Moonlight on the Grove, Jessamin, Poet’s Jessamine, Common jasmine, Jasmin (German); jasmin (French); gelsomino (Italian); Jati (Sanskrit); Mogra (Hindi)

**Description:** Climbing, vinelike bush with a height up to 40 feet and a width to 10 feet. The flowers are white, tight with a long tubed back, 2/3 inch long. The very fragrant scent increases at night and for days after being picked. The leaves are thick, shiny, coming to a point, with leaflets in 3 pairs to 2 ½ inches. It blooms from June to October.

**Cultivation:** a perennial to zone 6. Germination is from 20-25 days. Spacing is 4-6 feet. The soil temperature is from 10-75F. The soil should be rich, light, sandy, well drained. Keep moist, although too much water reduces the scent. pH should be 6.5-7.5. Full sun. Propagate by cuttings or layering. Prune in the fall, right after flowering. Next year’s flowers will appear on the new shoots. Jasmine flowers are picked after the sun has set to capture their aromatic scent. The Spanish or Catalanian Jasmine (*J. grandiflorum*) is grown not on its own roots, but grafted on to two-year-old plants of *J. officinale*. The plants are set in rows, fully exposed to the sun, in a fresh, open soil, well sheltered from north winds, as they are very susceptible to cold and readily damaged by frost. They come into full bearing the second year after grafting. The blossoms are produced from July till the end of October, but those of August and September are the most fragrant. The flowers open every morning at 6am and are harvested after sunrise, as the morning dew would injure their fragrance. An acre of land will yield about 500 lb of Jasmine blossoms. A fungus, *Agaricus melleus* can attack the roots of the grafted plants. It is not possible to grow Jasmine twice in succession on the same site. For one pound of essential oil you need about 1,000 pounds of fresh blossoms.

**History:** Poet’s jessamine inspired the Persians to designate Yasmin (meaning “white flower”) as king of the flowers, to rule next to the rose as queen. They prepared an oil by soaking the flowers in sesame oil, which scented the bodies and hair of Persian and Indian women for centuries. Various cultures have considered the fragrance an aphrodisiac. Jasmine garlands are used in Buddhist ceremonies to symbolize respect. It is an herb sacred to Diana of Ephesus and in later years became one of the herbs dedicated to the Virgin Mary. It is also sacred to Quan Yin.

**Cosmetic Uses:**

**DUSTING POWDER:**
Place a layer of white jasmine flowers in a strong cardboard box and cover the flowers with a 1 in layer of starch or French chalk. Then add another layer of flowers and more starch and so on until the box is full. After 48
hours, sift the powder through a fine sieve onto a layer of fresh jasmine flowers in another box, adding more flowers and chalk. Throw away the old flowers and leave for another 48 hours and repeat the process. Then sift the scented powder and mix with it a few grains of ambergris. Put into old talcum powder boxes and apply to the body with a large powder puff.

Medicinal Uses: Although rarely used in Western medicine, a jasmine flower syrup for coughs and lungs was once made. The flowers make a tea that calms the nerves and increases erotic feelings. Steep two teaspoons of flowers per cup of water for 20 minutes. The dose is a quarter cup, four times a day. The East Indians do use it, chewing the leaves to heal mouth ulcers and softening corns with the juice. They also make a leaf tea to rinse sore eyes and wounds and use it as a remedy for snakebite. The whole plant is considered effective in expelling worms, in regulating menstrual flow, and in helping to clear the kidneys of waste. In traditional Chinese medicine states that jasmine clears the blood of impurities. Headaches and insomnia have been relieved with a tea made from the root along with pain due to dislocated joints and rheumatism. The oil of the leaf is rubbed on the head to heal the eyes. The flowers of J. officinale var. grandiflorum are used to treat hepatitis, liver cirrhosis and dysentery; the flowers of J. sambac are used for conjunctivitis, dysentery, skin ulcers and tumors.

JASMINE COUGH LINETUS: Cover 6 oz of freshly-picked jasmine flowers with a pint boiling water, stir and leave to infuse for 12 hours. Then, strain the liquid into a pitcher, stir in 8 oz clear honey and pour it into a clean screw top bottle and keep in a cold place. Give 1-2 tablespoons as required.

Ayurveda: A bitter, astringent, cooling herb that calms the nerves, checks bleeding, and stimulates the uterus. Regarded as an aphrodisiac for women and an alterative, reputedly effective against various cancers and bacterial and viral infections. Internally, it is used for infectious illnesses with high fever, complaints involving bleeding, sunstroke, conjunctivitis, dermatitis, urethritis, cancer (especially Hodgkin’s disease and cancers of the bone, lymph nodes and breast), emotional upsets and headaches. Often combined with Santalum album

HOMEOPATHIC: Homeops use a dilute tincture of the berries for tetanus and convulsions. Use only with medical supervision.

AROMATHERAPY:
EXTRACTION: A concrete is produced by solvent extraction; the absolute is obtained from the concrete by separation with alcohol. An essential oil is produced by steam distillation of the absolute.
CHARACTERISTICS: The absolute is a dark orange-brown, viscous liquid with an intensely rich, warm, floral scent and a tea-like undertone.
BLENDs WITH: rose, sandalwood, clary sage, juniper, cypress, champa, chamomile, ylang ylang, cinnamon, rosewood, neroli, orange, violet and all citrus oils. It has the ability to round off any rough notes and blend with virtually everything
ACTIONS: mild analgesic, antidepressant, anti-inflammatory, antiseptic, antispasmodic, aphrodisiac, carminative, cicatrizing, expectorant, galactagogue, parturient, sedative, uterine tonic
CONSTITUENTS: There are over 100 constituents in the oil including benzyl acetate, linalol, phenylacetic acid, benzyl alcohol, farnesol, methyl anthranilate, cisjasnone, methyl jasmonate
DOSHA EFFECT: P K-, V+
ENERGY: cooling, moisturizing
TASTE: bitter, sweet
CHARACTER: yang; when diluted, yin
METHODS: aroma lamp, bath, light bulb ring, massage, mist spray
USES:
Skin: dry, greasy, irritated, sensitive skin; dermatitis; eczema; stress-related skin disorders
Circulation, Muscles and Joints: muscular spasm, sprains
Respiratory System: catarrh, coughs, hoarseness, laryngitis
Genito-urinary system: dysmenorrhea, frigidity, labor pains, uterine disorders; milk stimulant; childbirth preparation
Nervous system: depression, nervous exhaustion and stress-related conditions.
Emotional: Calming for those times when you are feeling disconnected, out of control, not knowing what to do; bring balance, possibilities, hope, connectedness, confidence

BLENDS:
Body Powder: 10 drops jasmine, 10 drops rosewood, 5 drops rose, 5 drops clove in 2 Tbsp cornstarch
Massage oil for romance: 5 drops rosewood, 5 drops cedarwood, 5 drops jasmine, 1 Tbsp carrier oil

RITUAL USES: Gender: Cold; Planet: Jupiter; Element: earth; Basic Powers: love, prosperity. The flowers are used in love sachets and in prosperity rituals of all kinds. Jasmine attracts spiritual love. Jasmine flowers are added to the ritual cup to promote spiritual love and to draw wealth. The scent is said to bring on prophetic dreams. An excellent herb for charging a quartz crystal.
LOVE SACHET: 3 parts rose petals, 2 parts orange flowers, 1 part jasmine flowers 1 part gardenia flowers. Tie up in pink cloth. Place the sachet among your clothing to infuse it with the scent of love or wear to attract love.
APHRODISIAC BATH: 3 parts rose petals, 2 parts rosemary, 2 parts thyme, 1 part myrtle, 1 part jasmine flowers, 1 part acacia flowers. Put in a cheesecloth bag and hang from faucet as water runs through it or make an infusion and add water to the tub. Add three drops of musk oil to the tub. Bathe before meeting a lover.
SLEEP OIL: 2 drops Rose, 1 drop Jasmine, 1 drop Camomile. Anoint the temples, neck, pulses of both wrists, soles of the feet to ring on natural sleep
DREAM TEA: 2 parts Rose Wheat; 1 part Each: Mugwort, Peppermint, Jasmine flowers, Cinnamon

Mix, add one tsp to a cup. Pour boiling water over this & let steep, covered, for a few minutes. Drink before going to bed to promote psychic dreams.

OTHER USES: Used extensively in soaps, toiletries, cosmetics and perfumes. The oil and absolute are used in a wide range of food products, alcoholic beverages and soft drinks.

Culinary: Jasmine flowers add a light perfumey flavor to Chinese black tea and are found in other beverages.

Recipes:
Glace de Jasmin
3 Tbsp freshly picked jasmine flowers
3/8 cup boiling water
1/2 cup caster sugar
juice 1/2 lemon
1 1/4 cups double cream
yellow food coloring, optional
jasmine flowers, to decorate
Place half the jasmine flowers in the boiling water and leave for 1 hour. Dissolve the sugar in the jasmine water, then bring to the boil and boil for 4-5 minutes, until syrupy. Strain the syrup and place in a blender or food processor. Add the remaining flowers and liquidize. Cool, then add the lemon juice. Add the cream and whisk lightly adding a tiny drop of yellow coloring, if you wish. Pour into an ice tray and freeze until the edges are just firm. Transfer to a bowl, beat thoroughly, then pour back into the tray and freeze. Remove the ice cream from the freezer 1 hour before serving. Decorate with lots of jasmine flowers and eat with sugar biscuits. (Cooking with Flowers)

Jasmine Tea Cream
2 Tbsp jasmine tea leaves
2/3 cup boiling water
5 Tbsp sugar
1 1/4 cups light cream
2 Tbsp unflavored gelatin
2 Tbsp cold water
fresh jasmine flowers to decorate
Measure the tea in a warmed saucepan, pour over a boiling water, and leave to infuse
for 1 minute. Add the sugar and cream and slowly bring the mixture to a boil over gentle heat, stirring all the time. Check the taste every so often until the cream is well flavored. Remove from the heat and stain the cream into a bowl. Soften the gelatin in the cold water and heat gently until dissolved. Cool slightly, then pour in a fine stream into the cream, stirring all the time. Our the cream into a pretty glass bowl or several small dishes and put aside in a cold place until lightly set. Decorate the tea cream with jasmine blossoms just before serving. (Geraldene Holt’s Complete Book of Herbs)

**Maraschino**

1 1/2 lb Morello cherries
1/2 lb peach or cherry leaves
petals of 4 fragrant roses, white heels removed
handful of jasmine flowers
1 lb preserving sugar
1 part of vodka or brandy

Pit the cherries over a large jar, do not waste any of the juice. Crack the stones and add the kernels to the cherries. Add the peach or cherry leaves. Lightly bruise the flowers in your hands but do not squash them. Put them and the sugar and spirit into the jar, cover, and let it stand for a month. Then strain carefully through a paper coffee filter and rebottle. Store in a cool dark place. It will improve with age. (Edible Flowers)

**Chocolate Jasmine Ice Cream**

3 1/2 cups (875 ml) whole milk
1/2 cup (125 ml) heavy cream
1 vanilla bean, split lengthwise and seeds scraped
A pinch of salt
1/2 cup (125 ml) loose jasmine tea leaves
6 egg yolks
1 cup (250 ml) brown sugar
7 oz (200 g) good quality milk chocolate, finely chopped

Combine the milk, cream, vanilla bean and seeds, and salt in a saucepan and bring to a boil over moderate heat. Add the tea, reduce the heat and simmer for 2 minutes. Remove from the heat and allow to steep for 15 minutes. Strain through a fine mesh strainer, pressing the tea leaves to extract as much liquid as possible. Beat the egg yolks and brown sugar until thick and fluffy. Pour the milk mixture into the egg mixture gradually while beating. Transfer to a saucepan and simmer over very low heat, stirring frequently, until it thickens and coats the back of a spoon. Add the chopped chocolate and allow to sit for 1 minute before stirring to thoroughly melt and combine the chocolate. Strain through a fine mesh strainer and refrigerate, stirring occasionally, until the mixture is cool. Pour into the bowl of an ice cream makes and process according to the manufacturer's instructions until frozen. Transfer to a metal or plastic container and place in the freezer for at least 2 hours before serving. Makes about 1 1/2 quarts.

**Jasmine-Perfumed Raisin Compote**

1 cup sugar or to taste
3 cups water
1/4 lb raisins, washed and drained
1 cup jasmine blossoms or a few drops flower essence

Dissolve the sugar in the water and simmer 5 minutes. Stir in the raisins and simmer just until the raisins are swollen. Remove the raisins from the syrup and set aside. Remove the syrup from heat. If you are using jasmine blossoms, put them in a glass bowl that will fit snugly over a simmering pan of water. Pour the hot syrup over the blossoms, put the bowl over the simmering water, and let steep for 30 minutes. Strain the syrup, pressing against the flowers. Cool slightly and return the raisins to the syrup. If on the other hand you are not using flowers, stir a few drops of flower essence into the syrup. Pour the compote into serving bowls and chill thoroughly. (Classical Turkish Cooking)

**References:**


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