

## Anti-fungal Essential Oils and Herbs Chart

Chinese Herb	Essential Oil	Function	Qualities	Notes
<b>Hou xiang</b> <i>Agastache rugosa</i>	<b>Patchouli</b>	Strongly clears dampness	Aromatic slightly warm	Strongly inhibits the growth of fungus! Pairs with Pei lan for <u>all</u> types of skin fungus including yeast, and sweet itch-like conditions.
<b>Pei lan</b> <i>Eupatorium fortunei</i>	<b>None</b>	Clears dampness & heat	Aromatic, spicy & neutral	Antibiotic like effect, inhibits the growth of viruses
<b>Mo yao</b> <i>Myrrha</i>	<b>Myrrh</b>	Clears dampness, phlegm & heat	Aromatic, bitter & cooling	Anti fungal, anti-inflammatory, wound (dermal) healing
<b>Shi la hong</b> <i>Pelargonium graveolens</i>	<b>Geranium</b>	Clears dampness & heat	Aromatic, sweet & neutral	Anti fungal, anti-inflammatory Immuno-stimulant & hemostatic. Blends well with Tea tree & Neroli
<b>An ye</b> <i>Eucalyptus Globulus</i>	<b>Eucalyptus</b>	Clears dampness & phlegm	Aromatic, strongly spicy & warm	Anti fungal, anti-inflammatory, anti-viral, & antibacterial. Due to its strong aroma use less in blends.
<b>Bai</b> <i>Cedrus</i>	<b>Cedar wood</b>	Clears dampness & phlegm	Aromatic, spicy & cooling	Anti fungal, Treats damp sores on the skin. relieves itching & is an expectorant
<b>Ge Hua</b> <i>Citrus aurantium</i>	<b>Neroli</b> <i>Orange blossom</i>	Clears dampness	Aromatic, spicy, sweet & cooling	Anti fungal, regenerates skin cells (scaring)
<b>Tea tree</b> <i>Melaleuca alternifolia</i>	<b>Tea tree</b>	Clears dampness & heat	Aromatic, bitter & cooling	Anti fungal, antiseptic