

Lemongrass – The Uplifting Purifier

Botanical Profile

- Latin Name: *Cymbopogon citratus*
- Alternative Names: Citronella Grass, Fever Grass
- Plant Family: Poaceae (Grass family)
- Parts Used: Aerial parts – primarily leaves and stems
- Origin: Native to Southeast Asia; cultivated in tropical and subtropical regions worldwide

Lemongrass carries a bright citrus scent that cleanses the spirit as much as it purifies the body. At Peridotflow, we love Lemongrass for its light, refreshing energy that supports digestion, immunity, and emotional clarity. It's a beloved herbal tea and steam remedy that bridges the physical and energetic in a beautifully fragrant way.

Supports Healthy Digestion and Relieves Bloating

Lemongrass stimulates digestive function and soothes gastrointestinal discomfort. Its carminative and mildly bitter actions help relieve gas, bloating, sluggish digestion, and digestive tension—especially where heat or inflammation is present.

Cleanses the Body and Supports Detox Pathways

Known for its mild diuretic and purifying effects, Lemongrass supports kidney and liver function, helping the body gently eliminate toxins. It's often used in cleansing teas and seasonal detox blends to shift stagnant energy and fluid retention.

Antibacterial and Immune-Supportive

Lemongrass contains essential oils that exhibit antibacterial, antifungal, and antiviral properties. It may support the immune system during cold and flu season, and is used in herbal steams, teas, and diffusions to cleanse both airways and the environment.

Calms the Nervous System and Lifts the Mood

The gentle citrus scent of Lemongrass uplifts mood, calms the nerves, and helps restore clarity after emotional heaviness. It may be supportive during burnout, low mood, or tension-related headaches, especially when prepared as a tea or used in aromatherapy.

Useful for Fevers and Inflammatory States

Traditionally known as 'Fever Grass,' Lemongrass has been used to lower fevers and relieve heat-related conditions. It is both cooling and stimulating, helping to bring balance in inflammatory or overheated states of the body.

Folklore & History

Lemongrass has long been used in Southeast Asian and Ayurvedic medicine as a tea, poultice, and incense. In folk traditions, it was burned to ward off negativity, used in baths for cleansing, and consumed as a household remedy for fevers and colds. Its fresh, lemony fragrance was thought to purify spaces and spirits alike.

Traditional Usage

Commonly enjoyed as an infusion (tea), Lemongrass is also used in compresses, herbal steams, and culinary dishes. It may be combined with other herbs in digestive, immune, and mood-lifting blends. Its oil is used in aromatherapy and topical applications.

Herbal Actions

Digestive Tonic, Carminative, Antibacterial, Antispasmodic, Nervine, Mild Diuretic, Febrifuge

Energetics & Tissue States

Temperature: Cooling

Moisture: Slightly Drying

Tissue States: Damp/Hot, Stagnant, Tense

Active Compounds

- Citral – antibacterial, anti-inflammatory
- Myrcene – analgesic and calming
- Geraniol and limonene – mood uplifting
- Flavonoids – antioxidant support

Dosage & Preparation

- Tea: 1–2 tsp dried leaf per cup, steep 10–15 min, 1–3x/day
- Tincture: 2–4 ml up to 3x/day
- External: Herbal steam or compress for respiratory or skin cleansing
- Aromatherapy: Add to diffuser or bath for nervous system support

Safety & Contraindications

- Generally safe in moderation
- Avoid in large doses during pregnancy

- Essential oil may cause skin irritation—dilute before use
- Monitor in those with hypotension (may lower blood pressure)

Herbal Pairings

- Ginger – for digestive fire and circulation
- Lemon Balm – for mood and nervous system
- Dandelion Root – for liver and detox synergy
- Tulsi – for respiratory and emotional clarity
- Peppermint – to brighten and cool in digestive or respiratory blends

Peridotflow Perspective

Lemongrass is our golden cleanser—light, bright, and spirit-lifting. It walks the boundary between herbal nourishment and aromatic clarity. When energy feels stagnant or heavy, or when the digestive and immune systems need refreshing support, we reach for this grassy sunbeam of purification.