Studies show that a particular essential oil may provide a solid defense against various cancers. This essential oil, which contains high levels of an aromatic terpene known as linalool, has been utilized throughout history in the treatment of various health conditions. What’s even more exciting is that some of the latest science suggests that it’s at least as effective as chemotherapy in targeting cancer cells – without the harmful toxic effects of chemotherapy.

Long prized for its aroma-therapeutic qualities, lemongrass is loaded with key nutrient compounds that present powerful antibacterial, anti-fungal, anti-inflammatory, and anti-cancer potential. A 2011 study published in the *Journal of Advanced Pharmaceutical Technology & Research* outlines the dozens of unique phytoconstituents present in lemongrass, including a diverse array of terpenes, ketones, esters, flavonoids, and phenolic compounds.
The Long List of Health Benefits of Lemongrass Essential Oil

The paper also highlights the many scientifically-confirmed benefits of lemongrass, including its ability to destroy harmful pathogens, promote healthy stools, inhibit damaging fungi, reduce inflammation, protect against DNA damage, guard against malaria, neutralize damaging free radicals, balance cholesterol levels, modulate healthy sleep patterns, and so much more.

“Studies indicate that Cymbopogon citratus (a variety of lemongrass) possesses various pharmacological activities such as anti-amoebic, antibacterial, antidiarrheal, antifilarial, antifungal and anti-inflammatory properties,” reported the authors. “Various other effects such as antimalarial, antimutagenicity, antimycobacterial, antioxidants, hypoglycemic, and neurobehavioral have also been studied.”

Lemongrass oil contains high levels of an aromatic terpene known as linalool that some of the latest science suggests is as effective as chemo in targeting cancer cells – without the toxic side effects.


Lemongrass Fights More than a Dozen Different Types of Cancers

But where lemongrass really seems to shine, particularly in light of the growing cancer epidemic, is in its ability to destroy cancer cells. A 2009 study published in the journal Chemico-Biological Interactions revealed that lemongrass essential oil is effective in targeting at least 12 different human cancer cell lines. Animal trials show that direct injection of lemongrass essential oil inhibits cancer tumors in a dose-dependent way, meaning the higher the dose of the oil, the better the outcome.
When administered at a dosage of 200 milligrams per kilogram (mg/kg) concentration, lemongrass essential oil was shown to inhibit both ascitic (in the fluid of the abdominal cavity) and solid tumors of Ehrlich Ascites (a type of tumor cell line) by 97.34 percent and 57.83 percent, respectively. For Sarcoma-180 tumor cells, the same dosage resulted in ascitic and solid tumor inhibition of 94.07 percent and 36.97 percent, respectively.

Can Lemongrass Essential Oil Stop the Spread of Cervical Cancer?

A more recent study published in the journal *Pharmacognosy Communications* reveals that lemongrass is also effective against cervical cancer. Researchers found that lemongrass not only stops cervical cancer cells (as well as several other types of cancer cells) from spreading, but it also initiates cancer cell apoptosis, also known as programmed cell death.

“All the results suggest lemongrass oil ... could be considered as (a) potent [candidate] for anticancer agents,” the authors wrote.