

# **Fragonia - An Overview**

**Agonis fragrans**

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## **Fragonia™ – An Overview** *Agonis fragrans*

Fragonia™ is an exciting new essential oil from the south of Western Australia. The beautiful scent of its crushed leaves reflect the very essence of the Australian bush.

It is grown and steam distilled by The Paperbark Co., a family owned company which specialises in producing high quality Australian bulk and bottled essential oils.

The apparent uniqueness of Fragonia™ is its ability to work at a deep level, releasing physical and emotional blockages and having the capacity to bring harmony, peace and balance. As a regulating/balancing oil, it can help with stuck, congestive and interrupted conditions and bring the body's natural healing abilities back into line.

In working with Fragonia™, it is important to know the chemical constituents and the properties associated with them. Following are the percentage ranges of these constituents:

$\alpha$ -pinene	23.0 - 29%	1.8-cineole	26.6 – 32.5%	terpinen-4-ol	3.0 – 4.3%
$\beta$ -pinene	1.5 - 1.8%	linalool	8.00 – 12.4%	$\alpha$ -terpineol	5.4 – 7.6%
myrcene	1.4 – 2.2%	$\rho$ -cymene	1.6 - 2.9%	myrtenol	3.1 – 4.5%
limonene	2.3 - 2.5%	$\gamma$ -terpinene	1.3 – 3.3%	geraniol	0.5 – 1.6%

### **Emotional Rebalancing/Shifts in Levels of Awareness**

Many of the testimonials and feedback received by The Paperbark Co. from practitioners and their clients have been related to the profound effect Fragonia™ has had on their emotional and spiritual psyche.

- Dr Penoel quotes from a patient of his “thanks to the use of Fragonia™, I was able to create the conditions of peace and harmony within myself, through the process of opening my heart and letting go of the accumulated negativity over the years. Fragonia™ cannot replace my psychotherapy sessions, but, for me, it triggered and accelerated an important phase of my healing adventure, by removing inner obstacles to my change and progress.”
- Robbi Zeck, a naturopath and kinesiologist, in her article on Fragonia™ Reflections<sup>i</sup> says “I have been working with several clients in the past year who wished to explore unresolved core issues and transform troubled family relationships. Fragonia™ has been of great value to these clients in offering a different awareness in their therapy, enabling them to let go of unerving patterns of behaviour.”
- “It has helped me to restore peace, harmony and a sense of unity with free flowing energy within me ..... something I have been searching for, for a very long time.” (KS 2007)
- A client of mine who suffers from depression and felt “dead inside”, reported that after using Fragonia™ for a week felt the return of a creativity she felt she had abandoned - “I will continue using Fragonia™ as it helps stabilise me mentally and emotionally.” (KW 2007)
- Karen Wallwork, a Queensland aromatherapist has been using Fragonia™ extensively in her practice. She conducted a survey to see if Fragonia™ could produce an effect on the energy centres (chakras) of the body. Over a seven day period, participants were asked to use Fragonia™ on their chakra points prior to sleep, with no special conditions applied.

Participants reported –

1. Physical effects were more common in the early stages. However, there was an increase in those who felt a change in their spiritual level by day seven.
2. The upper chakras, namely the brow (pineal/pituitary area), the throat and crown chakras were more effected than the lower chakras. Most participants selected the brow chakra as the most affected on days one and seven.

3. Although there was no significant change in the level of dreaming, dreaming was easier and more vivid.
4. Generally, there was increased self awareness and insight, with activation of memory of past events and an ability to resolve “old issues.”

Fragonia™ is a female oil, a yin oil. It works well when applied to the upper chakras of the body, where blockages occur and have become stuck. These can involve issues of grief, lingering hurts and emotional enmeshments stemming from unresolved family and other core issues and of course, pain and hurt from loss of love and relationships.

#### **Regulation of the Body Clock**

Feedback from several travellers has indicated that Fragonia™ appears to have a very positive effect in preventing or minimising the symptoms of jet lag. Many shift workers report that Fragonia™ has seemed to lessen their requirement to use alcohol (to relax) and coffee (to stimulate) to regulate their body clock.

The symptoms of jet lag and shift work are primarily due to a disturbance of the circadian rhythm and sleep cycle. Endogenous melatonin secreted by the pineal gland has been identified as contributing to the physiological regulation of circadian rhythms.

These outcomes indicate a possible interaction of Fragonia™ with the pineal gland. (KW 2007)

#### **Influence on the Female Menstrual Cycle**

Karen Wallwork in her clinical study on ‘Agonis fragrans and the Female Menstrual Cycle’<sup>ii</sup> found that Fragonia™ seems to have the ability to assist in regulating the hormonal imbalance which comes under the control of the pituitary gland. The constituents of Fragonia™ allow it to penetrate, decongest and disperse allowing the body’s homeostasis to be restored.

- There was a significant improvement relating to pain, depression, anxiety, breast tenderness and bloating. There was also a positive shift in relationships and productivity and the duration of symptoms decreased from 3 – 5 days to 1 – 3 days.
- Applications of the oil or cream to the brow or lower abdomen were both effective.
- Normally several oils in varying ratios are required to treat the presenting symptoms. The study found that Fragonia™ used alone was effective.

As well, some feedback has been received on the positive effect of Fragonia™ with hot flushes and in treating migraines associated with menstruation.

#### **Influence on the Respiratory System**

Fragonia™ is extremely beneficial for the respiratory system –

- anti- inflammatory
- decongestant
- fights most common respiratory infections from the nose through to the lungs
- soothes the irritation and nervous cough reactions linked to the inflammation
- strengthens and balances the immune system
- has an analgesic effect when used externally
- Fragonia™ hydrosol creates an acidic environment in the throat when gargled, which is beneficial in treating cases of bacterial tonsillitis

### **Anti-Microbial**

Studies at the University of Western Australia have shown Fragonia™<sup>iii</sup> <sup>iv</sup> to have significant anti-microbial activity, similar to that of other recognised anti-microbial essential oils, including tea tree oil. It was also shown to be as effective as tea tree oil in treating *Candida albicans* or thrush.

### **Anti-Inflammatory**

Preliminary Research by the University of Western Australia supports the potential of Fragonia™ as an anti-inflammatory oil<sup>v</sup>.

This is supported by positive clinical feedback, including a testimonial from a client of the Perth based aromatherapist, Sue Lavall -

“several weeks ago I sprained my left knee and at one stage it felt very hot and sore. I applied Agonis fragrans (Fragonia™) oil neat to the knee and within a few minutes it had cooled the knee to almost normal temperature.”

### **Analgesic**

Fragonia™ can be used to assist in relieving minor pain, including joint and muscle pain through topical application. ‘It appears that Fragonia™ has some remarkable analgesic properties’ (Dr Penoel, 2005).

### **Strengthening the Immune System**

Being a very gentle oil, Fragonia™ can be applied on a daily basis to the skin over the lymphatic nodes in the side of the neck, the armpits and groin to strengthen the immune system.

This is particularly effective over the winter months. (Dr Penoel, 2005)

### **The Tao – the Yin and Yang of it all!**

Dr Penoel believes Fragonia™ represents the yin or female aspect of the Tao and Kunzea, the yang or male aspect. The Tao indicates the interdependence of yin and yang energies. An extreme condition in one will make the other unbalanced and a state of ill health can arise. ‘The combination of both oils seems to reunify the Tao and to provide a new level of results that cannot be obtained just with the individual use of each oil’. The combination will depend on the needs of the client.

For Karen Wallwork this made perfect sense. Fragonia™ seems to assist in the female or yin condition (menstruation). Yin is also associated with damp/heavy sinus conditions. At an emotional level it particularly helps alleviate grief and sadness, while dispersing, clearing, opening up, balancing, calming and bringing harmony. Kunzea assists more with the male or yang energy – anger and frustration, inner conflict, agitation, restlessness, frustration as well as skin conditions and muscle tension. (KW 2007)

Indeed, some interesting thoughts to consider in your work with both Fragonia™ and Kunzea!

I would like to acknowledge the generosity of both practitioners and their clients in making their observations and research available to share with others. Any further feedback would be very much appreciated as we continue to build on our knowledge of Fragonia™.

<sup>ii</sup> Zeck, Robbi, *Aromatherapy Today* Vol 37 p28

<sup>iii</sup> Wallwork, Karen, Fragonia™ Essential Oil Research Update *Aromatherapy Today* Vol39 p30

<sup>iii</sup> Carson, Christine F. et al., (2006) Antimicrobial Activity of Agonis fragrans oil, *Essential Oils and Plant Extracts: A New Essential Oil-Agonis fragrans*, a report for the Rural Industries Research and Development Corporation, p25.

<sup>iv</sup> Carson, C., (1996) Reports to Chris Robinson on the Antimicrobial Activity of Agonis oil, unpublished report.

<sup>v</sup> Dunstan, J. et al., (2006) Effects of Agonis fragrans oil on mononuclear cell immune responses, *Essential Oils and Plant Extracts: A New Essential Oil- Agonis fragrans*, a report for the Rural Industries Research and Development Corporation, 61.